

THE POWER OF NOW

MONTHLY BOOK CLUB



1st Wednesday of the month 6:30-8:00PM

2026 DATES:

- March 4
- April 1
- May 6
- June 3
- July 1
- August 5
- September 2
- October 7
- November 4
- December 2

Explore Eckhart Tolle's *The Power of Now* and learn practical ways to invite presence, mindfulness, and inner peace into your life.

Each month we will:

- 📘 Reflect - on the book's insights
- 👉 Connect - share experiences in a supportive community
- 🧘♀️ Practice - practical mindfulness exercises



200 RYT, Wellness Coach and Yoga Instructor

Questions? Contact ctopash@wilsonsfitness.com

WILSONSFITNESS.COM

Wilson's Fitness on Forum [Mind + Body Studio]



💻 CAN'T ATTEND LIVE?

Recordings provided so you can watch anytime. Commit once a month, transform every day in the power of the presence.

Program Includes:

- Eckhart Tolle's The Power of Now book
- "Be Present" guided journal
- Monthly live gatherings + access to recording

Wilson's Member: \$250

Non-Member: \$350

Members can enroll in their member portal and non-members may call 573-446-3232 to save their spot!