

Ability to Bend without Breaking

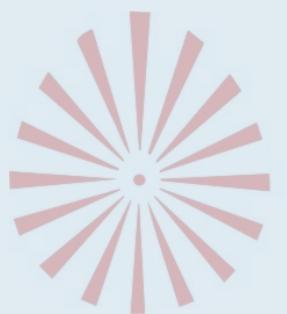
With Guest Speaker - Madhavi



Many people imagine the perfect life to be one where it is all smooth sailing, a tropical paradise, simple, peaceful, and fun. Unfortunately, that is not the way most of us experience life. Storms come, clouds block the sun, the wind whips us and things turn ugly - it's just the way it goes. We can't avoid it, but we can prepare for it. It's all about having the resilience and flexibility we need to be able to bend without breaking, weather the storms of life, and bounce back. When we are flexible we are able to accommodate and adjust to anything and anyone and maintain well-being.



Sunday, Oct 17 | 5 - 6:15 pm
Online Only On Zoom
ID - 965054617 | PIN - 01181969



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