



PEACEFUL LIVING THROUGH PERCEPTION MEDITATION

MONDAYS, FEBRUARY 6, 13, 20 & 27 FROM 7 TO 8:30PM
NO CHARGE FOR MEMBERS, NON-MEMBERS \$40/4 SESSIONS



Using simple text, thought-provoking illustrations and group discussions, these workshops will help you de-stress, understand your body, discover infinite bliss within & around you and realize your true self.



AKASHA YOGA
121 N MAIN ST * CRYSTAL LAKE

The facilitator, Andy Momaya, is a peace practitioner and spiritual teacher. Participants like his quiet, patient teaching manner and dedication.

To register, please visit www.akashayogacenter.com or call 815-356-7089.
Pre-registration and pre-payment preferred. No refunds.