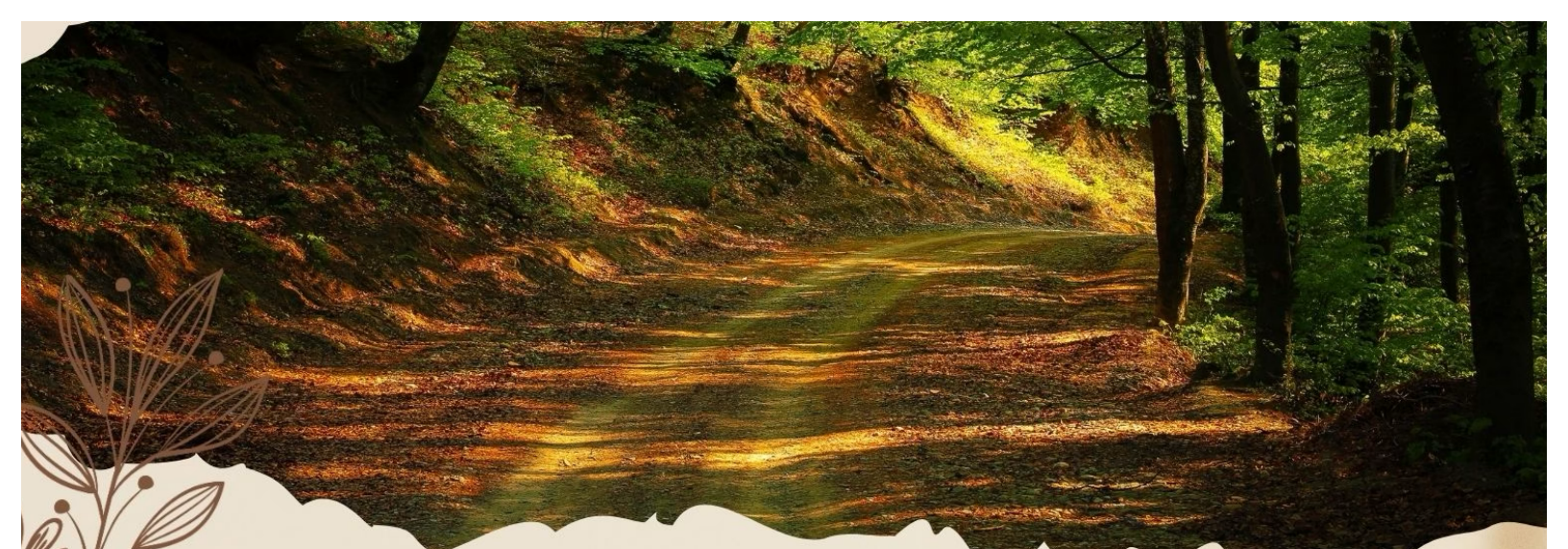


A photograph of a sun-dappled forest path with tall trees and fallen leaves. The image has a white, torn-edge border at the bottom.

SAVE THE DATE!

INTRODUCTION TO CHANTING AND BREATHWORK

Join us in person, for a fun and easy introduction to **Chanting** and **Breathwork**.
(Unfortunately virtual options, make these practices a little less effective and powerful.) Experience the healing, calming, and rejuvenating effects of these ancient practices.

RECOMMENDED FEE: \$20. All proceeds will go to Rise Up Together!*
(Please bring cash, as a basket for your anonymous contribution will be outside the studio door.)

Feel free to contribute what is affordable to you. These meditations are open to all!
Whatever you can give is appreciated. We will match the total raised that evening!

Every dollar raised goes directly to support someone on their journey to mental wellness.
To make additional donations to Rise Up Together! please go to, www.riseup2gether.org.

REGISTRATION: Email or text Chris Evon by September 15th, 2025
847-271-6030. chris.evon@yahoo.com

* Please sign up early as space is limited.

Brought to you by Present To Life and The Peaceful Healing Place

WHEN: September 23, 2025. 6:30pm - 8pm

WHERE: THE PEACEFUL HEALING PLACE

1700 E. Algonquin Rd. Ste. 218
Algonquin, IL. 60102

*Enter through the doors marked "Professional Suites 201-218"

* **Rise Up Together!** helps people through their healing journey and through the challenges of mental health by advocating for a holistic approach to wellness. They are committed to empowering people to find healthy programs and activities to support their body, mind, spirit and soul. Fundraisers such as this one help make care accessible and more affordable. To learn more or to make a donation, visit: www.riseup2gether.org.