

Aspen Chapel - March 2018

Thursday 1st	ACW Community Yoga Aspen Center for We'll Being is hosting a Community Yoga Class. Suggested donation \$10 (all proceeds benefit Lead with Love)	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Friday 2nd	Breathwork with Eliza Kane Breathwork with Eliza Kane	<i>Aspen Chapel</i>	9:00am - 10:00am
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
	Rami Shapiro - Come Hell or High Water Living with Grace in Times of Fear and Loathing	<i>Aspen Chapel</i>	12:00pm - 3:00pm
Monday 5th	Morning Meditation Morning Mediation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 6th	Tuesday School Tuesday School	<i>Aspen Chapel</i>	3:30pm - 5:00pm
	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	ACW Community Yoga Aspen Center for We'll Being is hosting a Community Yoga Class. Suggested donation \$10 (all proceeds benefit Lead with Love)	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Friday 9th	Breathwork with Eliza Kane Breathwork Meditation	<i>Aspen Chapel</i>	9:00am - 10:00am
Saturday 10th	Shamanic Journeying Shamanic Journeying is a spiritual technique that uses percussive sound to access the theta state, to awaken intuition, reduce stress, increase creativity, and enhance learning	<i>Aspen Chapel</i>	1:00pm - 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 Mediation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 13th	Tuesday School Tuesday School	<i>Aspen Chapel</i>	3:30pm - 5:00pm
	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 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	ACW Community Yoga Aspen Center for We'll Being is hosting a Community Yoga Class. Suggested donation \$10 (all proceeds benefit Lead with Love)	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Friday 16th	Breathwork with Eliza Kane Breathwork Meditation	<i>Aspen Chapel</i>	9:00am - 10:00am

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	Tuesday School Tuesday School	<i>Aspen Chapel</i>	3:30pm - 5:00pm
	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 21st	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 22nd	ACW Community Yoga Aspen Center for We'll Being is hosting a Community Yoga Class. Suggested donation \$10 (all proceeds benefit Lead with Love)	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Friday 23rd	Breathwork with Eliza Kane Breathwork Meditation	<i>Aspen Chapel</i>	9:00am - 10:00am
Sunday 25th	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 26th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 27th	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 28th	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 29th	ACW Community Yoga Aspen Center for We'll Being is hosting a Community Yoga Class. Suggested donation \$10 (all proceeds benefit Lead with Love)	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Friday 30th	Breathwork with Eliza Kane Breathwork Meditation	<i>Aspen Chapel</i>	9:00am - 10:00am