

# Yoga Meditation Workshops



Sundays, Oct 7 - 28  
11:30 am - 12:30 pm  
Code: 211420 - 01

Sundays, Nov 4 - Dec 2  
11:30 am - 12:30 pm  
Code: 211420 - 02

Engage your mind and body in a 4-week series of guided meditations. Meditation is proven to reduce stress and anxiety, heal the body of illness, improve sleep, lower blood pressure and enhance overall health. Discover your inner peace. **No class on November 25.**

**Fee:** \$60 M/\$75 RNM/\$81 NRNM    **Instructor:** Jeff Kosanovich



FITNESS CENTER  
at the Buffalo Grove Park District

