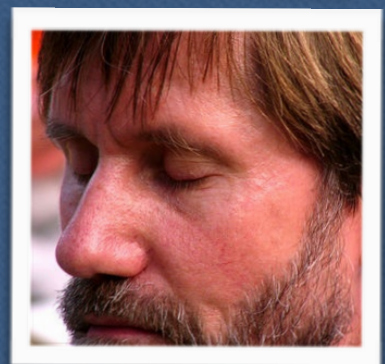


# LEARN HOW TO MEDITATE



## Introductory workshop

There will be three short sessions of chanting and mantra meditation, as well as gentle yoga postures and deep relaxation



Saturday, January 19, 10:00 am-1:00 pm  
Ananda Liina Yoga , 2308 N. High Cross Rd., Urbana  
Free of charge, call 217-344-6386 to reserve your place