

BODY, BREATH & MIND



Fusing the Core Power of Yoga with
The Deep Wisdom of Buddhism

With **Christopher Baxter** ERYT 500

Sun Aug 15 1-4 pm **Eyes of the World Yoga**

\$49 by Aug 7 • \$59 by Aug 8 401 295 5002 www.innerhappiness.com

When we harmonize key elements from these two complimentary traditions we rest in meditative awareness, access intuitive insight, build healthy core strength and delight in an aligned, energized and peaceful life experience. *Tom invited Christopher from Florida to be with the Eyes community. Don't miss his masterful use of language combined with a unique, integrated approach to practice.*

Qualifies for Yoga Alliance CEU's

Christopher Baxter, ERYT500, is both a professional architect and master yoga educator with more than 40 years experience. The author of "*Kripalu Hatha Yoga*", and a founding member of Kripalu Center, he was instrumental in the development of Kripalu Yoga, Kripalu Yoga Teacher Training and the Yoga Alliance. He is a student of Tibetan Buddhist meditation master Yongey Mingyur Rinpoche, www.atmayoga.com