

**BOOK CLUB –January and February 2017**

**January and February 2017** - we will read and explore the yoga poses offered in Colleen Saidman Yee’s book, **“YOGA for Life: A Journey to Inner Peace and Freedom”.** Colleen tells the story of her life and how she found the healing power of yoga. The stories are honest, raw, and courageous. Her stories along with a yoga sequence in each chapter will inspire you! (This book is an easy, quick read.)

**Class cost per month** – Free for students with One Month unlimited or Unlimited Memberships. $15 for all others.

Price includes book club session plus one hour of yoga. Please purchase your own book in advance and read assigned chapters. Books will be available locally at Copperfish Books, 103 W. Marion Ave, Punta Gorda or find at your favorite retailer.

**Friday, January 6 - 6:00-7:30PM (Intro – Chapters 1-7) and Friday, February 3 – 6:00-7:30PM (Chapters 8-14)**

**RSVP** to 941-979-6017 or [**PalmPowerYoga@Gmail.com**](mailto:PalmPowerYoga@Gmail.com)

**Please bring your mat, a cushion to sit on during discussion and wear comfortable clothes to practice in.**

