

Aspen Chapel - November 2018

Thursday 1st	Ayurveda the Science of Life Classes are interactive and addressing common issues using Ayurveda & Aromatherapy.	<i>Aspen Chapel</i>	6:00pm - 7:30pm
Sunday 4th	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 5th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
	Yoga for Anxiety 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 6th	Aspen Noise Aspen Noise, multi-generational singing group. Open to everyone!	<i>Aspen Chapel</i>	5:30pm - 6:30pm
	Yoga & Meditation Yoga	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Wednesday 7th	Vipassana Meditation with Lisa Goddard 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 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 8th	Ayurveda the Science of Life Classes are interactive and addressing common issues using Ayurveda & Aromatherapy.	<i>Aspen Chapel</i>	6:00pm - 7:30pm
Saturday 10th	High Vibration Group Healing Circle High Vibration Group Healing Circle	<i>Aspen Chapel</i>	3:00pm - 5:00pm
Sunday 11th	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 12th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 13th	Connect! Experience, Discover and Explore	<i>Aspen Chapel</i>	3:30pm - 5:00pm
	Yoga & Meditation Yoga	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Wednesday 14th	Vipassana Meditation with Lisa Goddard 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 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 15th	Ayurveda the Science of Life Classes are interactive and addressing common issues using Ayurveda & Aromatherapy.	<i>Aspen Chapel</i>	6:00pm - 7:30pm
Saturday 17th	Understanding the Four Essential Energies with Jane St Croix Ireland	<i>Aspen Chapel</i>	10:00am - 2:00pm
Sunday 18th	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 19th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am

Tuesday 20th	Morning Yoga Practice	<i>Aspen Chapel</i>	10:00am - 11:00am
	Suggested donation \$10 (or pay what you can) / Join Antonella for a joyful 60 minute class incorporating asanas and pranayama. / This sequence is designed to awaken and strengthen your core, warm up your / muscles and align your spine. Expand and enjoy your range of motion in a safe / and supported way by using your breath and cultivating awareness. You will / move thru a dynamic and mindful sequence that will make you feel strong / and ready to enjoy our beautiful mountains. All levels are welcome.		
	Connect!	<i>Aspen Chapel</i>	3:30pm - 5:00pm
	Experience, Discover and Explore		
	Aspen Noise	<i>Aspen Chapel</i>	5:30pm - 6:30pm
Aspen Noise, multi-generational singing group. Open to everyone!			
Tuesday 20th	Yoga & Meditation	<i>Aspen Chapel</i>	5:30pm - 6:45pm
	Yoga		
	breathwork + binaural beats with Eliza Rose Kane	<i>Aspen Chapel</i>	7:00pm - 8:45pm
breathwork relaxes the nervous system / binaural beats balance the brain / the combo creates a next level experience			
Wednesday 21st	Vipassana Meditation with Lisa Goddard	<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.		
Wednesday 21st	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.		
Sunday 25th	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 26th	Morning Meditation	<i>Aspen Chapel</i>	8:15am - 9:15am
Morning Meditation meets every Monday excluding holidays.			
Tuesday 27th	Morning Yoga Practice	<i>Aspen Chapel</i>	10:00am - 11:00am
	Suggested donation \$10 (or pay what you can) / Join Antonella for a joyful 60 minute class incorporating asanas and pranayama. / This sequence is designed to awaken and strengthen your core, warm up your / muscles and align your spine. Expand and enjoy your range of motion in a safe / and supported way by using your breath and cultivating awareness. You will / move thru a dynamic and mindful sequence that will make you feel strong / and ready to enjoy our beautiful mountains. All levels are welcome.		
	Connect!	<i>Aspen Chapel</i>	3:30pm - 5:00pm
	Experience, Discover and Explore		
	Aspen Noise	<i>Aspen Chapel</i>	5:30pm - 6:30pm
Aspen Noise, multi-generational singing group. Open to everyone!			
Tuesday 27th	Yoga & Meditation	<i>Aspen Chapel</i>	5:30pm - 6:45pm
	Yoga		
	Ecstatic Dance	<i>Aspen Chapel</i>	7:30pm - 9:00pm
Free form movement!			
Wednesday 28th	Vipassana Meditation with Lisa Goddard	<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.		
	Art Opening! Small Wonders	<i>Aspen Chapel</i>	5:00pm - 7:00pm
12" x 12" art by dozens of our most talented artists, just in time for Christmas!			
Wednesday 28th	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.		
Thursday 29th	Ayurveda the Science of Life	<i>Aspen Chapel</i>	6:00pm - 7:30pm
Classes are interactive and addressing common issues using Ayurveda & Aromatherapy.			