

# YOGA & SELF-HEALTH CARE



## Learning to Live a Wellness Way of Life

With **Christopher Baxter** ERYT 500

Sat Mar 6, 9am - 4pm \$75 all day, \$40 half day \$7 lunch

### Suwannee River Yoga, White Springs

16548 Spring Street 386.208.3966 [dottie1@windstream.net](mailto:dottie1@windstream.net)

Suitable for All Levels Qualifies for Yoga Alliance CEU's

**Only You** can develop your hidden potential for optimum health and wellbeing.  
This experiential curriculum will help you do that by training you to:

**Clarify** your intentions for powerful, good health

**Release** negative emotions and transform limiting beliefs

**Build** a strong foundation of core strength for a lifetime of radiant wellness

**Increase** peaceful, core energy to calm your mind and gain a fresh perspective

**Take home** a practical plan that will support you to live a peaceful, productive way of life

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 to benefit beings.