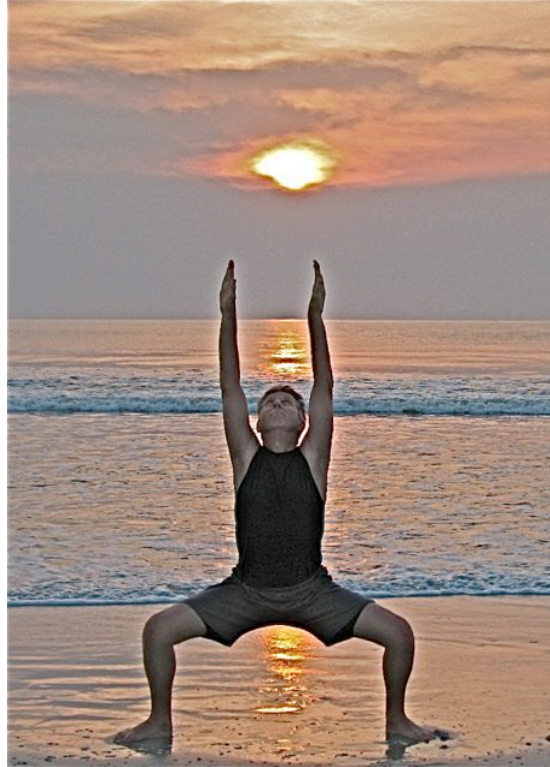


# CORE YOGA: the ABC's

Alignment, Breath, Core Strength



With **Christopher Baxter** ERYT 500

**Alignment:** Establish strong, supple alignment for yoga and daily life  
**Breathing:** Recharge your core energy, deepen your breath, reduce stress,  
**Core Strength:** Live in a firm body of relaxed, efficient, supple strength  
**Bonus Technique:** Learn Complete Joint Mobilization



Sat Mar 13

1-5 pm

**\$45** Single Seminar **\$80** Both Seminars Scholarships Available

569 SE Central Parkway, Stuart Qualifies for Yoga Alliance CEU's

**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 integrates the complimentary practices of Buddhism & Yoga to benefit beings.

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