



Wednesdays 7-8 pm

March 24, April 21, & May 19

FREE ADMISSION

Come in for a discussion on
a selected book each month:

March w/ Tricia—"The Four Agreements" by Don Miguel Ruiz
April w/ Jennifer A.—"Prodigal Summer" by Barbara Kingsolver
May w/ Jennifer—"Wherever You Go There You Are" by Jon Kabat-Zinn

Reading is to the mind what yoga is to the body.

Sign up at the front desk or call Akasha to register.

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