



## What's up?

**Sunday, December 3rd— Guest Speaker Joseph**  
**Sunday, December 10th— Guest Speaker Golden**  
**Sunday, December 17th— Guest Speaker Barb Forest**  
**Sunday, December 24th— Guest Speaker Michael Abdo**  
**Sunday, December 31st— Open Discussion**

**Kundalini Yoga - Wednesdays**, November 6,13,20,27, 4:00– 5:30 PM. Call Jolie @ 704-1464.

**Drawing Class - Thursday**, December 7th only, 12:30 PM—3:30 PM  
Alice Gustafson 928-8602

**Sunshine Yoga - Sundays** December 3,10,17,24,31. 8:30 AM - 9:30 AM Energize your body, clear your mind & set your intentions for your day. **Bring your own mat, NO FEE** call Malika 948-3315

**“Work the power of thought so it works for you” Tuesday**, December 5th Last Class— Golden 963-5516

**Solstice Celebration— Saturday**, December 23rd, at 4 PM at Donna Lee Halls' house 30 Lazy Glen, Snowmass. 927-5373. Bring snack to share, item to charge on altar (will be returned to you). **Limited parking, carpool from Center meet at 3:30—Call Golden to arrange 963-5516**

**Workshop -“Transcend the chaos and celebrate the love”`Thursdays**, December 7, 14, ands 21st 6:30 PM call Susan Hayward 963-1878

### Notes from the universe - *Mike Dooley*

Actually, you don't have to tell me what you want, I already know.

You don't even have to tell me why you want it. That you do, is enough.

And please don't ask how I'm going to do it. There's always a way.

But I certainly wouldn't mind the occasional, *"Yeeeeee-haaaaaaa, hallelujah, amen brothers and sisters!"* You know, kind of a 'thank you,' in advance.

Thank you,  
The Universe






# December 2006



## A Spiritual Center

0695 Buggy Circle  
Carbondale, CO 81923

Phone: 970-963-5516  
Fax: 970-945-8815  
E-mail: [aspiritualcenter@aol.com](mailto:aspiritualcenter@aol.com)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 10:00 AM Inspirational Services Guest Speaker Joseph Sunshine Yoga 8:30 AM- 9:30 AM Malika 948-3315	4	5 6:45-9 PM Workshop Golden 963-5516	6 4:00-5:30 PM Kundalini Yoga Jolie 704-1464	7 12:30 PM Drawing Class Alice 928-8602 Workshop with Susan Hayward 6:30 PM 963-1878	8	9
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24 10:00 AM Inspirational Services Guest Speaker Michael Abdo Sunshine Yoga 8:30 AM- 9:30 AM	25 	26 <b>Kwanza</b> 	27 4:00-5:30 PM Kundalini Yoga Jolie 704-1464	28	29	30
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