



## LEARN TO MEDITATE with Jim

**When:** Every Wednesday, April 3 through June 26

**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](http://www.akashayogacenter.com) or call 815-356-7089**

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

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