

 @bridgetaileensicsko



**WOMEN IN  
COMMUNITY**

*with*  
BRIDGET SICKO

# WHY DOES COMMUNITY MATTER?

BELONGING + SUPPORT  
MASTER-MIND  
GROWTH TRAJECTORY  
HUMAN NATURE



**EXPERIENCE**

IS YOUR GREATEST TEACHER OF ALL

*kundafini yoga saying*

# **MEDITATE**

**FEEL THE EXPERIENCE OF BEING A  
VALUABLE PART OF SOMETHING**

*connect*  
**@bridgetaileensicsko**

**Connect with people**

**Find your people**

**Smile more**

**Share this info**

