

BODY, BREATH & MEDITATION



STRETCH YOUR BODY, MIND & HEART

With **Christopher Baxter** ERYT 500



Adishakti Yoga . Sunday July 11 . 1-5pm .

**\$55 Pre Register; \$65 Door • Five Points • Riverside 1005 Park St., Jax
www.adishakti-yoga.com • 904 514 4066 • Qualifies for YA CEU's**

- Simple, Deep Stretches - Relax Your Body
- Powerful Breathing Practices - Replenish Your Emotions & Energy
- Calm-Abiding & Loving-Kindness Meditations - Awaken Your Mind & Your Heart

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.