Aspen Chapel - May 2018

Tuesday 1st	Aspen Noise Aspen Noise, multi-generational singing group. Open to everyone!	*Aspen Chapel*	5:30pm - 6:30pm
	Yoga & Meditation Yoga	*Aspen Chapel*	5:30pm - 6:45pm
Wednesday 2nd	Vipassana Meditation with Lisa Goddard Join Lisa every Wednesday for meditation followed by a Dharma talk. Suggested donation: $15 or pay what you can.	*Aspen Chapel*	11:30am - 1:00pm
	Artist Talk - Unbridled Exhibit Meet the artists and hear about their work.	*Aspen Chapel*	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.	*Aspen Chapel*	6:00pm - 7:00pm
Thursday 3rd	Developing Consciousness Developing Consciousness with Nicholas Vesey	*Aspen Chapel*	5:30pm - 7:00pm
Friday 4th	Breathwork with Eliza Rose Kane The breathing meditation allows for deep relaxation, mental and physical rejuvenation, and the opening of the heart center. When the brain has a chance to slow down, clarity and alertness follow and space opens for the invention of new possibilities.	*Sanctuary of Aspen Chapel*	9:00am - 10:00am
Sunday 6th	Maypole - Rite of Spring Celebration Join the Aspen Chapel for a special Maypole Celebration. Everyone is welcome to come and dance the Maypole.	*Aspen Chapel*	9:30am - 10:30am
Monday 7th	Morning Meditation Morning Mediation meets every Monday excluding holidays.	*Aspen Chapel*	8:15am - 9:15am
	Dissolving Anxiety from the Inside Using longstanding teachings from Buddhism and modern psychology, Lisa shows people how to turn away from external sources of distraction from anxiety to internally welcoming the anxious feelings and felt sense. Befriending anxiety through our natural open-hearted awareness opens the door to healing.	*Aspen Chapel*	5:30pm - 7:00pm
Tuesday 8th	Aspen Noise Aspen Noise, multi-generational singing group. Open to everyone!	*Aspen Chapel*	5:30pm - 6:30pm
	Yoga & Meditation Yoga	*Aspen Chapel*	5:30pm - 6:45pm
Wednesday 9th	Vipassana Meditation with Lisa Goddard Join Lisa every Wednesday for meditation followed by a Dharma talk. Suggested donation: $15 or pay what you can.	*Aspen Chapel*	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.	*Aspen Chapel*	6:00pm - 7:00pm
Thursday 10th	Developing Consciousness Developing Consciousness with Nicholas Vesey	*Aspen Chapel*	5:30pm - 7:00pm
Friday 11th	Breathwork with Eliza Rose Kane The breathing meditation allows for deep relaxation, mental and physical rejuvenation, and the opening of the heart center. When the brain has a chance to slow down, clarity and alertness follow and space opens for the invention of new possibilities.	*Sanctuary of Aspen Chapel*	9:00am - 10:00am
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.	*Aspen Chapel*	9:30am - 10:30am
Monday 14th	Morning Meditation Morning Mediation meets every Monday excluding holidays.	*Aspen Chapel*	8:15am - 9:15am
	Dissolving Anxiety from the Inside Using longstanding teachings from Buddhism and modern psychology, Lisa shows people how to turn away from external sources of distraction from anxiety to internally welcoming the anxious feelings and felt sense. Befriending anxiety through our natural open-hearted awareness opens the door to healing.	*Aspen Chapel*	5:30pm - 7:00pm
Tuesday 15th	Aspen Noise Aspen Noise, multi-generational singing group. Open to everyone!	*Aspen Chapel*	5:30pm - 6:30pm

Wednesday 16th	Vipassana Meditation with Lisa Goddard Join Lisa every Wednesday for meditation followed by a Dharma talk. Suggested donation: $15 or pay what you can.	*Aspen Chapel*	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.	*Aspen Chapel*	6:00pm - 7:00pm
Thursday 17th	Developing Consciousness Developing Consciousness with Nicholas Vesey	*Aspen Chapel*	5:30pm - 7:00pm
Friday 18th	Breathwork with Eliza Rose Kane The breathing meditation allows for deep relaxation, mental and physical rejuvenation, and the opening of the heart center. When the brain has a chance to slow down, clarity and alertness follow and space opens for the invention of new possibilities.	*Chapel Sanctuary*	9:00am - 10:00am
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.	*Aspen Chapel*	9:30am - 10:30am
Monday 21st	Morning Meditation Morning Mediation meets every Monday excluding holidays.	*Aspen Chapel*	8:15am - 9:15am
	Dissolving Anxiety from the Inside Using longstanding teachings from Buddhism and modern psychology, Lisa shows people how to turn away from external sources of distraction from anxiety to internally welcoming the anxious feelings and felt sense. Befriending anxiety through our natural open-hearted awareness opens the door to healing.	*Aspen Chapel*	5:30pm - 7:00pm
Tuesday 22nd	Aspen Noise Aspen Noise, multi-generational singing group. Open to everyone!	*Aspen Chapel*	5:30pm - 6:30pm
	Yoga & Meditation Yoga	*Aspen Chapel*	5:30pm - 6:45pm
Wednesday 23rd	Vipassana Meditation with Lisa Goddard Join Lisa every Wednesday for meditation followed by a Dharma talk. Suggested donation: $15 or pay what you can.	*Aspen Chapel*	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.	*Aspen Chapel*	6:00pm - 7:00pm
Thursday 24th	Developing Consciousness Developing Consciousness with Nicholas Vesey	*Aspen Chapel*	5:30pm - 7:00pm
Sunday 27th	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.	*Aspen Chapel*	9:30am - 10:30am
Monday 28th	**Memorial Day** - (no classes in honor of the holiday) - *Aspen Chapel*		
Tuesday 29th	Aspen Noise Aspen Noise, multi-generational singing group. Open to everyone!	*Aspen Chapel*	5:30pm - 6:30pm
	Yoga & Meditation Yoga	*Aspen Chapel*	5:30pm - 6:45pm
Wednesday 30th	Vipassana Meditation with Lisa Goddard Join Lisa every Wednesday for meditation followed by a Dharma talk. Suggested donation: $15 or pay what you can.	*Aspen Chapel*	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.	*Aspen Chapel*	6:00pm - 7:00pm
Thursday 31st	Developing Consciousness Developing Consciousness with Nicholas Vesey	*Aspen Chapel*	5:30pm - 7:00pm