



## What's up?

**Sunday, March 4th — Open Meeting**  
**Sunday, March 11th— Guest Speaker, Sonny Conley**  
**Sunday, March 18th — Guest Speaker, Richard Lyon**  
**Sunday, March 25th— Guest Speaker, Lisa Chiles**

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

**Yoga & Movement- Sundays**, March 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

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

**Equinox Celebration- Tuesday**, March 20th 6:45 PM call Golden 963-5516 Fee \$10.00

**Organizational Meeting— Sunday** March 25th After service, please attend, we need your input. Food will be supplied.

## Notes From The Universe

The great thing about change, is that it absolutely, positively, always means things are going to get even better.

Even when you don't know how.

The Universe

Letting the opinions of others dampen your enthusiasm, restrain your joy, and stifle your creativity, is often exactly what they were after.

Pity for them, huh?

Let's rock -  
The Universe

# March 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>DAYLIGHT SAVINGS TIME SUNDAY MARCH 11TH</b></p> 				1	2	3
<p>4 10:00 AM Inspirational Services Yoga 8:30-9:30 AM With Fran</p>	5	<p>6 6:45-8:45 PM Workshop Golden 963-5516 <b>Last Class</b></p>	<p>7 4:00-5:30 PM Kundalini Yoga</p>	8	9	10
<p>11 10:00 AM Inspirational Services  Guest Speaker Sonny Conley Yoga 8:30-9:30 AM With Fran <b>DAYLIGHT SAVINGS TIME</b></p>	12	13	<p>14 4:00-5:30 PM Kundalini Yoga</p>	15	16	17
<p>18 10:00 AM Inspirational Services  Guest Speaker Richard Lyon Yoga 8:30-9:30 AM With Fran</p>	19	<p>20 <b>Equinox Celebration</b> 6:45 PM Call Golden 963-5516</p>	<p>21 4:00-5:30 PM Kundalini Yoga</p>	22	23	24
<p>25 10:00 AM Inspirational Services Guest Speaker Lisa Chiles Yoga 8:30-9:30 AM With Fran <b>Organizational Meeting</b></p>	26	27	<p>28 4:00-5:30 PM Kundalini Yoga</p>	29	30	31