

Aspen Chapel - September 2018

Sunday 2nd	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
Tuesday 4th	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 5th	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
Sunday 9th	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
	FREE Public Talk on Ayurveda the Science of Life 5000+ year old healing system, the oldest and still / relevant healing system on the planet!	<i>Aspen Chapel</i>	11:00am - 12:00pm
Monday 10th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 11th	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 Ecstatic Dance is free form, conscious movement. It is an invigorating mind-body practice of uncensored spontaneous dance for normal people just like you who love to dance.	<i>Aspen Chapel</i>	7:30pm - 9:00pm
Wednesday 12th	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
	Artist Talk: Watercolors for Wilderness Join the artists in discussions about their work!	<i>Aspen Chapel</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 13th	Floral Workshop with Shelly Franklin Asian Inspired Design	<i>Aspen Chapel</i>	5:30pm - 7:30pm
Saturday 15th	Understanding the Fundamentals of Mindfulness Practices With Dave Smith / Come explore the "nuts and bolts" of Mindfulness practice with Dave Smith. / He will be drawing from the framework of / early Buddhist Psychology, and the four foundations of Mindfulness. This will be integrated into some of the modern / approaches and understanding of the / practice and its realistic benefits. / / There will be guided practices, educational teachings and some time for Q&A.	<i>Aspen Chapel</i>	10:00am - 1:00pm
Sunday 16th	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 17th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am

Tuesday 18th	Ayurveda the Science of Life	<i>Aspen Chapel</i>	11:30am - 1:00pm
	Classes are interactive and addressing common issues using Ayurveda & Aromatherapy.		
	Aspen Noise	<i>Aspen Chapel</i>	5:00pm - 6:00pm
	Aspen Noise, multi-generational singing group. Open to everyone!		
Wednesday 19th	Yoga & Meditation	<i>Aspen Chapel</i>	5:30pm - 6:45pm
	Yoga		
	MindTravel	<i>Aspen Chapel</i>	7:30pm - 9:00pm
	Join renowned pianist and composer Murray Hidary as he performs his evocative MindTravel music experience, with visual art projections, for a beautiful and transcendent evening at The Aspen Chapel.		
Wednesday 19th	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.		
Sunday 23rd	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.		
Monday 24th	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 24th	Morning Meditation	<i>Aspen Chapel</i>	8:15am - 9:15am
	Morning Meditation meets every Monday excluding holidays.		
Tuesday 25th	Full Moon breathwork + binaural beats	<i>Aspen Chapel</i>	7:30pm - 8:45pm
	breathwork relaxes the nervous system / binaural beats balance the brain / the combo creates a next level experience		
Tuesday 25th	Ayurveda the Science of Life	<i>Aspen Chapel</i>	11:30am - 1:00pm
	Classes are interactive and addressing common issues using Ayurveda & Aromatherapy.		
	Aspen Noise	<i>Aspen Chapel</i>	5:00pm - 6:00pm
	Aspen Noise, multi-generational singing group. Open to everyone!		
Wednesday 26th	Yoga & Meditation	<i>Aspen Chapel</i>	5:30pm - 6:45pm
	Yoga		
	Ecstatic Dance	<i>Aspen Chapel</i>	7:30pm - 9:00pm
	Ecstatic Dance is free form, conscious movement. It is an invigorating mind-body practice of uncensored spontaneous dance for normal people just like you who love to dance.		
Wednesday 26th	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.		
Thursday 27th	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 27th	Developing Consciousness	<i>Aspen Chapel</i>	1:30pm - 3:00pm
	The course is based on the book "Developing Consciousness: A Roadmap to the Journey of Enlightenment" by Nicholas Vesey. / / Each week participants are given tools to navigate the journey to "modern" enlightenment through discussions, shared experiences, and exercises. While this course covers eight weeks of topics, each class can be taken as a stand alone.		
Sunday 30th	Floral Workshop with Shelly Franklin	<i>Aspen Chapel</i>	5:30pm - 7:00pm
	Incorporating Natural Elements		
Sunday 30th	Sunday Service	<i>Aspen Chapel</i>	9:30am - 10:30am
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