

Center for Awakening

March 2009 Newsletter

801-694-0787

www.centerforawakening.net

March Music Meditation

Sunday, March 29

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 Women to Women project detailed below.

Ongoing Music Meditations are every last Sunday of each month from September through May at 6:30 pm and located at 191 East 7500 South, Midvale. We welcome people of all spiritual paths and faiths, no charge, optional love offering accepted and put towards a charitable project.

March 2009 Charitable Project

Women for Women International

Women for Women is a non-profit organization that works with women who have been affected by war. They mobilize women to change their lives through a holistic approach that addresses the unique needs of women in conflict and post conflict environments.

They begin by working with women who have lost everything in conflict and often have nowhere else to turn. Participation in their one year program launches women on a journey from victim to survivor to active citizen. Women for Women helps women in such countries as Afghanistan, Democratic Republic of the Congo, Iraq, Nigeria, Sudan and others. You can obtain more information at their website at

www.womenforwomen.org

Donations received for all Center for Awakening events will go toward the Women for Women International organization.

Straight donations are also accepted and appreciated

We thank you for your support in this new project!

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

Music Meditation

*Sunday, March 29 at 6:30 pm
191 E. 7500 So., Midvale, UT
Love offering*

Dances of Universal Peace

*Saturday, March 14, Inner Light Center located at 4408
South 500 East, 7pm.
Love offering*

Kirtan by Lorraine

Sunday March 1, Kula Yoga 7pm

Wednesday March 11, SLCSL 7pm

Love Offering

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

Taize

Wednesday, March 25 at 7 pm

Salt Lake Center for Spiritual Living

870 East North Union Ave., Midvale UT

Love Offering