

Center for Awakening

April 2009 Newsletter

801-694-0787

www.centerforawakening.net

April Music Meditation

Sunday, April 26

191 East 7500 South

6:30 pm

*Join us for a powerful group music meditation that will take us into elevated states of consciousness where we experience **being** peace, love and joy and bask in the loving energy of the group. After meditation everyone is invited to a pot luck snack celebration. (Bringing a snack is optional).*

There is no charge for meditations, voluntary love donations are accepted and all donations will go towards the April charitable project.

***Ongoing Music Meditations** are every last Sunday of each month from September through May at 6:30 pm and hiking meditations for the months of June through August. We welcome people of all spiritual paths and faiths, optional love offering accepted and 100 % of all donations are put towards charitable projects.*

Costa Rica Project!

We had a very successful visit to the San Juan Dios village of Costa Rica. This is a remote village with families of very little means. Our visit was timely as they were close to being completely out of food. There were tears of joy and appreciation for the food, clothing, school supplies and toys. Because of all of your generous donations to the Costa Rica project and everyone's help at the yard sale you were able to make a huge difference in this small Costa Rican village. I have attached some pictures and Gary will put more pictures on the website www.centerforawakening.net Thanks to Blake for being the photographer, he did a great job.

April Bliss

All are invited to a morning spiritual practice every weekday morning from 5 am to 7 am in the month of April. The practice will include yoga and movement, healing yoga nidra and meditation. The spiritual practice will be held at 191 East 7500 South in Midvale, there is no charge for this event. You are welcome to take a 30 day challenge to bring a deeper focus to your spiritual practice, or you can join any day or anytime between 5 and 7 am.

YOGA with Bonnie

Monday mornings 9 to 10:30 am

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

Reiki Share

Thursday, April 23 at 7 pm
Location TBA call Sharleen, 801-688-1342
Listed on www.meet-up.com/reiki-share
Love Offering

Music Meditation

Sunday, April 26 at 6:30 pm
191 E. 7500 So., Midvale, UT
Love offering

Dances of Universal Peace

Saturday, April 11, Inner Light Center located at 4408 South
500 East, 7pm.
Love offering

Kirtan by Lorraine

*Sunday, April 5, 12:30 pm at SLCSL
Love Offering*

Taize

*Wednesday, April 29 at 7 pm
Salt Lake Center for Spiritual Living
870 East North Union Ave., Midvale UT
Love Offering*

Living Your Vision

*Saturday April 18, 9 am to 5 pm
Location TBA*

Call Diane for fee information 801-561-0634. Diane donates a portion of her proceeds to the Center for Awakening charitable projects.

Ongoing Events

Group Meditations at Cottonwood Heights

*Wednesdays 7 pm
Sundays 5:30 pm
2174 Villaire Ave. 801-947-0787
Love Offering*

Yoga

*Every Monday 9 am to 10:30 am
Salt Lake Center for Spiritual Living*

*870 East North Union Ave., Midvale UT
Love offering*

Deeksha Blessings
Every Tuesday at 7 pm
SLCSL 870 East North Union Ave. Midvale, UT
Love Offering

*Enjoy a warm and wonderful April, blessings and love to you
all, Bonnie*