

Quiet Mind, Peaceful Heart



Returning to the Spirit of Nature

With **Christopher Baxter** ERYT 500

Sun Oct 10 **O'Toole's Herb Farm** 10am-1pm

Madison, FL www.otoolesherbfarm.com 850 973 3629

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

Return to the Beauty of Nature
Enter the Natural World of the Farm
Touch the Earth with a Soothing Series of
Calming, Kind-Hearted Body, Breath and Heart Meditations

No experience necessary

Qualifies for Yoga Alliance CEU's

Christopher Baxter an architect and master yoga educator with 40 years experience is the author of "*Kripalu Hatha Yoga*", and a founding member of Kripalu Center. He was instrumental in the development of Kripalu Yoga and the Yoga Alliance

www.atmayoga.com