

# Real Woman, Honest Woman:

## A Journey Towards Inner Peace

Spiritual Book Study, Meditation, & Personal Development



**Who:** Women of all ages, abilities, and size. The optimal benefit will come for those who are able to make it to most of the classes, however drop-ins are welcome.

**What:** For the Center's winter 10-week session, the women's group will read *The Four Agreements* (and another Ruiz book) at home, journal and reflect on their personal journey in relation to

the teachings of the book. The women will meet weekly in class for 15 minutes of light stretching, breath work, meditation, and then gather in a comfy sharing circle for book discussion, personal reflections, discussions on how to walk a spiritual path as women, and how to use our gifts and talents for personal self-growth, building trust and community, creating support and healing, and becoming real honest women in a world destined for peace.

**When:** Tuesdays 7-8pm

**Free Intro:** Everyone is welcome to a free introduction class on Tuesday, January 5 during the open house.

**Where:** [TheCenterDowntown.org](http://TheCenterDowntown.org)

**Instructor:** [Mary Straub](#) has been instructing women's classes, intensive retreats and one-on-one therapy for over 10 years. She is a certified Yoga Therapist, a certified Kundalini Yoga instructor and a certified holistic practitioner. Her practice, **Yoga Therapy and Treatment**, specializes in women and children's holistic health. She has degrees in Applied Health Science with a double major in Education and Public Health and a minor in Biology. [Yoga Therapy and Treatment: Info.YTT@gmail.com](mailto:Info.YTT@gmail.com), 540-383-2699