

# 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.

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

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