

# *Center for Awakening*

*December 2009 Newsletter*

*801-694-0787*

*[www.centerforawakening.net](http://www.centerforawakening.net)*

*[centerforawakening.wordpress.com](http://centerforawakening.wordpress.com)*

## *Center for Awakening December Calendar:*

*Wednesday Dec. 2; Take grandparents to shoe store*

*Monday Dec. 7, 14, 21, 28; Yoga @9am*

*Monday Dec. 7, 14, 21, 28; Yoga Nidra @6:30pm*

*Sunday Dec. 13; Christmas caroling at nursing homes*

*Sunday Dec. 20; Deliver gifts to sponsored family*

*Sunday Dec. 27; Music Meditation*

## *December Music Meditation*

*Sunday, December 27*

*191 East 7500 South*

*6:30 pm*

*Join us for a powerful group music meditation that will take us into elevated states of joy and love where we experience **being** one with all life and the Divinity of our own true nature. The transformative loving energy of the group and the music will create the space to experience the unlimited peace and love that is infinitely within you. After meditation everyone is invited to a pot luck snack celebration.*

*Love offering.*

*Ongoing Music Meditations are every last Sunday of each month from September through May at 6:30 pm. Mark it on your 2010*

*calendars. No meditation experience necessary. We welcome people of all spiritual paths and faiths, all are welcome. Optional love offering accepted and 100 % of all donations are put towards charitable projects.*

## ***Christmas Project***

*We will be helping two young girls this Holiday season, Chaneece Lamb, 17 years old and Aubrey Lamb, 9 years old. These two girls lost their mother to cancer this past year and do not know their father. They are presently living with friends because they have no family. So we will be helping them out this Christmas to hopefully make the season a little brighter for them*

## ***Soles for Souls Charitable Project!***

*“Grandparents” are senior citizens who work year round in classrooms at the YWCA child care facility in downtown Salt Lake City. They receive way below minimum wage for their services and live on small social security incomes. We will purchase much needed winter shoes for all the grandparents at the YWCA.*

## ***Field Trip***

*On Wed. Dec. 2 at 1:30pm at we will have a field trip and take the grandparents to a local shoe store to pick out their shoes. Anyone who would like to volunteer to be a part of this field trip please*

*contact Bonnie or meet us at the YWCA on 344 East 300 South at 1:30pm Wednesday Dec. 2. We still need volunteers to help drive the grandparents to the shoe store and pick out their shoes. We really appreciate your help.*

## ***Holiday Caroling at the Nursing Homes***

*Everyone is invited to join us as we visit several local nursing homes to sing them cheerful songs of the season and bring them some holiday treats. This will be a fun service activity for all ages, so bring your family, friends and neighbors. We will conclude our outing with a meal together at Sweet Tomatoes in Sandy. Meet at Bonnie's home at 191 East 7500 South, Midvale at 2pm on Sunday December 13<sup>th</sup>.*

## ***Transformational Relaxation/Yoga Nidra***

*Yoga nidra is integrative sleep of the yogis-a unique combination of alert awareness and deepest relaxation. It takes you to the higher centers of consciousness far beyond ordinary waking consciousness. In these deep states, the mystical integrative powers of the third eye and ananda or bliss consciousness are activated giving you direct access to the extraordinary powers of your own intuition, creativity, health and abundance.*

*Yoga Nidra goes beyond wakefulness and dreaming. It is an awakening of the deep, deep stillness of what is asleep within you.*

*Join us any and/or every Monday evening through the month of December for a transformational yoga nidra experience at 6:30pm at the Salt Lake Center for Spiritual Living, 870 East North Union Ave., Midvale UT.*

## **YOGA with Bonnie**

*Monday mornings 9 am to 10:30 am  
Salt Lake Center for Spiritual Living  
870 East North Union Ave., Midvale UT*

*Monday yoga is a great way to start your week in a conscious way. Every yoga class includes a kirtan, short meditation, pranayam/breathwork, yoga postures and philosophy and savasana/relaxation. All levels welcome!*

## **Costa Rica Retreat** **Week four won the most votes!**

*Everyone is invited to the Costa Rica spiritual retreat on January 23 to 30<sup>th</sup> 2010. We will be staying at the gorgeous brand new Blue Spirit Omega retreat center in the lush jungle on the edge of the Pacific Ocean in Nosara Costa Rica.*

*This is an all inclusive retreat where we will enjoy classes with some of Omega's top teachers (described below), also included are three delicious healthy meals a day, a range of elegant accommodations (price varies), miles of white sandy beaches, daily yoga and tai chi*

*classes, evening events and concerts, a salt water infinity pool, library and café.*

## **Classes and workshops available on week four:**

John Perkins

### **Achieving Peace Through Higher Consciousness**

Before writing and teaching about shapeshifting, shamanism, and ecology, John Perkins worked for the World Bank and the United States government. He left when he realized he was part of a system that was transforming the once respected American republic into a feared empire. Having worked with shamans and indigenous populations around the world for four decades, Perkins, author of the best-selling *Confessions of an Economic Hit Man*, shows us how to achieve personal and global peace and prosperity by expanding our consciousness and shapeshifting our institutions.

Alan Lowen

### **The Art of Being®**

Learn to love the life you are living with The Art of Being®. Created by Alan Lowen, The Art of Being is a down-to-earth way to restore full connection with your nature, heart, being, and soul. Through dynamic meditations, trance journeys, music, inner explorations, and sharing, we bring healing to the wounds of our childhood, transcend self-limiting beliefs, and open our way into living vibrantly in an ever-deepening and expanding state of presence.

Judith Ansara, MSW, and Robert Gass, EdD

### **Relationship as Spiritual Practice**

Do you long to create a loving and satisfying relationship? Join internationally-known consciousness teachers and creators of Sharing the Path workshops for couples, Judith Ansara and Robert Gass, for an enlivening and practical training in the art of embracing relationship as a spiritual practice. As you learn to bring your heart, mind, body, and spirit into your relationship, you will delight in increased intimacy, connection, and joy in your union.

Judith Ansara, MSW, and Robert Gass, EdD

### **Sacred Chant Celebration**

Come sing your heart open, dance your prayers, and let your spirit soar! Judith Ansara and Robert Gass, creators of the best-selling chant CDs *Om Namaha Shivaya* and *Ancient Mother*, lead us in the deep, ecstatic practices of sacred chant, movement, and meditation. As we chant in joyful communion together, we each open to the possibility of directly experiencing bliss, devotion, and inner peace. Beginner and experienced chanters alike are welcome.

Jane Fryer, RYT 500

### **Inward Bound Yoga**

Are you ready to take your yoga practice deeper? Join Jane Fryer, creator of Inward Bound, for an active and deeply restorative yoga and meditation practice in the tranquil setting of Nosara, Costa Rica. With her extensive background in Kripalu, Iyengar, Sivananda, and Anusara yogas, Fryer guides us to personalize our yoga practice and discover our sacred inner essence. Beginner and experienced yoga practitioners alike are welcome. Bring your own yoga mat.

Annette Knopp

### **The Free Heart**

As human beings living in a conditional world, we tend to look outside of ourselves for perfect love, freedom, and peace. Guided by spiritual teacher and counselor Annette Knopp, we use meditative inquiry, experiential exercises, and deep communion to rediscover the natural love, clarity, and space that is already present at the core of our being. As we discover our free heart, we make peace with all aspects of reality and let go into "present-moment-openness" and authentic connection with ourselves and others.

Steven Michael Pague

### **Easy Qigong & Tai Chi**

*At Play in the Fields of Elixir*

With Steven Michael Pague, longtime codirector and host of Omega's winter programs, we work, cultivate, and play in the wonderful mystery of qi. Through easy-to-learn yet profound movements and meditations of qigong and tai chi, we begin to discover how to access "the elixir within," our inner medicine. Together, we cultivate a foundation of practices that can be readily duplicated at home to increase vitality, strengthen immune function, enhance creativity, and achieve more harmony and balance.

Stephan Rechtschaffen, MD

### **Living Fully in This Moment**

Physician and cofounder of Omega, Stephan Rechtschaffen, teaches holistic approaches to time, longevity, stress reduction, and well-being. Through visualization techniques, mindfulness practices, and awareness exercises, the author of *Timeshifting: Creating More Time to Enjoy Your Life* and coauthor of *Vitality and Wellness*, shows us how to slow down and come into the authentic and natural rhythms that are the result of living fully in the present moment.

Register for the Costa Rica retreat by going to [eOmega.org/winter](http://eOmega.org/winter) or call Omega directly at 800-944-1001.

Please let me know if you register for this retreat;  
Bonnie 801-694-0787

## ***Monthly Community Events***

### ***Music Meditation***

*Sunday, December 27<sup>th</sup>, at 6:30 pm*  
*191 E. 7500 So., Midvale, UT*  
*Love offering*

### ***Dances of Universal Peace***

*Saturday, December 12<sup>th</sup>, Inner Light Center located at 4408 South*  
*500 East, 7pm.*  
*Love offering*

### ***Taize***

*Wednesday, December 30<sup>th</sup>, at 7 pm*

*Salt Lake Center for Spiritual Living  
870 East North Union Ave., Midvale UT  
Love Offering*

## ***Weekly Community Events***

### ***Yoga***

*Every Monday 9 am to 10:30 am  
Salt Lake Center for Spiritual Living  
870 East North Union Ave., Midvale UT  
Love offering*

### ***Yoga Nidra***

*Every Monday through December 2009 at 6:30pm  
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*

### ***Meditation in Nature***

*Every Friday from 9:30 to 10:30am  
3489 South 2000 E.  
Anna 801-647-8311*



## ***Meditations at Cottonwood Heights***

*Wednesday evening 7pm and Sunday morning 9:30am*

*2174 Villaire Ave. Cottonwood Heights.*

*801-365-2422 or 801947-1871*

## ***Meditation***

*Every Sunday from 6:30-7:30 p.m.*

*SLCSL 870 East North Union Ave. Midvale, UT*

*Mike @ 435/513-9008.*

## ***Community Advertisements***

### **Mind, Body, Soul Experience**

The mind body soul experience is a group of certified healing professionals covering a wide range of healing modalities from intuitive readings, spiritual counseling, energy work and more. We come together once a month to offer an introductory experience of our services at an affordable price. Our goal is help people find the healing tools they are seeking to assist in their own personal growth.

3rd Saturday of each month 11-2pm

The Salt Lake Center For Spiritual Living

807 East No. Union Ave. (South of Ft Union Blvd)

Contact Leesa Myers for more info: 801-824-0774

**DECEMBER MASSAGE SPECIAL FOR HEALING FROM WITHIN MASSAGE, DEON D. ELANGO VAN, LMT (801)604-9644**

**\$10 OFF A 1 HR TREATMENT. Relaxation Swedish Massage with Hot Towels and**



**Aromatherapy and also includes a Peppermint Foot treatment and a hand treatment and an extra 15 minutes of Energy Healing. (Regularly \$55 NOW \$45)**

**Awesome Auto Body- call Leonard at Valley Body and Paint 801-808-9945**

**Travel Agent Services- Take the vacation of your dreams; call Diane Cunningham at 801-561-0634**

**Yoga Classes**

**Every Friday at 8:30 am and 10:30 am at the Inner Light Center, 4408 South 500 East, SLC, UT**

**Virgina has been teaching kripalu style yoga for many years and is wonderful. \$8.00 per class**

**Grounded Soul Massage**

**1 hour.....\$45.00**

**80 min.....\$60.00**

**30 min Reiki.....\$35.00**

**Kaley Tallman, L.M.T. 801.698.2534**

**[tallmank@comcast.net](mailto:tallmank@comcast.net)**

**Massage in the comfort of your own home.”**

**If you would like to advertise on next months newsletter please email your ad to [awakeningmiracles@msn.com](mailto:awakeningmiracles@msn.com) by the end of the month; Please keep your ad to a few short lines and I will cut and paste what you send me onto the newsletter.**

**During this busy time of year amidst all the hustle and bustle of the season, remember to take time out to be still and touch the absolute divinity and magnificence that dwells within your very soul. Much love and light to you all during the celebration of Christmas, Hanukah, winter solstice and all the other December spiritual holidays.**