



O'TOOLE'S HERB FARM 2010
SPRINGTIME HERBAL EVENTS



MIND \ BODY \ SPIRIT

...NOW THREE TIMES A MONTH

YOGA at the HERB FARM

1st, 3rd & 4th Friday of EVERY month / \$10.00

Classes at 10:00 a.m. until Daylight Savings Time,
 After March 14th Classes at 9:00 a.m.

Dottie Price of White Spring, Carol Herndon of Valdosta and Linda Ratliff of Live Oak will share the guiding. All are certified yoga teacher with years of experience in this healing art. They can attest to the value of yoga in their own lives and are eager to share it with others. Mark your calendars, no advance registration necessary, no experience required.

Herbal Refreshments will be served after class.

FEBRUARY 6TH, SATURDAY 10:00-1:00 / \$55

ALL ABOUT AURAS

Professional intuitive and author Lynn Willoughby returns to O'Toole's Herb Farm to show us how to see, sense and "read" the subtle envelope of energy surrounding all living things. We'll work with both plants and people, and she'll also teach us how to strengthen our personal auras to improve vitality and attract more abundance in life.

Be our guest for a light Herbal Luncheon.

FEBRUARY 6TH, SATURDAY AT 2:00

Book Signing

Lynn Willoughby will be signing copies of her new book, *Clairvoyance: Insight is only a Daydream Away*. This light-hearted, do-it-yourself guide takes the mystique out of clairvoyance with clear, step-by-step techniques and down-to-earth advice, all written with heart and humor. (Book price \$15)

FEBRUARY 5TH, FRIDAY / \$60

Private Sessions with Lynn

Lynn will be available for a limited number of private consultations. These 45-minute readings will provide new direction for those feeling stuck or blocked, confused or hopeless. www.lynnwilloughby.com

MARCH 6TH AND 7TH, SATURDAY AND SUNDAY

Christopher Baxter Weekend

QUIET MIND, PEACEFUL HEART

Christopher Baxter, Architect, founding member of Kripalu center, yoga mentor and teacher-trainer and yoga retreat leader for over 30 years

YOGA at Suwannee River Studio

Join Christopher in White Springs, Florida for a Yoga Retreat. For more information contact Dottie Price at 386-208-3966 or www.suwanneeriveryoga.com

MARCH 7TH, SUNDAY 10:00 / \$50

MEDITATION at OHF

Christopher Baxter will lead a soothing series of calm, light-hearted Meditations suitable for all spiritual traditions and levels of experience. Simple instructions on "how-to-meditate" and many "stretch breaks" are included.

Join us for a light Herbal Luncheon.

APRIL 17TH, SATURDAY 9:00 / \$55

MAKING HERBAL SOAPS

We are happy to welcome back our friend, Marge Powell, an herbalist and speaker for over 25 years. Her expertise and passion from working in the herb world makes for a very informative and enjoyable workshop. Learn to make handcrafted soaps with olive oil and sodium hydroxide easily blending the ingredients to make rich bars that smell great and are full of benefits from the herbs. You will need to bring four 4oz. containers.

Join us for a light Herbal Luncheon.



CLOSED JANUARY

(Except for Yoga Fridays) Open by Appointment Only

