

YOGA & SELF-HEALTH CARE



Learning to Live a Wellness Way of Life

With **Christopher Baxter** ERYT 500

Sat Mar 6, 9am - 4pm \$75 all day, \$40 half day \$7 lunch

Suwannee River Yoga, White Springs

16548 Spring Street 386.208.3966 dottie1@windstream.net

Suitable for All Levels Qualifies for Yoga Alliance CEU's

Only You can develop your hidden potential for optimum health and wellbeing.
This experiential curriculum will help you do that by training you to:

Clarify your intentions for powerful, good health

Release negative emotions and transform limiting beliefs

Build a strong foundation of core strength for a lifetime of radiant wellness

Increase peaceful, core energy to calm your mind and gain a fresh perspective

Take home a practical plan that will support you to live a peaceful, productive way of life

Christopher Baxter, ERYT500, is an architect and master yoga educator with more than 30 years experience. The founder of Atma Core Yoga and author of "*Kripalu Hatha Yoga*", for 20 years he was instrumental in the development of the Kripalu Center and Kripalu Yoga. Now a student of Tibetan Buddhist meditation master Yongey Mingyur Rinpoche, Christopher is dedicated to integrating the complimentary practices of Buddhism & Yoga to benefit beings.