

Aspen Chapel - July 2018

Sunday 1st	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 2nd	Morning Meditation Morning Mediation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 3rd	6 series Ayurveda class with Candice Claire Please note: no Class July 17th / OPTIMIZE YOUR HEALTH NATURALLY BY CHANGING YOUR HABITS! / / The Ancient wisdom tradition of Ayurveda is the oldest health system on the planet and has proven methods to help one live a joyful, healthy life. Starting young you can avoid many maladies that plague people today and age beautifully. If you are already suffering maladies, these practices will strengthen your immune system and you can experience natural healing.	<i>Aspen Chapel</i>	12:30pm - 2:00pm
	Aspen Noise Aspen Noise, multi-generational singing group. Open to everyone!	<i>Aspen Chapel</i>	5:00pm - 6:00pm
	Yoga & Meditation Yoga	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Wednesday 4th	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 5th	The Christians Special Event Collaboration / Aspen Chapel and Aspen Fringe Festival	<i>Aspen Chapel</i>	7:30pm - 9:30pm
Sunday 8th	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
	The Christians Special Event Collaboration / Aspen Chapel and Aspen Fringe Festival	<i>Aspen Chapel</i>	7:30pm - 9:30pm
Monday 9th	Morning Meditation Morning Mediation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 10th	6 series Ayurveda class with Candice Claire Please note: no Class July 17th / OPTIMIZE YOUR HEALTH NATURALLY BY CHANGING YOUR HABITS! / / The Ancient wisdom tradition of Ayurveda is the oldest health system on the planet and has proven methods to help one live a joyful, healthy life. Starting young you can avoid many maladies that plague people today and age beautifully. If you are already suffering maladies, these practices will strengthen your immune system and you can experience natural healing.	<i>Aspen Chapel</i>	12:30pm - 2:00pm
	Yoga & Meditation Yoga	<i>Aspen Chapel</i>	5:30pm - 6:45pm
	Ecstatic Dance Aspen With the help of music and movement, let the pressure and stress go, / and have some fun moving your body! / You do not need to be a dancer, merely have a yearning to move your body.	<i>Aspen Chapel</i>	7:30pm - 9:00pm
Wednesday 11th	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 12th	AMFS Chambers Concert AMFS Chambers Concert	<i>Aspen Chapel</i>	4:15pm - 5:15pm
Friday 13th	AMFS Piano Recital AMFS Piano Recital	<i>Aspen Chapel</i>	2:00pm - 3:00pm
Sunday 15th	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 16th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 17th	Aspen Noise Aspen Noise, multi-generational singing group. Open to everyone!	<i>Aspen Chapel</i>	5:00pm - 6:00pm
	Yoga & Meditation Yoga	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Wednesday 18th	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
	Art Opening! Contemporary Landscape Come meet the artists!	<i>Aspen Chapel</i>	5:00pm - 7:00pm
	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 19th	AMFS Chambers Concert AMFS Chambers Concert	<i>Aspen Chapel</i>	4:15pm - 5:15pm
Friday 20th	AMFS Piano Recital AMFS Piano Recital	<i>Aspen Chapel</i>	2:00pm - 3:00pm
Saturday 21st	Shamanic Journeying Shamanism is the belief that everything in life has a unique energy, a perspective that all are connected.	<i>Aspen Chapel</i>	10:00am - 1:00pm
Sunday 22nd	Sunday Service with the Monks "Inclusiastic" Presented by Lexie Potamkin followed by Tibetan Food Reception / / 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 23rd	Morning Meditation with the Monks Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
	"The Enlightened Gene" Presented by Lexie Potamkin Followed by Discussion with Dr. Negi Lobsang Tenzin and Nicholas Vesey	<i>Aspen Chapel</i>	9:30am - 10:30am
Tuesday 24th	Lama Chopa Ceremony Lama Chopa Ceremony	<i>Aspen Chapel</i>	8:15am - 9:15am
	6 series Ayurveda class with Candice Claire Please note: no Class July 17th / OPTIMIZE YOUR HEALTH NATURALLY BY CHANGING YOUR HABITS! / / The Ancient wisdom tradition of Ayurveda is the oldest health system on the planet and has proven methods to help one live a joyful, healthy life. Starting young you can avoid many maladies that plague people today and age beautifully. If you are already suffering maladies, these practices will strengthen your immune system and you can experience natural healing.	<i>Aspen Chapel</i>	12:30pm - 2:00pm
	Aspen Noise Aspen Noise, multi-generational singing group. Open to everyone!	<i>Aspen Chapel</i>	5:00pm - 6:00pm
	Yoga & Meditation Yoga	<i>Aspen Chapel</i>	5:30pm - 6:45pm
	Ecstatic Dance Aspen With the help of music and movement, let the pressure and stress go, / and have some fun moving your body! / You do not need to be a dancer, merely have a yearning to move your body.	<i>Aspen Chapel</i>	7:30pm - 9:00pm
Wednesday 25th	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 with the Monks 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
	Full Moon Breathwork + Binaural Beats 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 / / email eliza@aspenchapel.org to reserve your spot	<i>Aspen Chapel</i>	8:00pm - 9:30pm
Thursday 26th	AMFS Chambers Concert AMFS Chambers Concert	<i>Aspen Chapel</i>	4:15pm - 5:15pm

Friday 27th	AMFS Piano Recital AMFS Piano Recital	<i>Aspen Chapel</i>	2:00pm - 3:00pm
Sunday 29th	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
	Authentic Balinese Meditation and Blessing Experience an authentic Balinese ceremony to help you release unwanted emotions and advance you on your path to finding a greater fulfillment in life. Each ritual or meditation session led by Ida has a unique purpose and effect on the mind, body, and spirit. // Ida's ceremonies break down lifetimes of pain, trauma, programs, and conditioning for deep-rooted healing that truly needs to be experienced to conceptualize the magnitude and authenticity of her extraordinary gifts.	<i>Aspen Chapel</i>	5:00pm - 7:00pm
Monday 30th	Morning Meditation Morning Mediation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 31st	Aspen Noise Aspen Noise, multi-generational singing group. Open to everyone!	<i>Aspen Chapel</i>	5:00pm - 6:00pm
	Yoga & Meditation Yoga	<i>Aspen Chapel</i>	5:30pm - 6:45pm