



*Simplicity Yoga
Book Club and Meditation
at the
Ann Rudd Art Center
on the Square; Ozark*

Look what's new at Simplicity Yoga – a Book Club / Meditation class! We are so excited to offer this unique opportunity. An uplifting, self-empowering book discussion followed by gently led meditation. We hope you'll join us!

The first book we've selected is "The Untethered Soul" by Michael Singer. What would it be like to free yourself from limitations and soar beyond your boundaries? What can you do each day to discover inner peace and serenity? The Untethered Soul—now a #1 New York Times bestseller—offers simple yet profound answers to these questions.

Visit www.untetheredsoul.com for more information.

~~~~~ **Book Club / Meditation Schedule\*** ~~~~~

Tuesday, April 19 ~ 5:30 p.m. to 7:00 p.m.

Tuesday, April 26 ~ 5:30 p.m. to 7:00 p.m.

Tuesday, May 3 ~ 5:30 p.m. to 7:00 p.m.

Tuesday, May 10 ~ 5:30 p.m. to 7:00 p.m.

Tuesday, May 17 ~ 5:30 p.m. to 7:00 p.m.

Tuesday, May 24 ~ 5:30 p.m. to 7:00 p.m.

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***Must have five enrolled participants to have a class; space limited to ten.**

\$5 per class or 6 for \$25 payable at the beginning of the class.

We will have a regular yoga class coming up in the next month
and that date will be announced soon.

Follow us on Facebook (Simplicity Yoga Ozark).