



## What's up?

**Sunday, August 6th— Guest Speaker Keshav Howe**

**Sunday, August 13th— Guest Speaker Lisa Chiles**

**Sunday, August 20th— Open discussion or Mike Dooley CD**

**Sunday, August 27th Golden CD about Ernest Holmes**

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**Iyengar Style Yoga - Mondays**, August 7, 14, 21 28, 5 :30 - 7:00 PM, Call Jeff Jackson @ 704-1442 ext 27 or 704-0257.

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**Kundalini Yoga - Wednesdays**, August 2, 9, 16, 23, 30, 5:00– 6:15 PM. Call Jolie @ 704-1464.

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**Fanny Hill Snowmass Village— Thursdays** August 3, 10, 17, 24, 31. Outdoor free concerts 6 PM—join us on the lawn: picnic , music & Dancing Golden 963-5516

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**Friday August 4th– 7-9 PM Keshav Howe Lecture—** For information Call Martha 309-3270

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**Saturday August 12th-** 10:30 AM 2 hour Horse Ride in the Redstone Area \$65.00. **MUST reserve your horse by Wednesday August 9th. Call Golden 963-5516**

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**Sunday August 27th— Pot Luck BBQ at Heathers House 215 Oak Run, Carbon-dale 618-5221**

Turn between City Market and 7-11, Second left onto Crystal Drive, right onto Oak Run.

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### **Upcoming workshop**

**Tuesdays September 12th and 19th 6:45 PM**

**“Connecting with your spirit guides” Call Golden 963-5516**

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### ***City Markey Cares:***

***You can help raise funds by signing up for the City Market grocery card program. Our Spiritual Center receives a donation from City Market every time you shop.***

***Sign up at Sunday Service.***

***It costs nothing to participate.***



# AUGUST 2006

## *A Spiritual Center*

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[www.aspiritualcenter.org](http://www.aspiritualcenter.org)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 5:00-6:15 PM Kundalini Yoga	3 Snowmass Con- certs, Join our group 6:00 PM	4 7:00 PM Keshav Howe Pubic Lecture Suggested Dona- tion 10.00.	5
6 10:00 AM Inspirational Services Guest Speaker Keshav Howe Master healer, teacher, counselor	7 5:30—7:00 PM Iyenger Style Yoga	8	9 5:00-6:15 PM Kundalini Yoga	10 Snowmass Con- certs, Join our group 6:00 PM	11	12 Horse Ride Red- stone 10:30 AM 2 Hours Call Golden 963- 5516
13 10:00 AM Inspirational Services Guest Speaker Lisa Chiles	14 5:30—7:00 PM Iyenger Style Yoga	15	16 5:00-6:15 PM Kundalini Yoga	17 Snowmass Con- certs, Join our group 6:00 PM	18	19
20 10:00 AM Inspirational Services Open or Mike Dooley CD	21 5:30—7:00 PM Iyenger Style Yoga	22	23 5:00-6:15 PM Kundalini Yoga	24 Snowmass Con- certs, Join our group 6:00 PM	25	26
27 10:00 AM Inspirational Services Golden presents Ernest Holmes CD Pot Luck BBQ Heathers House	28 5:30—7:00 PM Iyenger Style Yoga	29	30 5:00-6:15 PM Kundalini Yoga	31 Snowmass Con- certs, Join our group 6:00 PM		