

We're looking for a few more writing-friends to share their personal views on where they find YOGA . . . where in their own lives they experience bliss, ecstasy, a glimpse of the infinite, THE ALL of life!
It doesn't have to be on a yoga mat!

join us

Wednesday, Nov 14

6:30 - 8:15pm

at VITALITY (3925 Montgomery Rd. 45212)

maybe your idea will come as we gather together
for this final Inner Journey of 2018!

These VITAL-friends have already contributed - thanks!

Helen Buswinka, Penny Costilla, Mike Eck, Crystal Judge, Val Vogel, Leann Kane,
Tina Nelson, Amanda Sanders, Liz Smith, Tonia Smith, Jean Marie Stross, Carol T Yeazell



YOGA IS THE ALL:

A Sensational Guide to Yoga

written by Brian Shircliff & VITALITY friends

amazing artwork by Parrish Monk

a very different take on 'yoga' that harkens back to the Indus River Valley and your own beating heart

we need just a few more patrons (\$25 donors) & a few more writing-contributors for this to go to press!

will be available for purchase in print & e-book formats Spring 2019

**VITALITY**
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