

**TAKE THIS
FLYER
HOME!!**

MEDITATION with Jim

LEARN TO MEDITATE

Winter Schedule – Jan Feb Mar

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



Days

EVERY WEDNESDAY

No Classes

JAN-2, JAN-9

Cost

MEMBERS \$0 – GUESTS \$15

Mindfulness Topics

JAN – FAQ'S ABOUT MEDITATION

FEB – MEDITATION 101

MAR – BOOK "THE 4 AGREEMENTS"

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