

REBALANCE IN NATURE



Morning Meditation at the Herb Farm

Christopher Baxter, ERYT 500

Sunday Nov 22,

10 am – 1 pm

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

O'Toole's Herb Farm, Madison, FL

850-973-3629 herbfarm@shareinet.net www.otoolesherbfarm.com

Suitable for All Levels

Qualifies for Yoga Alliance CEU's

A series of simple meditations to rebalance in the healing beauty of nature, rest in the colors of autumn, feel the earth and sky with our body and breath, and delight in the natural embrace of our hearts connection to joy.

Christopher Ken 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. Christopher is based at the Discovery Center, St. Augustine. (www.discoveryyoga.com)