

Awaken to Your Natural Self



Spring Equinox Meditations

at

O'Toole's Herb Farm

Sun. Mar 20

10am 1pm

with **Christopher Baxter**

Author of "*Kripalu Hatha Yoga*", architect and yoga educator with more than 30 years experience was instrumental in the development of Kripalu Yoga. As a student of Buddhist meditation master Yongey Mingyur Rinpoche, he integrates Yoga with Tibetan Buddhist meditation and mindfulness training.

www.AtmaYoga.com

\$50 and be our welcome guests for an herbal lunch

Calming, Kind-Hearted Body, Breath and Heart Meditations
Suitable for all Spiritual Traditions and Levels of Experience
Qualifies for Yoga Alliance CEU's

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