



LEARN TO MEDITATE with Jim

When: Wednesday's, April 3 through June 26. (Except June 19)

Time: 12-1pm

Members: Free

Guests: \$15



This is an introductory meditation practice for everyone who wants to learn about meditation, experience relaxation and practice meditation techniques

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 or call 815-356-7089

Pre-registration and pre-payment encouraged

www.EssentialAyurveda.com/Meditation-with-Jim