

EARTH DAY Garden & Gong Bath Meditation

Jelani Thomas · Raja Michelle · Fawntice Finesse

Urban Farmer

Founder, Green Tree
Yoga & Meditation Foundation

Certified Sound & Yoga Therapist,
Meditation Teacher, Gardener



Green Tree Yoga & Meditation Honors Earth Day

by kicking off the Green Tree Community Garden Expansion Project

We're bringing healthy organic food to the community and learning how to self-sustain and THRIVE ABUNDANTLY within ourselves, our families, and our surroundings.

We're growing collard greens & more. Everyone takes home a free garden gift.



HONOR EARTH AS OUR ANCESTORS DID

Jelani Thomas, AKA Farmer J, shares how he converted his South LA backyard into his Urban Farming Observatory (UFO), allowing him to observe the natural cycles of plant life and explore what can be grown here in the city. Learn how to easily plant, nurture, and harvest your own food from the comfort of your house or apartment!

UPLIFT COMMUNITY

Green Tree Yoga & Meditation Founder Raja Michelle shares and enacts her vision of the creation of a beautifying, sustaining, and abundantly flowing healthy community garden. Help plant the start of Green Tree's new community garden!



TRANSFORM SELF

Professional Musician, Certified Sound Healer, and Yoga & Meditation Teacher Fawntice Finesse will guide us in offering a blessing to the garden and prayer for the Earth via a meditation using her magical antique Tibetan singing bowls and planetary gong. Plant the seeds of healing ourselves, our community, and our connection to the planet with this inspiring sound healing meditation.



SATURDAY • APR 23 • 12:00-3:00 PM

\$25 suggested donation

refreshments available for sale by Baba's Vegan Cafe & nékter Juice Bar

nékter
JUICE BAR

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