

# Fall Meditation & Restoration Series

AT THE MALLINCKRODT CENTER



Wednesday evenings 6:30-8 p.m.  
Beginning in September



**\$175 FOR 8 WEEKS** - *This unique package includes:*

- **SEPT. 13** Crystal Bowl Healing with Marian McNair
- **SEPT. 20** Restoration YOGA & Essential Oils with Stacy Hawks
- **SEPT. 27** Gong Meditation with Michael Bettine
- **OCT. 4** Alexander Technique with Rebecca Ferguson
- **OCT. 11** Homeopathy, Herbs/Supplements & Aroma Therapy with Lynn Bednar, CNC
- **OCT. 18** Tai Chi Qigong with Evelyn Thompson
- **OCT. 25** Reflexology with Donna Goldman
- **NOV. 1** Holistic Health/Meridian Balancing with Christy Matusiak, DC

AT **MALLINCKRODT**  
**WILMETTE PARK DISTRICT**

1041A RIDGE RD., WILMETTE, IL 60091 • 847.256.9623

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