

Quiet Mind, Peaceful Heart



Awakening To Your Natural Self

With **Christopher Baxter** ERYT 500

Sun Mar 7 O'Toole's Herb Farm 10am-1pm

Madison, FL www.otoolesherbfarm.com 850 973 3629

\$50 – and be our welcome guests for a light herbal lunch

As Spring Awakens Us to the Beauty of Nature
Return to the Farm for a Soothing Series of
Calming, Kind-Hearted Body, Breath and Heart Meditations
Suitable for all Spiritual Traditions and Levels of Experience

(Simple instruction in "how-to-meditate" and "stretch breaks" are included)
Qualifies for Yoga Alliance CEU's

Christopher Baxter, ERYT500, is both a registered professional architect and master yoga educator with more than 30 years experience. The author of "*Kripalu Hatha Yoga*", he was a 20 year founding member of Kripalu Center, the largest residential wellness center in the U.S. (www.kripalu.org) and was instrumental in the development of Kripalu Yoga, Kripalu Yoga Teacher Training and the Yoga Alliance.