

PEACEFUL HEART, WISDOM MIND



Quiet Mind • Aligned Body • Relaxed Heart

With **Christopher Baxter** ERYT 500

- Deep Core Stretches - relax your body and release your core
- Powerful Breathing Techniques - balance your emotions and replenish your energy
- Simple, Accessible Meditations - quiet your mind and awaken spacious freedom
- Loving-Kindness Visualizations - open and expand your heart to benefit others



Sun Mar 14

1-5 pm

\$45 Single Seminar **\$80** Both Seminars Scholarships Available

569 SE Central Parkway, Stuart Qualifies for Yoga Alliance CEU's

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 integrates the complimentary practices of Buddhism & Yoga to benefit beings.

772-219-9900 www.geoYoga.com for Details and to Register