

Aspen Chapel - August 2017

Tuesday 1st	Yoga with Linda Sandell Yoga with Linda Sandel	<i>Aspen Chapel</i>	5:30pm - 6:45pm
	Aspen Noise Aspen Noise is a multi-generational singing group, grades K-12 and beyond. The program is designed for the young and the young at heart. The group will meet weekly to join in community, share fellowship, and celebrate the joy of music. Explore music through singing, dancing and instruction, in an atmosphere that is free from judgement. All ages and abilities are welcome!! For more information please contact Barbara Lynn Bloemsma at 970-948-7777 or babalynn7@yahoo.com.	<i>Aspen Chapel</i>	6:00pm - 7:15pm
Wednesday 2nd	Vipassana (Insight) Meditation--The Insight Experience with Lisa Goddard Meets in the Aspen Chapel Gallery / / Insight Meditation, known as Vipassana in the Buddhist tradition, is a simple technique which has been practiced in Asia for more than 2,600 years. Beginning with focusing attention on the breath, the practice concentrates and calms the mind. It allows us to see through the mind's conditioning and thereby to live more fully in the present moment.	<i>Aspen Chapel</i>	11:30am - 1:00pm
	Insights Meditation 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 3rd	Kriya Yoga with Ritter Ritter will focus on enhancing your personal spiritual practice using the tools of yoga (including asana, pranayama and meditation). The teaching is based on the Yoga Sutras of Patanjali and his own experience practicing yoga for over 40 years. No experience with yoga or meditation is necessary. Only simple, basic yoga postures will be covered. No yoga mats or special clothing required!	<i>Aspen Chapel</i>	8:15am - 9:15am
	Centering Prayer with Ritter Centering Prayer is a "method" of contemplative prayer popularized by Thomas Keating, a Trappist monk who resides at St. Benedict's Monastery in Old Snowmass. Ritter will lead two twenty minute Centering Prayer "sessions" after first giving some guidance for those unfamiliar with the practice. There will be a five minute break between each "session".	<i>Aspen Chapel</i>	9:15am - 10:15am
	AMFS Chamber Concert (FREE) AMFS FREE Chamber Concert	<i>Aspen Chapel</i>	4:15pm - 5:15pm
Friday 4th	AMFS Piano Recital (FREE) AMFS FREE Piano Recital	<i>Aspen Chapel</i>	2:00pm - 3:00pm
Saturday 5th	Centering Prayer with Terry Ryan Centering Prayer with Terry Ryan(FREE)	<i>Aspen Chapel</i>	10:00am - 1:00pm
Sunday 6th	Bach Cantata 66 Bach Cantata 66	<i>Aspen Chapel</i>	9:30am - 10:30am
Monday 7th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
	Summer of Love Gala For Tickets and Online Auction: charityauction.bid/aspenchapel	<i>Cooking School of Aspen</i>	6:00pm - 9:00pm
Tuesday 8th	Yoga with Linda Sandell Yoga with Linda Sandel	<i>Aspen Chapel</i>	5:30pm - 6:45pm
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Wednesday 9th	Vipassana (Insight) Meditation--The Insight Experience with Lisa Goddard Meets in the Aspen Chapel Gallery / / Insight Meditation, known as Vipassana in the Buddhist tradition, is a simple technique which has been practiced in Asia for more than 2,600 years. Beginning with focusing attention on the breath, the practice concentrates and calms the mind. It allows us to see through the mind's conditioning and thereby to live more fully in the present moment.	<i>Aspen Chapel</i>	11:30am - 1:00pm
	Insights Meditation 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 10th	AMFS Chamber Concert (FREE) AMFS FREE Chamber Concert	<i>Aspen Chapel</i>	4:15pm - 5:15pm
Friday 11th	AMFS Piano Recital (FREE) AMFS FREE Piano Recital	<i>Aspen Chapel</i>	2:00pm - 3:00pm

Sunday 13th	Sunday Service 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 14th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 15th	Yoga with Linda Sandell Yoga with Linda Sandel	<i>Aspen Chapel</i>	5:30pm - 6:45pm
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Wednesday 16th	Vipassana (Insight) Meditation--The Insight Experience with Lisa Goddard Meets in the Aspen Chapel Gallery / / Insight Meditation, known as Vipassana in the Buddhist tradition, is a simple technique which has been practiced in Asia for more than 2,600 years. Beginning with focusing attention on the breath, the practice concentrates and calms the mind. It allows us to see through the mind's conditioning and thereby to live more fully in the present moment.	<i>Aspen Chapel</i>	11:30am - 1:00pm
	Summer Light Artist Talk Meet the "Summer Light" Artists. They will introduce their approach to watercolor painting and you will get to know them a bit more in the process. Mediated by David Floria. / Refreshments will be served. Free event.	<i>Aspen Chapel Gallery</i>	5:30pm - 6:30pm
	Insights Meditation 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 17th	Kriya Yoga with Ritter Ritter will focus on enhancing your personal spiritual practice using the tools of yoga (including asana, pranayama and meditation). The teaching is based on the Yoga Sutras of Patanjali and his own experience practicing yoga for over 40 years. No experience with yoga or meditation is necessary. Only simple, basic yoga postures will be covered. No yoga mats or special clothing required!	<i>Aspen Chapel</i>	8:15am - 9:15am
	Centering Prayer with Ritter Centering Prayer is a "method" of contemplative prayer popularized by Thomas Keating, a Trappist monk who resides at St. Benedict's Monastery in Old Snowmass. Ritter will lead two twenty minute Centering Prayer "sessions" after first giving some guidance for those unfamiliar with the practice. There will be a five minute break between each "session".	<i>Aspen Chapel</i>	9:15am - 10:15am
	AMFS Chamber Concert (FREE) AMFS FREE Chamber Concert	<i>Aspen Chapel</i>	4:15pm - 5:15pm
Friday 18th	AMFS Piano Recital (FREE) AMFS FREE Piano Recital	<i>Aspen Chapel</i>	2:00pm - 3:00pm
Sunday 20th	Sunday Service 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 21st	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 22nd	Yoga with Linda Sandell Yoga with Linda Sandel	<i>Aspen Chapel</i>	5:30pm - 6:45pm
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Wednesday 23rd	Vipassana (Insight) Meditation--The Insight Experience with Lisa Goddard Meets in the Aspen Chapel Gallery / / Insight Meditation, known as Vipassana in the Buddhist tradition, is a simple technique which has been practiced in Asia for more than 2,600 years. Beginning with focusing attention on the breath, the practice concentrates and calms the mind. It allows us to see through the mind's conditioning and thereby to live more fully in the present moment.	<i>Aspen Chapel</i>	11:30am - 1:00pm
	Insights Meditation 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 24th	Kriya Yoga with Ritter	<i>Aspen Chapel</i>	8:15am - 9:15am
	Ritter will focus on enhancing your personal spiritual practice using the tools of yoga (including asana, pranayama and meditation). The teaching is based on the Yoga Sutras of Patanjali and his own experience practicing yoga for over 40 years. No experience with yoga or meditation is necessary. Only simple, basic yoga postures will be covered. No yoga mats or special clothing required!		
	Centering Prayer with Ritter	<i>Aspen Chapel</i>	9:15am - 10:15am
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	Freeing the Mind Made Easy with Michael Gregory	<i>Aspen Chapel</i>	6:00pm - 7:30pm
	Freeing the Mind Made Easy with Michael Gregory. Free and open to the public.		
Sunday 27th	Sunday Service	<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 28th	Morning Meditation	<i>Aspen Chapel</i>	8:15am - 9:15am
	Morning Meditation meets every Monday excluding holidays.		
Tuesday 29th	Yoga with Linda Sandell	<i>Aspen Chapel</i>	5:30pm - 6:45pm
	Yoga with Linda Sandel		
	Aspen Noise	<i>Aspen Chapel</i>	6:00pm - 7:15pm
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Wednesday 30th	Vipassana (Insight) Meditation--The Insight Experience with Lisa Goddard	<i>Aspen Chapel</i>	11:30am - 1:00pm
	Meets in the Aspen Chapel Gallery / / Insight Meditation, known as Vipassana in the Buddhist tradition, is a simple technique which has been practiced in Asia for more than 2,600 years. Beginning with focusing attention on the breath, the practice concentrates and calms the mind. It allows us to see through the mind's conditioning and thereby to live more fully in the present moment.		
	"What's Your Color?" Opens at the Chapel Gallery	<i>Aspen Chapel</i>	5:00pm - 7:00pm
	This is a new show opening at the Chapel Gallery. The opening starts at 5:00pm. Refreshments will be served. Free Event		
	Insights Meditation	<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.		