

Embodied Meditation

Wednesday, May 11th

6:30 pm

Fairfield Woods Branch Library

Join us to learn about and experience embodied meditation with our presenter **Marika Baxter**. Embodied meditation is a somatic meditation practice that grounds us to feel whole in our bodies and disentangle from all that fragments us during our everyday lives. This meditation is for all levels of experience and will help anyone who is looking to connect to stillness, and a sense of wholeness.



Marika Baxter, PT, MSPT, OCS has been a licensed physical therapist since 2003, with most of her work being in orthopedics and sports medicine, specifically performing arts/dance medicine. As a physical therapist, she was aware of how a patient's emotions, history, and energy affected how they presented physically. The last 10 years she's studied many paths to help bring healing and wholeness to all dimensions of the body including somatic psychology, embodiment practices and meditation, trauma informed movement and inquiry. Marika is also a certified Realization Process Teacher, Aromatherapist, Pilates Instructor and Reiki certified (level II).



Fairfield
Public
Library

All programs are free and open to the public.

For more information: fairfieldpubliclibrary.org or call 203-255-7307.

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1080 Old Post Road
Fairfield, CT 06824

Fairfield Woods Branch
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Fairfield, CT 06825

