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## ANATOMY OF THE CHAKRAS

Understand and Integrate the Awakened Energy/*Prana* of Hatha Yoga with  
 The Awakened Mind/*Bodhichitta* of Tibetan Buddhist Practice  
**with Christopher Baxter**

**Monday & Tuesday, April 19-20, 2010**  
**Saturday & Sunday, December 18-19, 2010**  
 9:00 a.m. - 5:30 p.m.

**TUITION: \$200**  
 14 CEUs

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Genuine spiritual masters understand that our highest spiritual evolution is grounded in creating a more beneficial way of life for ourselves and all other beings. Learning how to use our own body, heart and mind as a vehicle for this is at the core of all yoga and Buddhist practice. Both of these traditions have detailed maps of how to awaken this untapped potential to create greater happiness in ourselves and our world. Our weekend study will include selected teachings, practices and trainings from masters of the *Kundalini* tradition of Hatha Yoga, and the *Bodhichitta* tradition of Tibetan Buddhist masters. Join us for this introductory seminar in which we will systematically study, explore and experience genuine teachings from these two powerful paths of awakening.

### Learn how to:

- Identify** the unique characteristics of each chakra and how they affect your life.
- Practice** asana and breath control patterns to open, strengthen & balance each chakra.
- Explore** the sounds, colors, energy & symbols associated with each chakra.
- Release** limitations and negativity that block your flow of energy at each chakra.
- Learn** practical techniques to integrate each chakra into your yoga practice.
- Expand** contracted energy into expansive loving kindness.
- Realign** your energy chakra by chakra.
- Transform** habitual awareness into a heart-mind awakening.

### Suggested Reading:

- Western:**
    - Wheels of Life – Anodea Judith
    - Eastern Body, Western Mind - Anodea Judith\*
    - Advanced Energy Anatomy - Caroline Myss (DVD series)
  - Yoga:**
    - Kundalini Tantra – Swami Satyananda Saraswati
    - Hatha Yoga Pradipika – Swami Muktibodhananda
  - Buddhism:**
    - Start Where You Are – Pema Chodrun
    - Open Heart, Clear Mind – Thubten Chodrun\*
- \* Required Texts



**Christopher Baxter**, a practicing architect and yogi for more than 30 years, is the author of "Kripalu Hatha Yoga". As a founding member of Kripalu Center - the largest yoga training facility in North America - he was founding director of the Kripalu Yoga Teachers Association and was instrumental in the development of Kripalu Yoga and Kripalu Yoga Teacher Training. He currently lives in St Augustine, Florida where he leads teacher trainings, seminars and classes at the Discovery Yoga Center. . He can be reached by email at [atmacoreyoga@gmail.com](mailto:atmacoreyoga@gmail.com) or by phone at 904-687-8482.

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