

What's up?

Sunday, July 1st— Open Discussion
Sunday, June 8th— Music by Jan Garrett and JD Martin
Sunday, July 15th— Guest Speaker— Golden Sha
Sunday, July 22nd— Open Discussion
Sunday, July 29th — Video

Kundalini Yoga - Wednesdays, July ,11,18,22 4:00– 5:30 PM. Call Jolie @ 704-1464.

Yoga & Movement- Sundays, July, 8,15,22,29 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

Class: Putting the pieces together...raising your vibration & attracting more of what you want. July 10,17,24,31 , 6:45PM Call Golden 963-5516

Meet on Fanny Hill Summer Free Concerts. 6PM Snowmass Village

Rafting Trip Sunday July 15th after service see flyer Call Heather Cissna B/4 the tenth. 618-5221

Hatha Yoga for beginners, Wednesdays, July, 11,18,22,29 7:30 AM—8:45 AM
Call Akaljeet Khalsa 618-7455

July 4th Celebration— Where: 452 N. 8th Street, When 11:30 AM to Whenever.
Please RSVP 963-7489. see attached invitation.

Classified AD's

In the Future we are planning to have a Classified page added to our newsletter, please e-mail information to aspiritualcenter@aol.com, ads must in no later than the 15th of every month. Questions call Joe 945-8812

July 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>10:00 AM Inspirational Services</p> <p>Open Discussion</p>	2	3	<p>4</p> <p><i>Party at Sean and Marilyn's 963-7489</i></p>	<p>5</p> <p><i>Free Concerts Meet at fanny hill Snowmass Village 6PM</i></p>	6	7
<p>8</p> <p>Yoga with Fran 927-0641 8:30 SPECIAL EVENT Jan Garrett & JD Martin Will conduct musical service</p>	9	<p>10</p> <p><i>Workshop with Golden 963-5516 6:45 PM –9:00 PM</i></p>	<p>11</p> <p>7:30 AM—8:45 AM Hatha Yoga Akaljeet Khalsa 618-7455</p> <p>4:00-5:30 PM Kundalini Yoga Call Jolie 704-1464</p>	<p>12</p> <p><i>Free Concerts Meet at fanny hill Snowmass Village 6PM</i></p>	13	14
<p>15</p> <p>10:00 AM Inspirational Services Yoga with Fran 927-0641 8:30 Guest Speaker Golden Sha</p> <p><i>Rafting Trip after service Call Heather 618-5221</i></p>	16	<p>17</p> <p><i>Workshop with Golden 963-5516 6:45 PM –9:00 PM</i></p>	<p>18</p> <p>7:30 AM—8:45 AM Hatha Yoga Akaljeet Khalsa 618-7455</p> <p>4:00-5:30 PM Kundalini Yoga Call Jolie 704-1464</p>	<p>19</p> <p><i>Free Concerts Meet at fanny hill Snowmass Village 6PM</i></p>	20	21
<p>22</p> <p>10:00 AM Inspirational Services Yoga with Fran 927-0641 8:30</p> <p>Open Discussion</p>	23	<p>24</p> <p><i>Workshop with Golden 963-5516 6:45 PM –9:00 PM</i></p>	<p>25</p> <p>7:30 AM—8:45 AM Hatha Yoga Akaljeet Khalsa 618-7455</p> <p>4:00-5:30 PM Kundalini Yoga Call Jolie 704-1464</p>	<p>26</p> <p><i>Free Concerts Meet at fanny hill Snowmass Village 6PM</i></p>	27	28
<p>29</p> <p>10:00 AM Inspirational Services</p> <p>Yoga with Fran 927-0641 8:30</p> <p>Video</p>	30	<p>31</p> <p><i>Workshop with Golden 963-5516 6:45 PM –9:00 PM</i></p>				

Spirit Center Friends, You Are invited to a 4th of July Cookout

Potluck - side dishes - beer/wine if desired

We'll provide meat or meatless, Sun tea, and a portion of beer and gin & tonic.

At the home of Sean McWilliams and Marilyn MaC

11:30 a.m. to Whenever.....

We're starting early since some folks may have regular 4th of July events they like to go to. However, you're welcome to stay with us, in our mini forest backyard, relax, visit (as in eat drink & be merry) play croquet all afternoon and go with us in the evening to enjoy the band at Carbondale's Sopris Park - walking distance from our house - where there's also a good view of the fireworks.

Directions to 452 N. 8th Street

If coming from Hwy 82 - Shortly after you turn onto Hwy 133

Take the first **LEFT** onto Cowen - At the Cowen Center // Go around curve - over speed bumps - past cemetery // At that stop sign - Cowen BECOMES N. 8th Street //

Continue on - several houses - about a block -

You'll see a huge blue spruce tree on the **RIGHT**,

Please use the backyard gate at the end of the driveway.

Or From Hwy 133 - Turn onto Main

Turn LEFT onto N. 8th at White House Pizza // Stop sign at bike trail//

then it's the 4th house on the RIGHT - bright sky blue w/huge spruce tree.

Please, RSVP to help us make food plans. **963-7489**

MEAT: Hamburgers, Brats, and Veggie burgers if needed

We'll have all the trimmings - lettuce, onion, etc. and other stuff

Rafting Trip

TIME TO COOL OFF! We have arranged for a RAFTING TRIP on SUNDAY, JULY 15th. We will be taking the trip with Glenwood Springs Rafting (384-8477) and they have given us a special local price of \$36 per person. We all meet at their private park in Glenwood Springs across from the Dairy Queen near West Glenwood, north of the freeway at 1:15pm. Dress to get wet! Bring sunblock, sunglasses, water and a hat. Wear either tennis shoes or heavy sandals. No flip flops! We will be running the Shoshone rapids down the Colorado and end up back at their park. They will bus us up to the departure period, so your car can be left at the park. If you want to bring dry clothes to change into, there is a place to change at the park. It should be a fun trip and I have made reservations for 10 people but they can always take more. Please call Heather Cissna by the 10th at 618-5221 to reserve your spot This is one you don't want to miss!