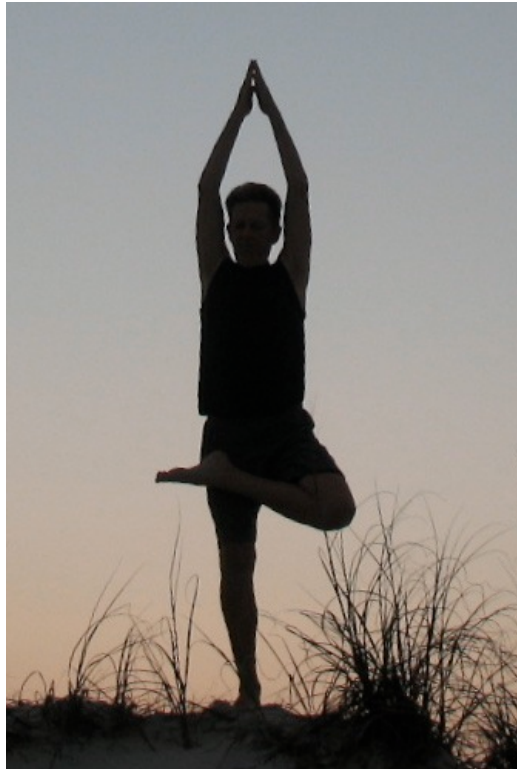


YOGA OF BODY, HEART & MIND



Transformational Trainings for Strength, Peace & Insight through
Atma Core Yoga • Meditation • Buddhist Mind Training

A Weekend with Christopher Baxter ERYT 500



Mar 13 & 14 **geoYoga** 1pm-5pm

\$45 Single Seminar \$80 Both Seminars Scholarships Available
569 SE Central Parkway, Stuart Qualifies for Yoga Alliance CEU's

Mar 13 Core Yoga-The ABC's: For a strong, supple body, powerful stability, pain-free mobility, enhanced asana techniques and deep relaxation

Evening Session: Heart of Chanting. 7-830pm live meditative music

Mar 14 Peaceful Heart, Wisdom Mind: Buddhist meditation and heart/mind techniques to awaken insight, peace, kindness and compassion

Morning Session: Atma Core Yoga. 10-1130am - all levels.

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