

Center for Awakening

www.centerforawakening.net

8439 South 1000 East in Sandy, Utah

801-694-0787

A monthly newsletter

November 2011



Music Meditation

Sunday, November 20

6:30 pm



Experience elevated states of ecstasy and love.

*Enjoy the rapture of **being** one with all life and the Divinity of our own true nature.*

Become the unlimited peace and love that is infinitely within you.

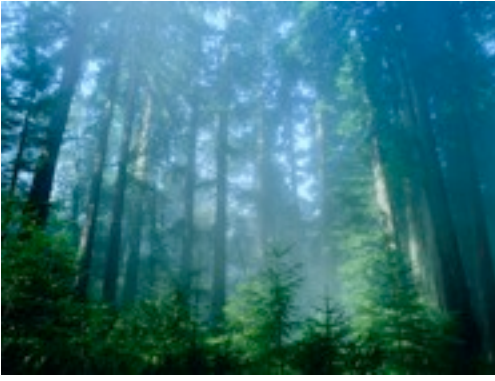
Celebrate a joyous community pot luck snack social

Ongoing Music Meditations are every third Sunday of each month from October through May at 6:30 pm. Join our loving circle of friends with a blissful hour of experiencing deep peace, love, joy, and community.

No meditation experience necessary

We welcome people of all spiritual paths and faiths; all are welcome!

Optional love offering goes towards charitable projects.



Reiki Master Course

Learn this ancient healing modality that is used in hospitals and clinics all over the world.

Whether you want to heal yourself, loved ones, or start a private practice this class will give you the tools and qualifications to reach your goal.

Classes are held on Sundays:

November 6 and
December 4

10 am to 5pm

Cost for entire course
is \$300

801-694-0787

Yoga Classes

Whole Harmonious Yoga

Every Wednesday

9 am to 11 am

1111 Brickyard Rd.

Love offering

Treat yourself to a whole harmonious yoga experience that includes kirtan, breathwork, kundalini, meditation, postures, mini massage, low back releases, and deep relaxation. An immersion in meditative movement and spiritual connection.

All levels welcome

Charitable Projects

Thanks to all your generous donations during October we were able to raise over \$100 for the Hopi Indians.

November Project will be holiday help for the children at the Midvale homeless shelter.

Please feel free to drop off any toys or clothing, also all donations for music meditations will go towards this charity.



Community Events

Dances of Universal Peace

*Saturday, November 12th
at 7pm
Inner Light Center
4408 S. 500 E.*

Youngevity Presentation

*Thursday, November 17
Best Western, Aspen Room
10695 Auto Mall Drive, Sandy
6:30 pm
Annette-801-561-7293*

Meditations

Cottonwood Heights

*Wednesday evenings
7pm and Sunday
afternoons 4:30pm
2174 Villaire Ave. Cotton
wood Heights.
801-947-1871*

11-11-11

Sacred Breath of Rebirth

*320 Hillcrest in
Copperton Utah
801-548-5482*

Deeksha

*There are several
Deeksha events weekly
all over the valley, to
find out locations go to
www.deekshautah.com*

Oneness Center

*For more information on the
Oneness Center, visit
www.onenesscsl.org, email
onenesscsl@gmail.com, or
call (801) 613-0275.
Contact: Leesa Myers*

Community Advertisements



11-11-11
 Sacred Breath
 of Rebirth
 Event
 320 Hillcrest
 in Copperton
 Utah

Come and join us
 for a Wold Wide
 Event in the Sacred
 Energy of
 Connection!!!
 Food, Drinks, LOTS
 of Oracle Tools and
 Energy Readings
 ALL about YOUR
 Ascension!!!
 Call Suzanne
 801-548-5482
 Alice
 435-833-0513

**Youngevity
 Presentation**
 Thursday,
 November 17
 Best Western,
 Aspen Room
 10695 Auto Mall
 Drive, Sandy
 6:30 pm
 Host: Annette
 801-561-7293
 801-580-0783

Enjoy a world
 class presentation
 on Dr. Joel
 Wallach's amazing
 health and
 wellness products.
 1-800-690-6124

The Everywhere Color

There is an amazing
 new metaphysical
 writer out there and
 he has written a
 children's series.
 The series is "Turn
 the Jewel, A
 Children's Tale in
 SevenBooks." The
 first book is "The
 Everywhere color"
 and is available for
 download on
 Amazon.com/books.
 The second book will
 be available around
 October 5 and the
 title is, "Miles and
 the Moon." a must
 read for children,
 parents and

New Age Beauty

Specialty Facials
 Body wraps and
 treatments
 Manicures and
 Pedicure treatments
 Waxing and dying
 Nails
 Hot stone massage
 Mention this ad for
 special pricing
 Asia 801-859-8960

Yoga Classes

*"Beginning
 October 18th,
 Rolf Lange will
 be teaching 3
 yoga classes per
 week at the
 Holladay Lions
 Recreation
 Center, 1661
 East Murray-
 Holladay Road
 (4800 S),
 Holladay, UT
 84124: Tues –
 Traditional
 Hatha Yoga; Wed
 – Gentle Yoga;
 Thurs – Integral
 yoga."*

BEING THE BRIDGE with Mayana

Saturday, Nov. 19th,
1-5 pm Park City
Yoga Studio register
online

www.mymayana.com

Mayana will teach you simple techniques that will allow you to BE the BRIDGE between Old ways of Being/ Thinking and NEW, more sustainable ways. Activate a Bridge Circuit in your body! Play time includes Sacred Teachings, Applied Sacred Geometry, Guided Meditation, Breathing Techniques, Practices for Inner Peace, Sacred Dance, Question Time.
\$33 per person



ENLIVENING TRANQUILITY

BRING CALM AND FOCUS TO YOUR DESIRES – PRODUCE EXTRAORDINARY RESULTS!

We use Reiki for its calming and healing effects. We use Inspiration and Fulfillment Coaching to have powerful experiences – dramatically increasing your ability to reach your goals in your Relationships, Well Being and / or Career – whatever is most important to YOU!

Please call for your complimentary first visit.

Carla@EnliveningTranquility.com
(801) 201-3175

Cosmotology

Talented and experienced Cosmetologist / Tonsorial Artist starting at Malstrom Salon on 700 E & 535 S. If you'd like to schedule your appointment call 801-537-5313, ask to book with Devin and receive 20% off you first visit.

Massage and Reiki

Enjoy a healing and relaxing massage and Reiki treatment.

Twelve years experience

\$55 one hour

\$70 ninety minutes

Bonnie

801-694-0787

ECSTATIC

DANCE:

IN.BODI.MEnt with

DOSHA:

Tuesday, Nov. 8th,

7-10 pm Park City

Yoga Studio register online

www.mymayana.com

A practice that holds opportunity for ever deepening connection with self, other and the infinite around us. Be prepared for mostly moving... so wear comfy clothes that you can sweat and grow in. \$40 per person

Saturday, Nov. 19th,

1-5 pm Park City

Yoga Studio register online

www.mymayana.com

[m](http://www.mymayana.com)