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CORE ASANA TRAINING

with Christopher Baxter



Saturday & Sunday, 9AM-5:30PM

14 CEUs:

8 hours Techniques, 2 hours Anatomy & Physiology, 2 hours Philosophy, 2 hours Practicum

SERIES #1

Monday-Tuesday, April 12-13, 2010
Saturday-Sunday, October 30-31, 2010

Warrior III
Snake Goddess
Dancer
Balanced Half Moon
Rotated Lateral Angle
Rotated Triangle
Folded Tree
Nauli Kriya
Upward Boat
Bow
Locust
Frog

Core Based Versions of
Common Postures Including:
Mountain, Triangle, Warrior I & II,
Sun Salutation, Half Moon,
Standing Back Bend,
Downward Dog, Upward Dog

SERIES #2

Monday-Tuesday September 13-14, 2010
Saturday-Sunday, November 13-14, 2010

Handstand
Headstand
Scorpion
Full Shoulderstand
Full Plow
Wheel
Camel
Frog
Peacock
Crow

Core Based Versions of
Common Postures Including:
Cobra, Sphinx, Spinal Twist,
Head To Knee, Posterior Stretch,
Pigeon, Fish, Boat,
Downward Dog, Upward Dog

General Curriculum Information

The 2007 Core Training curriculum consists of two 2-day modules - each containing a series of intermediate to advanced asanas. The modules may be taken in any order.

2-Day Workshops:

TUITION: \$200

1-Day Options:

In each module you'll learn to:

- practice and teach a curriculum of intermediate and advanced asanas
- open, lengthen and strengthen the core of your body
- apply this core-strength as the stable foundation for the intermediate and advanced postures being taught
- understand safe limits for each asana
- apply core alignment techniques in each asana
- enhance your familiar postures with intuitive, core movements
- stabilize and mobilize the spine, back and pelvis
- reduce or eliminate pain, strain and injury to all the joints
- access meditative states throughout your practice
- develop heightened awareness of life force energy

Also included will be:

- one-on-one assists for alignment and safety
- modifications for a variety of special needs
- anatomy and physiology of each asana
- teaching practicums to enhance your skill in teaching the asanas
- detailed, printed instructions for each asana

Recommended Texts:

- *Yoga - The Spirit and Practice of Moving Into Stillness* by Erich Schiffman (Pocket Books)
- *Hatha Yoga Pradipika* by Swami Muktibodhananda
- *Moola Bandha - The Master Key* by Swami Muktibodhananda

SATURDAY ONLY: \$100

open to all practicing students

SUNDAY ONLY: \$100

open to those who already have an understanding of the core technique of mulabandha

[DOWNLOAD REGISTRATION FORM](#)

(Word Document)

[STUDENT HOUSING](#)

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 or by phone at 904-687-8482.

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