

# Yoga Meditation Workshop



**Sundays, April 15 - May 6**  
**11:30 am - 12:30 pm**  
**Jeff Kosanovich, Instructor**

Engage your mind and body in this 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.

For more information or to register, please visit the Guest Services desk.

**Fee:** \$80 M/\$100 RNM/\$125 NRNM

**Code:** 411420 - 01



**FITNESS CENTER**  
At the Buffalo Grove Park District

