



# Awakening to the Heart Calendar of Events

*Sandwich Mountain Sanctuary, 24 West Meadow Rd, Thornton, NH*

More info: [www.awakeningtotheheart.com/events](http://www.awakeningtotheheart.com/events)

## KIRTAN

<u>DATE</u>	<u>TIME</u>	<u>TITLE</u>	<u>KIRTAN WALLAH / BAND</u>
Sun, 7/21	2:00-3:30p	Kirtan with Kalidasa & Friends	Kalidasa, Kaveri Dasi, Shana Aisenberg
Sun, 8/11	2:00-3:30p	Community Kirtan	Cynthia, Audrey, Shana
Sun, 8/18	4:00-6:00p	Amala & Bhavani Kirtan	Amala & Bhavani
Sat, 8/24,	4:30-6:30p	Shanti Kirtan	Shanti Kirtan
Sun, 9/29	6:30-8p	Kirtan Bliss	Gina & Gershone
Sat, 10/5	6:30-8p	Kirtan with Carrie Grossman	Carrie Grossman & band
Sun 10/20	2:00-3:30p	Community Kirtan	Cynthia, Audrey, Shana
Sun 11/3	6:00-8p	Kirtan & Satsang with Adam Bauer	Adam Bauer & band

## CLASSES, WORKSHOPS, EVENTS

<u>Date</u>	<u>Time</u>	<u>Title</u>	<u>Teacher/Presenter</u>
Sat, 7/27	10a-3pm	Releasing Stress through Neuro Art	Carol Ellis
Sat, 8/10	1-4:30 pm	Heart of Healing Metta Practice	Cynthia Scrimshaw
Sun, 8/23	5:30-7pm	Summer Community Drum Circle	Becky Cyganiewicz
Sat, 8/24	1-3pm	Way of the Labyrinth	Todd Glacy
Sat, 9/7	10-11:30am	Ganesha Chaturthi Metta Practice	Cynthia Scrimshaw
Sat, 9/21	10a-12pm	Sacred Cacao Ceremony	Joan Ruffels
Sun, 9/22	5:30-7pm	Fall Equinox Community Drum Circle	Becky Cyganiewicz
Sun, 10/6	1-3pm	Finding Refuge...Heart Practices	Carrie Grossman
Sat, 10/19	10a-5pm	Kirtan Immersion-a Daylong Experience	Cynthia, Audrey & Shana
Sun, 11/3	1-4pm	Intro to I Ching	Adam Bauer

## MEDITATION / YOGA / SOUND HEALING

<u>Date</u>	<u>Time</u>	<u>Title</u>	<u>Teacher/Presenter</u>
<b>Mondays (weekly)</b>	5-6pm	Kundalini Yoga	Audrey Drake
Fri, 7/26	6-7:30pm	Meditation & Satsang	Norman Scrimshaw
Mon, 7/22	7:30pm	Full Moon Sound Bath	Audrey Drake
Fri, 8/16	6-7:30pm	Meditation & Satsang	Norman Scrimshaw
Tues, 8/20	7:30pm	Full Moon Sound Bath	Audrey Drake
Fri, 9/20	6-7:30pm	Meditation & Satsang	Norman Scrimshaw
Sun, 9/29	3-4pm	Embodied Resonance Immersion	Gina & Gershone
Fri 10/19	6-7:30pm	Meditation & Satsang	Norman Scrimshaw