

# Embodied Meditation

Wednesday, February 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 series of somatic meditation practices that help deepen contact within ourselves and at the same time allow us to experience being one with the space outside of us. Through these gentle, focused and profound practices you'll be guided to enter your inner landscape and have a felt sense experience of existing as whole and continuous. Each month we'll explore a different intention to help you more fully land in your body, disentangle from the contents of everyday life and build your capacity to be with all of yourself. Class is open to everyone, whether experienced in meditation or just beginning.

*Marika Baxter, PT is a holistic physical therapist drawing from science and mysticism to help people find healing, wholeness and awaken to their true nature. In her work with clients she uses many modalities including myofascial release, guided meditation, intuitive energy healing, self inquiry and restorative movement techniques. She can be found at [mb1wellness.com](http://mb1wellness.com) and on Instagram at [marikabaxter.](https://www.instagram.com/marikabaxter/)*



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