

# *Center for Awakening*

## *November Newsletter*

*801-694-0787*

### ***November Music Meditation***

*Sunday, November 30*

*191 East 7500 South*

*6:30 pm*

*Join us for a powerful group music meditation to that will take us into elevated states of consciousness and joy. This will be our first meditation in the new meditation room. After meditation everyone is invited to a pot luck snack celebration.*

*Meditation is offered by love donation, all donations will go toward the Costa Rica project where we will bring food, clothing and school supplies to very poor families in Costa Rica.*

***Music Meditations** will be every last Sunday of each month from September through May at 6:30 pm and located at 191 East 7500 South, Midvale. All invited, love offering.*

# ***REIKI MASTER COURSE***

*November 16 and January 4*

*10 am to 6pm*

*191 East 191 South*

*801-694-0787*

*Awaken the healing power within your soul, to assist loved ones, your own self healing or to start your own business.*

*This course will include Reiki I, II, III and Reiki Master certification.*

*Course is \$300 tax deductible donation, proceeds go to the Houser family Christmas fund.*

## ***YOGA***

*Monday mornings 9 to 10:30 am*

*Thursday evenings 7 to 8:30 pm*

*All levels welcome*

*Includes;*

*Opening kirtan*

*Short meditation*

*Breathwork/Pranayam*

*Yoga postures/Asana*

*Low back Releases*

*Relaxation/Savasana*

*Closing song*

*Salt Lake Center for Spiritual Living*

*870 East North Union Ave., Midvale UT*

*Love offering*

## ***Community Events***

***Kirtan by Lorraine; Sunday Nov. 2, Kula Yoga 7pm***  
***Wednesday Nov. 12, SLCSL 7pm***  
***Sunday Nov. 16, Flow Yoga 6pm***

***Dances of Universal Peace; Saturday, November 9, Inner  
Light Center at 4408 South 500 East, 7pm.***

***Taize, Wednesday, October 29, SLCSL at 870 East North  
Union Ave. Midvale, 7pm.***

***Spiritual Sessions, every Wednesday 7 pm***  
***Every Sunday 5:30 pm***  
***2174 Villaire Ave. 801-947-1871***

