



November Events

Click on the link to any event below to register online

Music as Medicine Sound Immersion

Sun, Nov 3 | 3:00 PM

*Come experience the wisdom
beneath the noise*

The Sacred Threshold

Mon, Nov 2 | 5:30 PM

*A potluck conversation on death,
spirituality & the afterlife*

Ecstatic Dance

Wed, Nov 4 | 5:30 PM

Free flow movement meditation

The Shadow & the Page

Sun, Nov 8 | 2:00 PM

*Join poet and author Anne Bucey for
an intimate exploration of poetry as a
doorway into the shadow self*

A Walk with Memories

Sun, Nov 15 | 2:00 PM

*A sacred labyrinth walk to honor
memories*

Zen Gardening for Relaxation & Focus

Mon, Nov 16 | 5:30 PM

*Discover the contemplative practice of
creating a miniature Zen garden*

Dreamwork for the People

Sat, Nov 21 | 1:00 PM

Reclaim dreaming as a birthright

Fireside Astrology

Tues, Nov 17 | 5:30 PM

Explore Sagittarius season

The Red Shoes

A Center for Personal & Spiritual Growth

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