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CORE ASANA TRAINING

with Christopher Baxter



Saturday & Sunday, 9AM-5:30PM

14 CEUs:

8 hours Techniques, 2 hours Anatomy & Physiology, 2 hours Philosophy, 2 hours Practicum

<p align="center">SERIES #1</p> <p align="center">Monday-Tuesday, April 12-13, 2010 Saturday-Sunday, October 30-31, 2010</p> <p>Warrior III Snake Goddess Dancer Balanced Half Moon Rotated Lateral Angle Rotated Triangle Folded Tree Nauli Kriya Upward Boat Bow Locust Frog</p> <p>Core Based Versions of Common Postures Including: Mountain, Triangle, Warrior I & II, Sun Salutation, Half Moon, Standing Back Bend, Downward Dog, Upward Dog</p>	<p align="center">SERIES #2</p> <p align="center">Monday-Tuesday September 13-14, 2010 Saturday-Sunday, November 13-14, 2010</p> <p>Handstand Headstand Scorpion Full Shoulderstand Full Plow Wheel Camel Frog Peacock Crow</p> <p>Core Based Versions of Common Postures Including: Cobra, Sphinx, Spinal Twist, Head To Knee, Posterior Stretch, Pigeon, Fish, Boat, Downward Dog, Upward Dog</p>
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General Curriculum Information

The 2007 Core Training curriculum consists of two 2-day modules - each containing a series of intermediate to advanced asanas. The modules may be taken in any order.

2-Day Workshops:

TUITION: \$200

1-Day Options:

In each module you'll learn to:

- practice and teach a curriculum of intermediate and advanced asanas
- open, lengthen and strengthen the core of your body
- apply this core-strength as the stable foundation for the intermediate and advanced postures being taught
- understand safe limits for each asana
- apply core alignment techniques in each asana
- enhance your familiar postures with intuitive, core movements
- stabilize and mobilize the spine, back and pelvis
- reduce or eliminate pain, strain and injury to all the joints
- access meditative states throughout your practice
- develop heightened awareness of life force energy

Also included will be:

- one-on-one assists for alignment and safety
- modifications for a variety of special needs
- anatomy and physiology of each asana
- teaching practicums to enhance your skill in teaching the asanas
- detailed, printed instructions for each asana

Recommended Texts:

- *Yoga - The Spirit and Practice of Moving Into Stillness* by Erich Schiffman (Pocket Books)
- *Hatha Yoga Pradipika* by Swami Muktibodhananda
- *Moola Bandha - The Master Key* by Swami Muktibodhananda

SATURDAY ONLY: \$100

open to all practicing students

SUNDAY ONLY: \$100

open to those who already have an understanding of the core technique of mulabandha

[DOWNLOAD REGISTRATION FORM](#)

(Word Document)

[STUDENT HOUSING](#)

Christopher Baxter, a practicing



architect and yogi for more than 30 years, is the author of "Kripalu Hatha Yoga". As a founding member of Kripalu Center - the largest yoga training facility in North America - he was

founding director of the Kripalu Yoga Teachers Association and was instrumental in the development of Kripalu Yoga and Kripalu Yoga Teacher Training. He currently lives in St Augustine, Florida where he leads teacher trainings, seminars and classes at the Discovery Yoga Center. He can be reached by email at atmacoreyoga@gmail.com or by phone at 904-687-8482.

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