



## What's up?

Sunday, February 4th — Open Meeting  
Sunday, February 11th— Lisa Dancing Light—Circle of Song  
Sunday, February 18th — Kathy Kana  
Sunday, February 25th— Camille Leone—Hypnotherapy

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**Kundalini Yoga** - **Wednesdays**, February 7, 14, 21, 28 4:00– 5:30 PM. Call Jolie @ 704-1464.

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**Drawing Class** - **Thursdays**, February 1, 8, 15, 22, 12:30 PM—3:30 PM  
Alice Gustafson 928-8602

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**Yoga & Movement-** **Sundays**, February 4, 11, 18, 25 8:30 AM - 9:30 AM Energize your body, clear your mind & set your intentions for your day. **Bring your own mat, Fee \$10.00** call Fran 927-0641

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**“New Lens-New View of Life” “Metaphysics in a nutshell” Tuesdays**, February 6,13, 20, 27, 6:45PM Call Golden 963-5516

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

It seemed like a good idea at the time, but who would have ever thought that the physical senses would be used to draw conclusions about where you're headed, instead of simply taking notice of where you've been?

Nope. The illusions that surround you today, have absolutely no relation to the illusions that will surround you tomorrow.

Which barely hints at how unlimited you truly are.

Yeah, *way* cool -  
The Universe



What most mortals don't quite realize, is that for every thought they think, the physical world is instantly changed.

But then, that's what makes them mortal.

Oh, the places you will go -  
The Universe

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# FEBRUARY 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 12:30 PM Drawing Class Alice 928-8602 	2	3
4 10:00 AM Inspirational Services Open Meeting	5	6 6:45-8:45 PM Workshop Golden 963-5516 	7 4:00-5:30 PM Kundalini Yoga	8 12:30 PM Drawing Class Alice 928-8602	9	10
11 10:00 AM Inspirational Services Lisa Dancing Light Circle of Songs Yoga 8:30-9:30 AM With Fran	12	13 6:45-8:45 PM Workshop Golden 963-5516	14 4:00-5:30 PM Kundalini Yoga	15 12:30 PM Drawing Class Alice 928-8602	16	17
18 10:00 AM Inspirational Services Kathy Kania Cranial Sacral Therapy Yoga 8:30-9:30 AM With Fran	19	20 6:45-8:45 PM Workshop Golden 963-5516	21 4:00-5:30 PM Kundalini Yoga	22 12:30 PM Drawing Class Alice 928-8602	23	24
25 10:00 AM Inspirational Services Camille Leone Hypnotherapy Yoga 8:30-9:30 AM With Fran	26	27 6:45-8:45 PM Workshop Golden 963-5516	28 4:00-5:30 PM Kundalini Yoga			