



PEACEFUL LIVING THROUGH MINDFUL MEDITATION

SATURDAYS: October 7, 14, 21 & 28 FROM 1:30 - 3:00

Members \$20/class or \$60/4 sessions

Guests \$30/class or \$80/4 sessions



Using simple text, thought-provoking illustrations, and group discussions, these workshops will help you de-stress, understand your body, discover infinite bliss within & around you and realize your true self.

AKASHA YOGA
121 N MAIN ST CRYSTAL LAKE

The facilitator, Andy Momaya, is a peace practitioner and spiritual teacher. Participants like his quiet, patient teaching manner and dedication.

To register, please visit www.akashayogacenter.com or call 815-356-7089. Pre-registration and pre-payment encouraged.