

it's all yōga

BOOK CLUB

wisdompages

Sundays 3 - 4:30pm

unless otherwise noted.

Free to all.

RSVP at itsallyoga.com

Each club meeting includes a short, simple practice, munchies and thoughtful discussion.

MAY
7

the
**Book
of
Joy**

by
the Dalai Lama
and
Desmond Tutu

JUL
9

Becoming
WISE

by
Krista Tippett

NOV
12

Seven
brief lessons
on
PHYSICS

by
Carlo Rovelli

SEP
10

yoga
FAQ

by
Richard
Rosen

*Club meeting will be with
Richard at the studio for a
reading and Q & A!
4:15-5:45pm*

