



A K A S H A
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Seasonal Cooking with Jen

Thursdays

October 27, January 26 & March 8

7-8:30 pm

\$10 member/\$20 non-member

*Akasha is excited to bring you
Cooking with Jen! Learn to
prepare vegetarian dishes you
and your family will love.*

On the Menu:

October: Butternut squash risotto

January: Vegetarian chili

March: Kitchari

Preregistration and payment required. No refunds.
121 N. Main St. Crystal Lake, IL 815-356-7089
akashayogacenter.com

