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BAPTISTE YOGA DOWN UNDER 18 - 20 March 2011

Dear SPY Yogi,

Have we got some exciting news for you!

World renowned Baptiste Yoga Master and teacher **Kristi Clark** is taking time out of her busy schedule to visit us here at Soul Power Yoga.

As a 200-hour Yoga Alliance certified teacher, *who completed her training under Baron Baptiste himself*, Kristi is bringing her extensive experience, knowledge and energy to Canberra to help improve your yoga practice.

Not only will this be Kristi's only Australian appearance, but we are making her classes available at **NO EXTRA COST** to students.

You are invited to train with Kristi at any regular scheduled Soul Power Yoga class over the weekend of 18 - 20 March so please come and take advantage of this exclusive opportunity.

See you then!
Peaceful and warm wishes
Soul Power Yoga



Born and raised in Toronto, Canada, Kristi spent the early stages of her life competing as an internationally ranked Rhythmic Gymnast on the Canadian National team. When she first walked into a yoga studio 11 years ago, hoping yoga would aid in her physical development as a professional athlete, she had no idea it would change her life entirely. The practice of yoga awakened her inner passion for the union of the physical body, mind and human spirit. Kristi discovered the power of true connection both to her own body and outwards to everybody around her in life. [Read More...](#)

"If a window of opportunity appears,
don't pull down the shade"
Thomas J. Peters

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