

Quiet Mind, Peaceful Heart



Sunday Morning Meditation

Sunday Jan 24, 9am-11am *By Donation*

With Christopher Baxter ERYT 500

A Soothing Series of Calming, Kind-Hearted Meditations
Suitable for all Spiritual Traditions and Levels of Experience
(simple instruction in "how-to-meditate" and "stretch breaks" are included)

Peaceful Yoga Studio

Park Ave. Suite 302 Orange Park morgan8113@bellsouth.net 904-318-8828

Qualifies for Yoga Alliance CEU's

Christopher Baxter, ERYT500, is both a registered professional architect and master yoga educator with more than 30 years experience. The author of "*Kripalu Hatha Yoga*", he was a 20 year founding member of Kripalu Center, the largest residential wellness center in the U.S. (www.kripalu.org) and was instrumental in the development of Kripalu Yoga, Kripalu Yoga Teacher Training and the Yoga Alliance.