

Practices for Inner Peace Wake Up! In the Park
 Thompson Park, June 6, 2015, 10:00-2:30 p.m.
 Schedule

10:00-2:30	Please visit information tables!		
	TENT	GRASS	GAZEBO
10:00-10:25		DRUMS call group together Opening circle and community singing	
10:30-11:00	<i>"Finding music everywhere: using found materials to make music"</i> – an activity for children and families location will be announced at the event		
		Presenter – Faith Halverson-Ramos, MA, LPC, MT-BC	
10:30-11:00	Shamatha Meditation Longmont Shambhala Meditation Group www.mistnow.org	Big Happy Love Yoga and Meditation bighappylove.com Macy Matarazzo	On Angel's Wings - Reiki Reiki with Dana danaballardreiki@gmail.com
11:15-11:45	Transmission Meditation Longmont Transmission Meditation Group 720-494-0368	Authenticity Series dava money, M. Ed. www.davamoney.org	Singing Bowls SoundHeals Holistic Health Christina Hildebrandt soundheals.massagetherapy.com
	<u>11:45-12:10 LUNCH BREAK – BRING A LUNCH AND WE'LL SOCIALIZE AS WE EAT – ALL INVITED.</u>		
12:15-12:45	Healing Circle Unity Longmont Spiritual Center www.unitylongmont.org	Dances of Universal Peace Longmont Dances of Universal Peace jennifer@jenniferfriedman.com	Singing Bowls Christina Hildebrandt soundheals.massagetherapy.com
1:00-1:30	Massage vs Bodywork Sara Hilgendorf CMT and Christina Lubam www.jivawell.com 720-299-7878	Walking Meditation Prairie Mountain Zen Center Rev. Jodo Cliff Clusin www.prairiemountain.org	Mindful Music Making SoundWell Music Therapy Faith Halverson-Ramos, MA, LPC, MT-BC www.soundwellmusictherapy.com
1:40 – 2:10	(Bring chairs to grassy area)	Wake Up! with Djembe Drumming Mary Rose and Front Range Community Djembe Orchestra members rosevine@comforttouch.com , www.communitydrums.com	
2:10-2:25		Closing circle	