

# Voluntary Simplicity



A five-session discussion guide that reflects on how lifestyle choices in our modern society affect the way we care for ourselves, our relationships, and our environment.

During this course, participants will:

- \* Understand the meaning of voluntary simplicity
- \* Explore the material and psychological distractions that prevent us from caring for Earth
- \* Acknowledge the connection between lifestyle choices and the environment
- \* Consider how life can be enriched through the practice of voluntary simplicity
- \* Develop an Action Plan to integrate simplicity into their lives

Presented by:

arkansasearthinstitute

Inspiring people to take responsibility for Earth



<http://arkansasearth.org/>

When:

Where:

For more info: