

# GRATITUDE, GRACE & YOGA



## Letting Go Into Body, Breath and Heart

**Christopher Baxter, ERYT 500**

**Saturday Nov 21, 9 am – 4 pm**  
\$75 (2) sessions      \$40 (1) session      \$7 lunch

## Suwannee River Yoga, White Springs, FL

16548 Spring Street    386.208.3966    [dottie1@windstream.net](mailto:dottie1@windstream.net)  
Suitable for All Levels    Qualifies for Yoga Alliance CEU's

No one is independent. We are all interdependent. Just as we depend on our bodies, minds and energy to live and grow, so also we depend on the kindness of others - and the earth herself - for our life. Without this everyday grace we would quickly perish. Join us as we apply deep core practices of yoga to

**Awaken** gratitude for life from body of earth to sky of mind

**Develop** skill in recognizing, receiving & communicating our interdependence

**Strengthen** our physical core, mental capacity & courage of heart

**Deepen** appreciation for our one, precious human life

**Recognize** our colorful essence of joy, kindness and wisdom

**Christopher Ken Baxter, ERYT500**, is both a registered professional architect and master yoga educator with more than 30 years experience. The author of "*Kripalu Hatha Yoga*", he was a 20 year founding member of Kripalu Center, the largest residential wellness center in the U.S. ([www.kripalu.org](http://www.kripalu.org)) and was instrumental in the development of Kripalu Yoga, Kripalu Yoga Teacher Training and the Yoga Alliance. Christopher is based at the Discovery Center, St. Augustine. ([www.discoveryyoga.com](http://www.discoveryyoga.com))