



Featuring Kacey from
100.7 WHUD and the
"Health & Happiness"
Show

—YOU'RE INVITED—

Natural Awakenings'

10 Year Anniversary Celebration Party!

SUNDAY, OCTOBER 1 FROM 1-4 PM

LOCATION: Hilltop Hanover Farm, 1271 Hanover St.
Yorktown Heights, NY • RAIN OR SHINE!

Live Music, Healthy Food, Yoga, Movement, Meditation,
Drumming, Kids Activities & more.

Meet and mingle with other Natural Awakenings
readers and our advertising partners.

SPONSORED BY: Friends of Hilltop Hanover Farm, 501(c)(3).

\$5 suggested donation. Kids free! Profits will be donated back to the farm.
Over \$1000 in raffles prizes (must be present to win.)

Meet and mingle with
Natural Awakenings'
advertising partners in
the VIP tent.

Join us for a fun day
RAISING THE VIBRATION
in our community!

Free BEMER sessions
with Rick Gabrielle and
Dana Boulanger

FOOD & ACTIVITIES: Good Choice Kitchen (organic, sustainably grown, seasonal, local and whole foods • Jolo's Kitchen (all-vegan meals) • Hayfields (café and garden center); Blessed Brew (kombucha); Big Bang Coffee (local roasted, organic coffee) • TheTea247 • Babes Delectable (cakes, cookies and desserts) • Melanie Ryan, leads a meditation to connect with the land, the earth and our ancestors • Jeffrey H. Poritzky, of Westchester Spirited Drumming Meet-Up group, leads a community drumming circle • BlisSing's performs live spiritual music • natural henna artist Margie Nugent's face painting and henna art for kids and adults • Eve Folger leads a community Move and Groove class for all ages • Karen Shaw leads a community Yoga Flow class for all ages • Mindful crafts and a kid-friendly yoga class taught by Denise Nobile, founder of Youth Nation Yoga & more!

Bring a picnic blanket,
a yoga mat ... and a
drum if you have one.