



# LEARN TO MEDITATE

with Jim

**Summer:** Wednesday's, July, September. (Except August)

**Time:** 12-1pm

**Members:** Free

**Guests:** \$15



**Introductory meditation practice for everyone!**  
**Learn about meditation. Experience relaxation.**  
**Practice meditation techniques**

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



**Jim McDonnell 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**