

In the Spirit of Simplicity



Meditations at the Farm

Equinox 2012

Christopher Baxter

**Re-root yourself in nature, earth and sky with
Spacious, kind-hearted, body, breath & heart meditations**

No experience necessary

Qualifies for Yoga Alliance CEU's

O'Toole's Herb Farm

Sun Sep 23 10am–1pm

Madison, FL www.otoolesherbfarm.com 850 973 3629

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

Architect & master yoga educator, ERYT 500, author of "Kripalu Hatha Yoga", instrumental in the development of Kripalu Yoga and the Kripalu Center, student of Buddhist meditation master Yongey Mingyur Rinpoche, Christopher integrates inner and outer Yoga training on behalf of awakening spacious well-being in body, mind & heart. www.innerSkyyoga.com