

Rooted in Impermanence



centering meditations for times of change

Christopher Baxter

Architect & master yoga educator, ERYT 500, author of "Kripalu Hatha Yoga", instrumental in developing Kripalu Yoga, student of Buddhist meditation master Yongey Mingyur Rinpoche, Christopher's trainings embody spacious well-being in body, mind & heart.

www.innerSkyyoga.com

- **Settle mind & emotions deep within your inner nature**
 - **Free up breath & body to lighten your outer world**
- **Cultivate your heart connection to the life surrounding you**

O'Toole's Herb Farm

Sun March 3 10am–1pm

Madison, FL www.otoolesherbfarm.com 850 973 3629

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

No experience necessary

Qualifies for Yoga Alliance CEU's