

Sharing Yoga, Sharing Community

Sharing perspectives, thoughts, insights, and holding space for one another

Join us for a Book Group

Yoga and the Quest for the True Self by Stephen Cope

Meets by Zoom monthly on the 2nd Wednesday 7-8pm

September 9 Part One, chapters 1-4

October 14 Part Two, chapters 5-8

November 11 Part Three, chapters 9-12

December 9 Part Four, chapters 13-15

January 13 Part Five, chapters 16-17 & appendix

FREE

sign up for the zoom link at sharingyoga.com