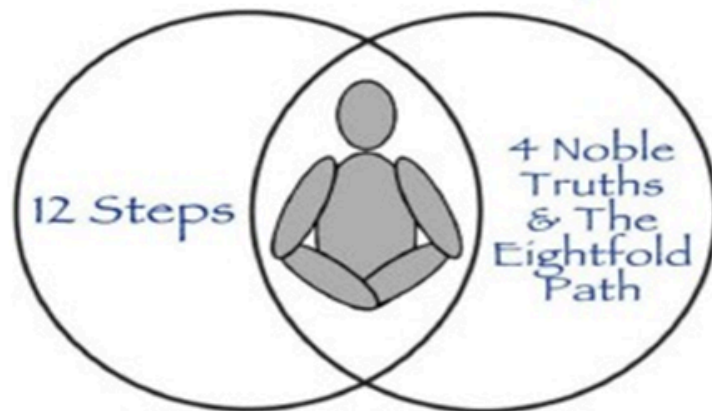




## The Noble Steps



# Dharma Talk led by Kevin Griffin

Author of "One Breath at a Time"

Sunday, July 19th, 2026

3 PM – 4:30 PM

Stay for the scheduled Noble Steps meeting 5–6:15pm

Shakti Yoga & Living Arts Studio

1861 Springfield Ave., Maplewood, NJ

Cost: Free, but we will collect a gratitude offering for Kevin

Register by email to [TheNobleSteps@gmail.com](mailto:TheNobleSteps@gmail.com)

**But no reserved spots it's first come first served so come early!**

Join by Zoom: Meeting ID 730-677-9973 Password 30667