

Book Club

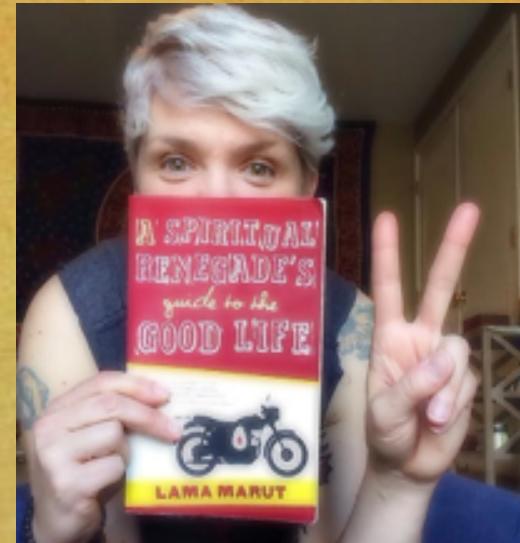
Beginning January 26th 2017 Brandi Vander Eyk will be leading a yoga book club at Red Lotus Yoga in Rochester Hills.

Participants will meet bi-weekly to discuss assigned chapters in the designated book choice. Thursday evenings from 7pm to 8pm in Studio C. Each session will conclude with a ten minute guided meditation.

Our first book choice will be Lama Marut's, A Spiritual Renegade's Guide to the Good Life, an accessible and humorous approach to creating and maintaining contentment in the modern age.

If you want to join us, drop in Jan. 26th and bring your book. We will discuss The Preface through "Part I."

Suggested donation of \$5.



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