

## Aspen Chapel - October 2018

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|----------------|---|---------------------|------------------|
| Monday 1st     | Morning Meditation<br>Morning Meditation meets every Monday excluding holidays.   | <i>Aspen Chapel</i> | 8:15am - 9:15am  |
| Tuesday 2nd    | Ayurveda the Science of Life<br>Classes are interactive and addressing common issues using Ayurveda & Aromatherapy.   | <i>Aspen Chapel</i> | 11:30am - 1:00pm |
|                | Aspen Noise<br>Aspen Noise, multi-generational singing group. Open to everyone!   | <i>Aspen Chapel</i> | 5:00pm - 6:00pm  |
|                | Yoga & Meditation<br>Yoga   | <i>Aspen Chapel</i> | 5:30pm - 6:45pm  |
| Wednesday 3rd  | Vipassana Meditation with Lisa Goddard<br>Join Lisa every Wednesday for meditation followed by a Dharma talk. Suggested donation: \$15 or pay what you can.   | <i>Aspen Chapel</i> | 11:30am - 1:00pm |
|                | Insights Meditation<br>Insights is a relaxed gathering of people each Wednesday at 6:00 pm for meditation, Inter Spiritual readings and discussion. No prior experience is needed to participate.   | <i>Aspen Chapel</i> | 6:00pm - 7:00pm  |
| Thursday 4th   | Developing Consciousness<br>The course is based on the book "Developing Consciousness: A Roadmap to the Journey of Enlightenment" by Nicholas Vesey. / / Each week participants are given tools to navigate the journey to "modern" enlightenment through discussions, shared experiences, and exercises. While this course covers eight weeks of topics, each class can be taken as a stand alone.   | <i>Aspen Chapel</i> | 1:30pm - 3:00pm  |
| Sunday 7th     | Sunday Service<br>Every Sunday Aspen Chapel welcomes all people, local and visitors alike, to attend its Sunday morning service. A lovely reception follows. Aspen Chapel promotes open and progressive theology, spiritual enrichment, and peace through interfaith engagement. All are welcome. For more information, please call 970-925-7184 or info@aspenchapel.org.   | <i>Aspen Chapel</i> | 9:30am - 10:30am |
| Monday 8th     | Morning Meditation<br>Morning Meditation meets every Monday excluding holidays.   | <i>Aspen Chapel</i> | 8:15am - 9:15am  |
| Tuesday 9th    | Ayurveda the Science of Life<br>Classes are interactive and addressing common issues using Ayurveda & Aromatherapy.   | <i>Aspen Chapel</i> | 11:30am - 1:00pm |
|                | Aspen Noise<br>Aspen Noise, multi-generational singing group. Open to everyone!   | <i>Aspen Chapel</i> | 5:00pm - 6:00pm  |
|                | Yoga & Meditation<br>Yoga   | <i>Aspen Chapel</i> | 5:30pm - 6:45pm  |
|                | Ecstatic Dance<br>Ecstatic Dance is free form, conscious movement. It is an invigorating mind-body practice of uncensored spontaneous dance for normal people just like you who love to dance.  | <i>Aspen Chapel</i> | 7:30pm - 9:00pm  |
| Wednesday 10th | Vipassana Meditation with Lisa Goddard<br>Join Lisa every Wednesday for meditation followed by a Dharma talk. Suggested donation: \$15 or pay what you can.   | <i>Aspen Chapel</i> | 11:30am - 1:00pm |
|                | Insights Meditation<br>Insights is a relaxed gathering of people each Wednesday at 6:00 pm for meditation, Inter Spiritual readings and discussion. No prior experience is needed to participate.   | <i>Aspen Chapel</i> | 6:00pm - 7:00pm  |
| Thursday 11th  | Developing Consciousness<br>The course is based on the book "Developing Consciousness: A Roadmap to the Journey of Enlightenment" by Nicholas Vesey. / / Each week participants are given tools to navigate the journey to "modern" enlightenment through discussions, shared experiences, and exercises. While this course covers eight weeks of topics, each class can be taken as a stand alone.   | <i>Aspen Chapel</i> | 1:30pm - 3:00pm  |
|                | Aspen Business Connect<br>At both Aspen Real Life and Aspen Business Connect we lead from a spiritual place, positively impacting communities by supporting, promoting and growing ideas, individuals and businesses. / / The positive feedback and connections made from these events have been so much more than we ever could have expected, where new relationships and collaborations have been formed, providing new journeys and opportunities for all who have been a part of our events. | <i>Aspen Chapel</i> | 5:00pm - 6:30pm  |
|                | Floral Workshop with Shelly Franklin<br>A Way with Roses  | <i>Aspen Chapel</i> | 5:30pm - 7:00pm  |

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| Sunday 14th   | <b>Sunday Service</b>   | <i>Aspen Chapel</i> | 9:30am - 10:30am |
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|   | <b>Stability in Transition</b>  | <i>Aspen Chapel</i> | 2:00pm - 4:00pm  |
|   | Fall has arrived! As evidenced by the changing of the leaves and their eventual release to mother earth, we are reminded that the Fall season is truly a time of transition. In Ayurvedic and Chinese Medicine the Fall signifies the letting go of that which does not serve us, as well as moving inward in preparation for winter.   |                     |                  |
| Monday 15th   | <b>Morning Meditation</b>   | <i>Aspen Chapel</i> | 8:15am - 9:15am  |
|   | Morning Meditation meets every Monday excluding holidays.   |                     |                  |
|   | <b>Yoga for Anxiety</b>   | <i>Aspen Chapel</i> | 6:00pm - 8:00pm  |
|   | Learn tools to manage anxiety through the lens of yoga. We'll cover relevant yoga philosophy, discuss energetics of anxiety and its symptoms from a yogic perspective, and practice using a variety of tools to support your wellness, including yoga postures, breath, affirmation, mantra, mudras and more. Emphasis on in-the-moment tools. Open to all. No yoga experience necessary. |                     |                  |
| Tuesday 16th  | <b>Aspen Noise</b>  | <i>Aspen Chapel</i> | 5:00pm - 6:00pm  |
|   | Aspen Noise, multi-generational singing group. Open to everyone!  |                     |                  |
|   | <b>Yoga &amp; Meditation</b>  | <i>Aspen Chapel</i> | 5:30pm - 6:45pm  |
|   | Yoga  |                     |                  |
| Wednesday 17th  | <b>Vipassana Meditation with Lisa Goddard</b>   | <i>Aspen Chapel</i> | 11:30am - 1:00pm |
|   | Join Lisa every Wednesday for meditation followed by a Dharma talk. Suggested donation: \$15 or pay what you can.   |                     |                  |
|   | <b>Insights Meditation</b>  | <i>Aspen Chapel</i> | 6:00pm - 7:00pm  |
|   | Insights is a relaxed gathering of people each Wednesday at 6:00 pm for meditation, Inter Spiritual readings and discussion. No prior experience is needed to participate.  |                     |                  |
| Thursday 18th   | <b>Developing Consciousness</b>   | <i>Aspen Chapel</i> | 1:30pm - 3:00pm  |
|   | The course is based on the book "Developing Consciousness: A Roadmap to the Journey of Enlightenment" by Nicholas Vesey. / / Each week participants are given tools to navigate the journey to "modern" enlightenment through discussions, shared experiences, and exercises. While this course covers eight weeks of topics, each class can be taken as a stand alone.                   |                     |                  |
|   | <b>Ayurveda the Science of Life</b>   | <i>Aspen Chapel</i> | 6:00pm - 7:30pm  |
|   | Classes are interactive and addressing common issues using Ayurveda & Aromatherapy.   |                     |                  |
| Saturday 20th   | <b>The Tantra of Christ</b>   | <i>Aspen Chapel</i> | 10:00am - 5:00pm |
| with Kimberly Braun / MINISTER, M.A., MEDITATION COACH  |   |                     |                  |
| Sunday 21st   | <b>Sunday Service</b>   | <i>Aspen Chapel</i> | 9:30am - 10:30am |
| Every Sunday Aspen Chapel welcomes all people, local and visitors alike, to attend its Sunday morning service. A lovely reception follows. Aspen Chapel promotes open and progressive theology, spiritual enrichment, and peace through interfaith engagement. All are welcome. For more information, please call 970-925-7184 or info@aspenchapel.org. |   |                     |                  |
| Monday 22nd   | <b>Morning Meditation</b>   | <i>Aspen Chapel</i> | 8:15am - 9:15am  |
|   | Morning Meditation meets every Monday excluding holidays.   |                     |                  |
|   | <b>Yoga for Anxiety</b>   | <i>Aspen Chapel</i> | 6:00pm - 8:00pm  |
|   | Learn tools to manage anxiety through the lens of yoga. We'll cover relevant yoga philosophy, discuss energetics of anxiety and its symptoms from a yogic perspective, and practice using a variety of tools to support your wellness, including yoga postures, breath, affirmation, mantra, mudras and more. Emphasis on in-the-moment tools. Open to all. No yoga experience necessary. |                     |                  |
| Tuesday 23rd  | <b>Aspen Noise</b>  | <i>Aspen Chapel</i> | 5:00pm - 6:00pm  |
|   | Aspen Noise, multi-generational singing group. Open to everyone!  |                     |                  |
|   | <b>Yoga &amp; Meditation</b>  | <i>Aspen Chapel</i> | 5:30pm - 6:45pm  |
|   | Yoga  |                     |                  |
|   | <b>Ecstatic Dance</b>   | <i>Aspen Chapel</i> | 7:30pm - 9:00pm  |
|   | Ecstatic Dance is free form, conscious movement. It is an invigorating mind-body practice of uncensored spontaneous dance for normal people just like you who love to dance.  |                     |                  |
| Wednesday 24th  | <b>Vipassana Meditation with Lisa Goddard</b>   | <i>Aspen Chapel</i> | 11:30am - 1:00pm |
|   | Join Lisa every Wednesday for meditation followed by a Dharma talk. Suggested donation: \$15 or pay what you can.   |                     |                  |
|   | <b>Insights Meditation</b>  | <i>Aspen Chapel</i> | 6:00pm - 7:00pm  |
| Insights is a relaxed gathering of people each Wednesday at 6:00 pm for meditation, Inter Spiritual readings and discussion. No prior experience is needed to participate.  |   |                     |                  |
|   | <b>Full Moon breathwork + binaural beats</b>  | <i>Aspen Chapel</i> | 7:30pm - 8:45pm  |
|   | breathwork relaxes the nervous system / binaural beats balance the brain / the combo creates a next level experience / / \$30 donation (or pay what you can) / pre-registration highly recommended as headphones are limited  |                     |                  |

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|----------------|--|---------------------|------------------|
| Thursday 25th  | <b>Ayurveda the Science of Life</b><br>Classes are interactive and addressing common issues using Ayurveda & Aromatherapy.   | <i>Aspen Chapel</i> | 6:00pm - 7:30pm  |
| Sunday 28th    | <b>Sunday Service</b><br>Every Sunday Aspen Chapel welcomes all people, local and visitors alike, to attend its Sunday morning service. A lovely reception follows. Aspen Chapel promotes open and progressive theology, spiritual enrichment, and peace through interfaith engagement. All are welcome. For more information, please call 970-925-7184 or info@aspenchapel.org.                                     | <i>Aspen Chapel</i> | 9:30am - 10:30am |
| Monday 29th    | <b>Morning Meditation</b><br>Morning Meditation meets every Monday excluding holidays.   | <i>Aspen Chapel</i> | 8:15am - 9:15am  |
|                | <b>Yoga for Anxiety</b><br>Learn tools to manage anxiety through the lens of yoga. We'll cover relevant yoga philosophy, discuss energetics of anxiety and its symptoms from a yogic perspective, and practice using a variety of tools to support your wellness, including yoga postures, breath, affirmation, mantra, mudras and more. Emphasis on in-the-moment tools. Open to all. No yoga experience necessary. | <i>Aspen Chapel</i> | 6:00pm - 8:00pm  |
| Tuesday 30th   | <b>Aspen Noise</b><br>Aspen Noise, multi-generational singing group. Open to everyone!   | <i>Aspen Chapel</i> | 5:00pm - 6:00pm  |
|                | <b>Yoga &amp; Meditation</b><br>Yoga   | <i>Aspen Chapel</i> | 5:30pm - 6:45pm  |
| Wednesday 31st | <b>Vipassana Meditation with Lisa Goddard</b><br>Join Lisa every Wednesday for meditation followed by a Dharma talk. Suggested donation: \$15 or pay what you can.   | <i>Aspen Chapel</i> | 11:30am - 1:00pm |
|                | <b>Insights Meditation</b><br>Insights is a relaxed gathering of people each Wednesday at 6:00 pm for meditation, Inter Spiritual readings and discussion. No prior experience is needed to participate.   | <i>Aspen Chapel</i> | 6:00pm - 7:00pm  |