

Harvest of the Heart



Equinox Reflections & Meditation

With **Christopher Baxter** ERYT 500

Sun Sep 25 O'Toole's Herb Farm 10am-1pm

Madison, FL www.otoolesherbfarm.com 850 973 3629

\$50 – and be our guest for a delicious herbal lunch

Touch the Earth with a Soothing Series of
Calming, Kind-Hearted Body, Breath and Heart Meditations
No experience necessary

Qualifies for Yoga Alliance CEU's

Christopher Baxter an architect and master yoga educator with 40 years experience is the author of "*Kripalu Hatha Yoga*", and a founding member of Kripalu Center. He was instrumental in the development of Kripalu Yoga and the Yoga Alliance

www.atmayoga.com