

# Community Calendar

Listings in red are held in Fairfield County

## Sunday, January 1st

**New Year's Day Meditation.** 12p.m.-1:30p.m. FREE. Join in this guided meditation which will help you release old beliefs, habits and thought patterns and shift your energy to a new way of being. Space is limited and registration is required. Held at The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. To register, please call 860.301.1468 or visit [www.healinginharmonycenter.com](http://www.healinginharmonycenter.com).

## Thursday, January 5th

**Self Mastery: Understanding The 4 Bodies of Living Consciousness.** 7-8:30pm. \$111. 6 week Webinar/Teleseminar with Colleen Behan, Metaphysician. In this course we will take an in depth look at understanding The 4 Bodies of Living Consciousness: Physical, Emotional, Mental, Spiritual, which makes up our personal matrix. The Spirit of Light, 1161 S Broad St. Wallingford, CT. call 203-641-3371 or email [colleen@thespiritoflight.org](mailto:colleen@thespiritoflight.org).

**Meditation for the 2012 New Year.** 6:30pm-8:30pm \$20. Allow yourself to access the new and powerful energies of the transformational and multidimensional levels of the new consciousness of the present times and the times to come. 36 Cheshire Rd. Wallingford. To register contact Gayle Franceschetti @203-265-2927 203-265-2927 email [sunnispirit@sbcglobal.net](mailto:sunnispirit@sbcglobal.net), or visit [www.return2love.com](http://www.return2love.com).

## Friday, January 6th

**Mom's Night Out.** 7:30 - 9:00pm. \$18. Celebrating Motherhood Yoga Style - with Peace & Quiet! Treat yourself to moving meditation yoga with yogi mom, Dori Sargent. Visit [www.sacred-driversyoga.com](http://www.sacred-driversyoga.com) for more information. Space is limited so please pre-register by contacting Sacred Rivers Yoga, 2934 Main Street, Glastonbury, CT 06033, 860.657.9545

**Crystal Bowls Sound Healing.** 7 - 8:30 pm. \$15. Edie Jemiola, RMT, facilitates this monthly offering. Sound used with intention can shift the energy in and around the body to help reestablish physical, mental, emotional, and spiritual wellbeing. Bring a mat, pillow and blanket. Spirit Matters at Ravenwood, 199 West Center Street, Manchester, [www.spiritmattersct.com](http://www.spiritmattersct.com). Register with Edie: 860-933-8145.

## Sunday, January 8th

**Lunar Flow Yoga.** 5:00 - 7:00 pm. With Erika Halford. Pre-register/pre-pay for \$20 or \$25 at the door. Visit [www.sacred-driversyoga.com](http://www.sacred-driversyoga.com) for more information. Space is limited so please pre-register by contacting Sacred Rivers Yoga, 2934 Main Street, Glastonbury, CT 06033, 860.657.9545

## Tuesday, January 10th

**Integrative Health Coaching:** Free Information Session. Learn about a new spirit and values-based coach training program rooted in the principles of Integrative Health! 7 to 8:30 pm at The Graduate Institute. 171 Amity Road, Bethany, CT. Visit [www.learn.edu/events](http://www.learn.edu/events) or call (203) 874-4252 to RSVP.

**Abundance/Manifestation.** 5 session series, 6:30-8:30pm. Also Jan. 17, 24, 31 & Feb 7th. Cost \$97 entire 5 session series- includes companion book. Learn how focus your intent and energy to create and manifest abundance in all its forms. Discover the keys to open your gates to allow and accept that which is rightfully yours. 36 Cheshire Rd, Wallingford. Contact Gayle @203-265-2927, [sunnispirit@sbcglobal.net](mailto:sunnispirit@sbcglobal.net), or [www.return2love.com](http://www.return2love.com).

## Wednesday, January 11th

**Healing in Harmony Night.** 5:00 p.m. - 7:00 p.m. FREE. Participants will sit individually with a healer and receive an 8 - 10 minute healing. No reservation required. You will be served in the order in which you enter the center. Held at The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. For information please call 860.301.1468 or visit [www.healinginharmonycenter.com](http://www.healinginharmonycenter.com).

**HCG Health & Medical Weight Loss Program. "Get Started" Educational Classes.** Also Thursday, Jan. 26th. 6-7pm. Class fee \$20. Glastonbury Naturopathic Center, 18 School Street, Glastonbury. 860-657-4105. [www.naturopathicwellness.com](http://www.naturopathicwellness.com). Call 860-657-4105 to register for your class.

## Thursday, January 12th

**Astral Travel.** 6:30pm-8:30pm \$20. Learn to safely travel the mental and ethereal realms to free yourself from the limitations of the earth's plane and the laws of time and space. 36 Cheshire Rd, Wallingford. To register or for more information contact Gayle @203-265-2927, email [sunnispirit@sbcglobal.net](mailto:sunnispirit@sbcglobal.net), or visit [www.return2love.net](http://www.return2love.net)

**21 Day Detoxification & Cleansing Group Program.** 6-7pm. Also Jan. 18th & 25th. Glastonbury Naturopathic Center, 18 School Street, Glastonbury. 860-657-4105. [www.naturopathicwellness.com](http://www.naturopathicwellness.com). Call 860-657-4105 to register for your class.

**The 5 Secrets to Weight Loss.** 7-8 PM. Free. 31 Old Route 7, Brookfield, CT. Call 203-740-9300 to reserve your seat. Learn why calorie counting doesn't lead to permanent weight loss; how eating healthier leads to more energy, balanced hormones and a greater sense of well-being. Learn about the negative effects of some over-the-counter and prescription drugs and that there is a safe, natural system of total body wellness.

## Friday, January 13th

**Firefly Yoga for Kids.** 4:30 p.m. - 6:00 p.m. \$30.00. Join this fun and creative yoga class for kids, grades 3-5! Move and groove and create fun poses, learn breathing techniques to soothe or energize, play yoga games, and get creative with journal writing and drawing. The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. To register please call 860.301.1468 or visit [www.healinginharmonycenter.com](http://www.healinginharmonycenter.com).

**Awakening the Healer Within.** 6:30 p.m. - 8:00 p.m. \$35.00. Learn to activate your healer within and learn simple self-care practices such as Qigong, Meditation and Tai Chi Easy™. Center your posture, create natural breathing and be present during slow, gentle movements as you awaken the healer within. The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. To register, please call PJ Harder at 860.729.1843 or visit [www.thehealthyself.net](http://www.thehealthyself.net).

## Saturday, January 14th

**Soul Connections - Gallery Readings.** 7-9pm \$50. Join Kerri Mitchell, Master Intuitive Psychic for an evening of SOUL CONNECTIONS. In a gallery setting Kerri will invite guests to receive a personal reading as she translates guidance and messages from a Soul perspective. The Spirit of Light, 1161 S Broad St. Wallingford, CT. call 203-641-3371 or email [colleen@thespiritoflight.org](mailto:colleen@thespiritoflight.org)

**Traditional Chinese Medicine Theory & Terminology.** 9:30 - 4:30 PM. \$489.00. Also Jan. 15th and Feb. 11th & 12th. Through recognition of patterns, TCM describes disharmonies without diagnosing disease. This course also serves as the foundation on which our Chinese Herbology Intensive is built upon. Laura Mignosa, Nationally Certified Chinese Herbologist, Connecticut Institute

for Herbal Studies, 900 Wells Road (RT 175), Wethersfield, CT. 860-666-5064. [WWW.CTHerbschool.com](http://WWW.CTHerbschool.com).

**Alexander Technique Introductory Class** 9am-10am. Free Do you wish that you had better posture and balance? This world-renowned technique teaches you how to take care of yourself while at work or home, so that you can move your body more efficiently and prevent harmful ways of moving that cause pain and stress. To register contact Miller AT, Farmington, CT 860-656-6177. [www.millerat.com](http://www.millerat.com).

**Psychic Saturday.** 10:00a.m - 4 p.m. \$20.00 for a 20-minute reading. Stop by or pre-schedule a private reading with Intuitive and Angel Therapy Practitioner® Priscilla Bengtson. Pre-scheduling is highly recommended. Held at The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. To pre-schedule an appointment, please call Priscilla at 860.301.1468 or email [appointment@healinginharmonycenter.com](mailto:appointment@healinginharmonycenter.com).

## Sunday, January 15th

**Women's Empowerment Meditation.** 10:00 a.m. - 12:00 noon. \$25.00. This guided meditation is specifically designed to the energy of the group. We invite in our angels and guides to help us release those things that keep us stuck. The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. To register, please call 860.301.1468 or visit [www.healinginharmonycenter.com](http://www.healinginharmonycenter.com).

**Mother and Daughter Yoga.** 3:30 p.m. - 5:00 p.m. \$40.00. Explore simple breathing techniques to reduce stress and stay present, play with basic yoga poses to loosen up your muscles, and have fun with partner poses. Daughters age 8 and older. Held at The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. To register, please call 860.301.1468 or visit [www.healinginharmonycenter.com](http://www.healinginharmonycenter.com).

## Tuesday, January 17th

**Dare to Be Different.** 6:30 p.m. - 8:30 p.m. \$45.00. Challenge yourself to make radical changes in the way you respond to life. Understand why you are stuck, why you stay there and how to get unstuck. Attend this workshop and dare to be different! Held at The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. To register please call 860.301.1468 or visit [www.healinginharmonycenter.com](http://www.healinginharmonycenter.com).

## Thursday, January 19th

**3 Day Guided Organic Juice Fast.** 6-7pm. Also Jan. 21, 10am-11am. Glastonbury Naturopathic Center, 18 School Street, Glastonbury. 860-657-4105. [www.naturopathicwellness.com](http://www.naturopathicwellness.com). Call 860-657-4105 to register for your class.

**SOPHIA Home Care Workshop.** 7-8:30 PM. Free. 31 Old Route 7, Brookfield, CT. Call 203-740-9300 to reserve seats for you and your partner. Learn how to do trigger point therapy to help reduce muscle tension and stress in your body. Reducing stress in the body improves your immune system and helps your body heal faster. Learn the three causes of illness and what you can do to improve your health naturally.

**A Paradigm Shift in the World of Work, Money, Ownership, Economics.** 7-8:30 pm. Free. Hear about emerging models of the "New Economy", and how they might be part of the planetary "New Story" as well as our own transformations. Presented by Len Krimerman, PhD, Professor Emeritus, University of Connecticut. Conduit Center, 1227 Burnside Avenue, Suite #1, East Hartford, CT, 860-888-4314.

## Friday, January 20th

**Cranial Temple Certification Course.** 3-Day Intensive with Instructor, Colleen Behan, Metaphysician. Fri 6-9pm, Sat-Sun 9-5pm. \$425. Early Bird \$375 by January 10. Save & Share - sign up with a friend you both save \$50. Activate the Pineal Gland, a small endocrine gland in the brain that is responsible for our connection to our higher self. The Spirit of Light, 1161 S Broad St. Wallingford, CT. call 203-641-3371. or email [colleen@thespiritoflight.org](mailto:colleen@thespiritoflight.org).

**Gallery Night.** 6:30 p.m. – 8:30 p.m. \$45.00. Enjoy an intimate evening of learning about angels and guides and experiencing intuitive readings with medium and certified Angel Therapy Practitioner®, Priscilla Bengtson. Everyone in attendance will receive a message. Seating is limited and pre-registration is required. Held at The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. To register, please call 860.301.1468 or email [registration@healinginharmonycenter.com](mailto:registration@healinginharmonycenter.com).

## Saturday, January 21st

**Reiki II.** 9:00 a.m. – 5:00 p.m. \$150.00. Receive attunements to higher frequencies of universal energy and enhance your healing work. Learn how to do distance healing, as well as heal mental, emotional and past life issues. Participants receive a manual and certificate.

Held at The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. To register please call 860.301.1468 or visit [www.healinginharmonycenter.com](http://www.healinginharmonycenter.com).

## Sunday January 22nd

**Reiki I** – 9am-1:pm \$125 Reiki attunes you to receive the universal, life force energy. Learn to do Reiki treatments on yourself and others. Materials/certificate included. 36 Cheshire Road, Wallingford. To register or for more information please contact Gayle @203-265-2927, email [sunnispirit@sbcglobal.net](mailto:sunnispirit@sbcglobal.net), or visit [www.return2love.net](http://www.return2love.net).

**Asana Alignment; Sequencing; Language & Themes.** 9:00 am – 5:00 pm. \$175. With Danny Arguetty. Teaching through themes not only deepens your spirit as a teacher, but also engages your students in a fresh, vibrant, and inviting way. Continuing Education Units for RYT's. Visit [www.sacredriversyoga.com](http://www.sacredriversyoga.com) for more information. Space is limited so please pre-register by contacting Sacred Rivers Yoga, 2934 Main Street, Glastonbury, CT 06033, 860.657.9545.

## Wednesday, January 25th

**Angels 101 for Kids.** 4:30p.m. – 6p.m. \$35.00. Children are of a higher frequency and often receive messages from spirit energies which they don't understand. In this workshop kids will explore the angelic realm and learn different ways to connect with the angels and guides. Taught in a kid-friendly way for ages 8 through 13. Held at The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. To register, please call 860.301.1468 or visit [www.healinginharmonycenter.com](http://www.healinginharmonycenter.com).

## Thursday, January 26th

**Group Past Life Regression.** 6:30pm-8:30pm \$20. Through exploration of your past lives, learn some of the reasons you are repeating patterns, why you were born into your particular family or why you have certain behaviors. 36 Cheshire Rd, Wallingford. No previous experience necessary. To register or for more information please contact Gayle Franceschetti at 203-265-2927 203-265-2927 email [sunnispirit@sbcglobal.net](mailto:sunnispirit@sbcglobal.net), or visit [www.return2love.net](http://www.return2love.net).

## Friday, January 27th

**Permission to Live.** 6:30 p.m. – 8:00 p.m. \$35.00. Join us for an evening of being in community to learn, share and celebrate the feminine spirit. Give yourself permission to take the time to relax and reconnect with your truest self. Circle is held the last Friday of each month. Held at The Healing

in Harmony Center, 99 Citizens Drive, Glastonbury. To register, please call PJ Harder at 860.729.1843 or visit [www.thehealthyself.net](http://www.thehealthyself.net).

## Saturday, January 28th

**Introduction to Trance Channeling.** 9:30 a.m. – 12:30 p.m. \$60.00 (Register for both classes this day and pay only \$100.00). Take your mediumship skills to another level by working in a deeper trance state and allowing Spirit to work through you. Learn a simple process to assist you in going deep into trance state. Held at The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. To register, please call 860.301.1468 or visit [www.healinginharmonycenter.com](http://www.healinginharmonycenter.com).

## Saturday, January 28th

**Introduction to Trance Healing.** 1:30 p.m. – 4:30 p.m. \$60.00 (Register for both classes this day and pay only \$100.00). Trance healing is a passive process which permits Spirit forces to direct specific healing energies to a person through the mind and aura of a medium. Held at The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. To register, please call 860.301.1468 or visit [www.healinginharmonycenter.com](http://www.healinginharmonycenter.com).

## Sunday, January 29th

**Travel As A Vegan.** 4:30pm. Northern Connecticut Vegetarians' Potluck features Maria Giurcan. She is the author of the Book How To Travel The World As A Vegan and the website [www.veganworldtrekker.com](http://www.veganworldtrekker.com) which explore vegan cuisine around the world. Bring a healthy vegan dish to share along with your recipe and your name. A \$8 donation is requested. Children are free. Carniglia Senior Center, 41 Oak Street, Windsor Locks. For more information, see [www.northctveg.org](http://www.northctveg.org) or email Harry at [veggyharry@aol.com](mailto:veggyharry@aol.com).

**Taoist Healing Arts Fair.** 2 - 8 pm. Join us for this special one-day event to celebrate the Taoist healing arts! Workshop presenters, Tai Chi, Qi Gong & martial arts demonstrations, local art exhibition: Entering Into Stillness, massage & auricular therapy, tea tasting & ceremony, healing herbs, traditional music, Asian New Year & cultural arts celebration. \$30 at the door all-day admission or \$20 early registration online. Visit [www.sundo.org](http://www.sundo.org). West Hartford Town Hall Auditorium & Conference Center, 50 South Main Street, West Hartford, CT 06107.

## Tuesday, January 31st

**Money and the Law of Attraction.** 6:30 p.m. – 8:30 p.m. \$45.00. Learn to apply the principles of the Law of Attraction to your financial life. Participants will take home practical tools to use every day to increase the flow of energy for financial success. Held at The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. To register, please call 860.301.1468 or visit [www.healinginharmonycenter.com](http://www.healinginharmonycenter.com).

## Ongoing Events

### MONDAY

**Yoga Therapy classes for those with Multiple Sclerosis.** 10:45 am. Sacred Rivers has been working with the Multiple Sclerosis Foundation, a non profit organization benefiting all people whose lives are touched by this devastating disease. Yoga Therapy classes are free to those diagnosed with MS with funding provided by the Multiple Sclerosis Foundation. The classes are taught by Paula Scopino, owner and director of Sacred Rivers Yoga as well as Susan Taff. Sacred Rivers Yoga 2934 Main St., Glastonbury, CT. 860.657.9545 [www.sacredriversyoga.com](http://www.sacredriversyoga.com).

**The Thought Exchange - A Workshop with David Friedman.** 7pm. A spiritual support group based on observing the thought/sensation connection to manifestation. "What if your life is just a reflection of your thoughts?" Love offering. Unity Center above the Ford Dealership. 3 Main St. Norwalk. 203.855.7922 [www.unitycenterps.org](http://www.unitycenterps.org).

**Tong Ren Healing Class:** 7-8pm. \$10. each class. Instructor, Ming Wu Ph.D., a doctor of Chinese Medicine, studied Tai Chi in China and US for 40 years, he received the authentic Yang Style teaching from his Sifu Grandmaster Gin Soon Chu, disciple of Yang Sau Chung. He studied Tong Ren Healing with Master Tom Tam since 1994. Wu Healing Center, 45 South Main St., Suite 100, West Hartford, CT. 800-990-9332. [www.wuhealing.com](http://www.wuhealing.com). Tel: 978-461-2168 (Office) 978-790-8888 (Cell).

**Mom & Baby Yoga with Jennifer Errickson.** 12-1pm \$16 drop in, Series price also available. Breathe, stretch, and strengthen your body and spirit all while enjoying, stimulating, and bonding with your baby. Visit [www.sacredriversyoga.com](http://www.sacredriversyoga.com) for more information. Sacred Rivers Yoga, 2934 Main Street, Glastonbury, CT 06033, 860.657.9545.

# Calendar

## TUESDAY

**Tai Chi/Qi Gong classes.** Lee Holden's QiGong/Tai Chi as seen on PBS. 7pm. Qigong/Tai Chi for more energy, clarity & healing. Marcey Hickey Certified Instructor. The Suffield House 1 Canal Rd Suffield CT. Call 860-844-8535

**All Levels Vinyasa.** 5:45-6:45pm. \$16 drop in, class cards available. Maeve Ryan combines the stretching and relaxation of gentle yoga with the heat-building core and balance work of vinyasa flow yoga. All are welcome. Visit [www.sacredriversyoga.com](http://www.sacredriversyoga.com) for more information. Sacred Rivers Yoga, 2934 Main Street, Glastonbury, CT. 06033. 860.657.9545.

## WEDNESDAY

**Yoga for Runners.** 7 – 8pm. With Paula Scopino. \$10 per person. Join the Glastonbury River Runners in a weekly yoga class designed specifically to stretch and strengthen the areas of the body that are affected by running. Visit [www.sacredriversyoga.com](http://www.sacredriversyoga.com) for more information. Sacred Rivers Yoga, 2934 Main Street, Glastonbury, CT 06033. 860.657.9545.

**Mindfulness for Middle Schoolers and Teens.** January 11 – February 22, 4:30 pm – 5:00 pm. Fee: \$100 for 7 weeks. Participants will be introduced to the concepts of Mindfulness tailored to middle school and high school aged students, and will experiment first-hand

with various simple-but-effective mindfulness techniques in each 30 minute lesson. Visit [www.sacredriversyoga.com](http://www.sacredriversyoga.com) for more information. Sacred Rivers Yoga, 2934 Main Street, Glastonbury, CT 06033, 860.657.9545.

**Yoga Therapy classes for those with Multiple Sclerosis.** 10:45am. See details under Monday listing. Sacred Rivers Yoga is located at 2934 Main Street, Glastonbury, CT. 860.657.9545 [www.sacredriversyoga.com](http://www.sacredriversyoga.com).

## THURSDAY

**Qi Gong with Dr. Anne Mitchell.** QiGong is a healing practice similar to Tai Chi. Qi Gong qualifies as weight bearing exercise and will help osteopenia and osteoporosis. It will strengthen your core muscles and stabilize your spine. It will help you find peace and quiet within yourself. Common Benefits of Qi Gong are serenity, clarity of mind, focus, strength pain relief. Classes are Thursday at 5:30pm in our 2 Broadway, North Haven location Call to sign up and reserve a spot. 203-239-3400. \$10 cash per person, Bring a friend and you each get 1/2 your first visit.

**Tai Chi/Qi Gong classes.** Lee Holden's QiGong/Tai Chi as seen on PBS. 9:30am. Qigong/Tai Chi for more energy, clarity & healing. Marcey Hickey Certified Instructor. First Church, 81 High St., Suffield CT. Call 860-844-8535.

**A Brush With Soul.** 2nd Thursday Monthly. 7:00-9:00 pm Explore your

Self with expressive arts—led by Alexandra Philippas.. All are welcome. Love offering. Unity Center above the Ford Dealership. 3 Main St. Norwalk. 203.855.7922

**Healing Prayers.** 3rd Thursday Monthly. 7:00pm. Healing oneself through prayer with Karen Mitchell. Love offering. Unity Center above the Ford Dealership. 3 Main St. Norwalk. 203.855.7922

## FRIDAY

**Bible Study.** 2nd & 4th Friday Monthly. 7:00 pm. Watch video presentation of new Testament book, followed by discussion with Rev. Shawn Moninger. Love offering. Unity Center above the Ford Dealership. 3 Main St. Norwalk. 203.855.7922

**Bible Study.** 3th Friday Monthly 7:00 pm. In depth Bible study with Rev. Ed Townley. Love offering. Unity Center above the Ford Dealership. 3 Main St. Norwalk. 203.855.7922

## SATURDAY

**Tai Chi Class.** 9-11am. Instructor, Ming Wu Ph.D., a doctor of Chinese Medicine who studied Tai Chi in China and US for 40 years, he received the authentic Yang Style teaching from his Sifu Grandmaster Gin Soon Chu, disciple of Yang Sau Chung. He teaching Tai Chi in US for over twenty years. Mention this ad for first month free Tai Chi class on Monday (\$60) or Saturday (\$80) Exp

Oct 1, 2011. Wu Healing Center, 45 South Main Street, Suite #100, West Hartford, CT. 800-990-9332. [www.wuhealing.com](http://www.wuhealing.com).

**Tea Ceremony and Meditation.** 8-9am with Dr. Ming wu. Free , 45 South Main St., Suite 100, West Hartford. 978-790-8888. [www.wuhealing.com](http://www.wuhealing.com).

**Tong Ren Healing Class:** 11am - 12pm. \$10. each class. Instructor, Ming Wu Ph.D., a doctor of Chinese Medicine, studied Tai Chi in China and US for 40 years, he received the authentic Yang Style teaching from his Sifu Grandmaster Gin Soon Chu, disciple of Yang Sau Chung. He studied Tong Ren Healing with Master Tom Tam since 1994. Wu Healing Center , 45 South Main St., Suite 100, West Hartford, CT. 800-990-9332. [www.wuhealing.com](http://www.wuhealing.com). Tel: 978-461-2168 (Office) 978-790-8888 (Cell).

**The Art of Living: Introduction to Sudarshan Kriya.** 4 - 5 pm. \$5 suggested. Breath is the link between the mind and the body - each emotion has a distinct breathing pattern. Learn how to transform yourself with specific breathing techniques. Get into the rhythm of your Being. Located at 660 Prospect Ave. Hartford, CT 06105. To register call Rajesh Kumar 860 502 5981, [rajesh.kumar@artofliving.org](mailto:rajesh.kumar@artofliving.org).

## SUNDAY

**Women's Temple.** schedule at [www.norajamieson.com](http://www.norajamieson.com). Canton, CT 860-693-9540.