

# Free Meditation & Book Study



Come together with like-minded individuals to meditate and discuss some of the foundational aspects of living a yogic life more deeply.

***This is an ongoing book study. Our current book, We, is one of those books that can be entered into at any point. Each chapter is an entity unto itself.***

We: A Manifesto for Women Everywhere is an uplifting, timely, and practical manual for creating change in women's lives, with nine universal principles that help you confront life's inevitable emotional and spiritual challenges. It's about transitioning from a me-first culture and imagining what a we-based world



6160 Dixie Hwy., Suite 240  
(Behind Pete's Coney Island)  
Clarkston, MI 48346

248-770-5388  
Info@YogaOasis.US  
www.YogaOasis.US

## Wednesdays 4:30-5:45pm

Led by  
**Barb  
Hueurman**

