

BACK PAIN RELEASE



THROUGH ATMA CORE YOGA

With **Christopher Baxter** ERYT500

**Learn a Simple, Home Series to Safely
Release Chronic Back Pain**

Renew Your Vitality

Rebuild Stable, Mobile Core Strength

Refresh Your Mind and Rebalance Your Emotions

Minimize Medication, Surgery and Expensive Therapies

No Prior Yoga Training Necessary

Dec 13, 1:30 - 5:30pm \$55 Pre Register \$65 At the Door

**Peaceful Yoga Studio 2301 Park Ave., Suite 302 Orange Park,
morgan8113@bellsouth.net 904-318-8828**

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 is dedicated to integrating the complimentary practices of Buddhism & Yoga to benefit beings.