

**TAKE THIS  
FLYER  
HOME!!**

# MEDITATION with Jim

## LEARN TO MEDITATE

Fall Schedule – Oct Nov Dec  
AKASHA 121 N. MAIN ST. CRYSTAL LK.



### Times

NOON TO 1PM & 7PM TO 8PM

### ABOUT JIM

Jim began meditating in 1976. He's certified through the *Davidji Masters of Wisdom & Meditation Teacher Training* program. He embraces all types of Meditation and is enthusiastic about sharing these ancient teachings in a modern way.

[www.EssentialAyurveda.com/Meditation-with-Jim](http://www.EssentialAyurveda.com/Meditation-with-Jim)



### Days

**EVERY WEDNESDAY**

### No Classes

**NOV-7, NOV-21, DEC-26**

### Cost

**MEMBERS \$0 – GUESTS \$15**

### Topics

OCT – CLEARING THE COBWEBS OF YOUR MIND  
NOV – SELF CARE FOR THE HOLIDAYS  
DEC – GIVING BACK TO THE UNIVERSE

Relax ~ Don't be Serious  
Learn ~ Smile ~ Meditate  
Attend any Day  
This is not a Yoga class  
No Movement Required