

FREE

# Meditation and Yoga Classes



Through yoga and meditation you can overcome stress and anxiety. You can experience inner peace and happiness, compassion, self-confidence, vitality, flexibility and the joy of living.

## Beginners' Yoga & Meditation Course:

**All are welcome to this series of free classes in the Illini Union on the 4<sup>th</sup> floor - every Wednesday from 5:00-6:30 p.m.**

**Talks on self-development, yoga practices and philosophy by yogic monk and teacher Dada Madhuvidyananda - after each Wednesday class from 6:30-7 p.m.**

Learn yoga postures, breathing techniques, deep relaxation, mantra-chanting, meditation exercise and yoga philosophy at the

## Yoga and Meditation Club

on Wednesdays at the Illini Union.

For more info go to [www.meditationspace.org](http://www.meditationspace.org) or [www.uiuc.edu/ro/yoga](http://www.uiuc.edu/ro/yoga). Email [dkelly6@uiuc.edu](mailto:dkelly6@uiuc.edu) or call 344-6299