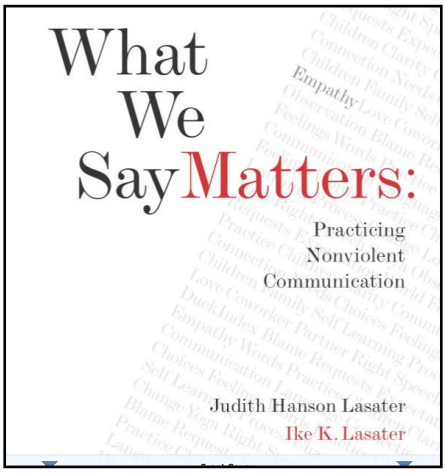
Free Meditation & Book Study



Come together with like-minded individuals to meditate and discuss some of the foundational aspects of living a yogic life more deeply.

For yoga teacher Judith Hanson Lasater and her husband, mediator Ike K. Lasater, language is a spiritual practice based on giving and receiving with compassion. In *What We Say Matters,* they offer new and nurturing ways of communicating. Long-term students of yoga and Buddhism, the authors here blend the yoga principle of *satya*(truth) and the Buddhist precept of right speech with Marshall Rosenberg's groundbreaking techniques of Nonviolent Communication (NVC) in a fresh formula for promoting peace at home, at work, and in the world. The authors offer practical exercises to help readers in any field learn to diffuse anger; make requests rather than demands or assign blame; understand the difference between feelings and needs; recognize how they strategize to get needs met; choose connection over conflict; and extend empathy to themselves and others.

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Wednesdays
4:30-5:45pm

Led by
Barb Hueurman

NEW BOOK

Beginning Wednesday, April 10