



Meditations to **wind down the long Summer Days and Prepare for Sleep** Tuesday nights 3 Weeks starting June 23 9:00pm sharp Yoga Among Friends

Summer is a very active time when the long daylight hours also often mean long work hours and disrupted sleep patterns.

Join us for a series of meditations involving movement and sound to ground the energy, clear the mind and guide you more deeply into silent stillness.

This is a 3-part series, but you are welcome to attend any or all of them. Each evening is \$15. If you pay for all 3 classes in advance, the total is \$40.

For questions, contact Kristin Panek at 630-334-5747 or via Email at KristinPanek@gmail.com