



# GUIDED MEDITATION

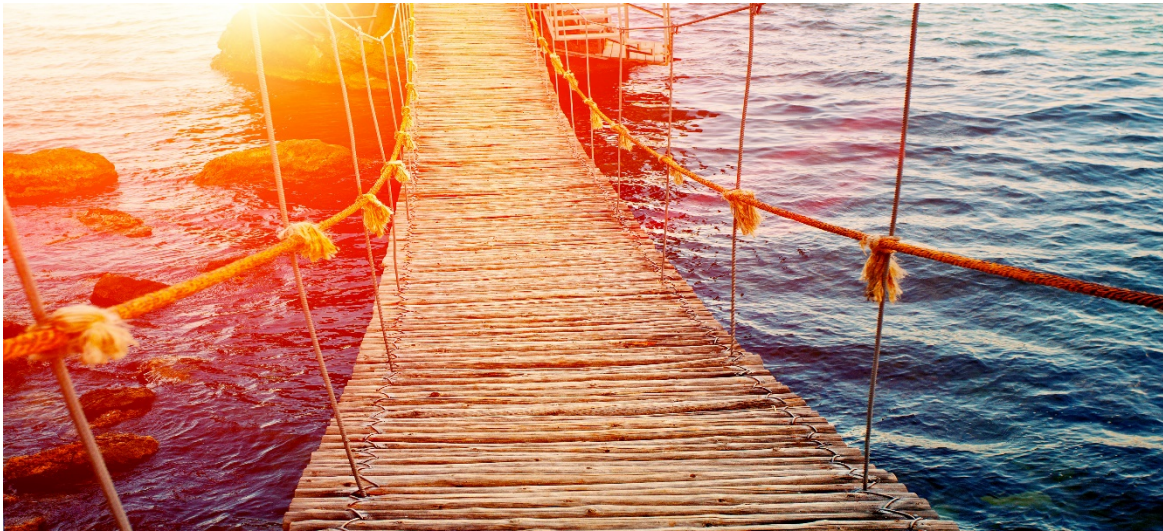
with Jim

**When:** Last Wednesday of the Month, April-24, May-29, June-26

**Time:** 7-8pm

**Members:** Free

**Guests:** \$15



**With guided meditation, you don't need to know how to meditate. All that's required is that you listen, and you'll move effortlessly into the renewing waters of your subconscious mind.**

## **AKASHA YOGA - 121 N. Main Street Crystal Lake**



**Jim McDonell began meditating in 1976 and is certified through the davidji Masters of Wisdom & Meditation Teacher Training program.**

**He's enthusiastic about sharing these ancient teachings in a modern way.**

**To register, please visit [www.akashayogacenter.com](http://www.akashayogacenter.com) or call 815-356-7089**

**Pre-registration and pre-payment encouraged**