

AGING through the CHAKRAS



New Directions • No Boundaries • Celebrate Life

Christopher Baxter

Architect & master yoga educator, ERYT 500, author of "Kripalu Hatha Yoga", instrumental in developing Kripalu Yoga, student of Buddhist meditation master Yongey Mingyur Rinpoche, Christopher's trainings embody spacious well-being in body, mind & heart. www.innerSkyyoga.com

Sunday, Feb. 8 • O'Toole's Herb Farm

9:30 am-4:30 pm • 305 NE Artemesia Trl., Madison, FL • 850-973-3629

The crowning achievement of aging is in learning how to embrace all of life's changes. Explore the terrain of possibilities encoded in the chakras & discover how to ...

- Transform the core challenges of aging into fresh opportunities to rejoice & grow
 - Befriend the impermanence & wonder of a changing body, mind & heart
 - Integrate life's experiences into an inspired vision of the future

Includes a delicious hand-crafted lunch at the Farm

Tuition: \$85 by Jan 30; \$95 at the door • www.otoolesherbfarm.com

Qualifies for YA CEUs