

# THE LISTENING ROOM

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## S P R I N G

<p><b>Open House</b>  <b>April 17, 9 am-1 pm</b>  <i>Live music, chair massages, food and class samplers.</i>  <i>Free Event</i></p>	<p><b>Centering Prayer</b>  <b>Tuesdays 12:30-1:30 pm</b>  <i>Deeply renewing silent prayer practice for those of all spiritual paths. Free.</i></p>	<p><b>Yoga Classes</b>  <b>Saturdays 9-11:30 am</b>  <i>Basic Yoga - 9 am. Yoga Nidra Meditation Practice - 10:30.</i>  <i>\$10/\$7; \$15 for both</i></p>	<p><b>First Wednesday Community Night</b>  <b>May 5, 5:30 - 9:30 pm</b>  <i>Family potluck, class samplers and evening programs.</i></p>
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## Events, Classes and Workshops

Online Registration and Map at [www.gileadpress.net](http://www.gileadpress.net)

**Open House. April 17, 9 am - 1 pm** A Space for Contemplation, Healing and Creative Inspiration. Free event - featuring music by a cappella women's trio, Avalon Revisited. Enjoy chair massages, meet The Listening Room staff, and attend "sampler sessions" to get a taste of the offerings available in The Listening Room - including Yoga, Centering Prayer, Guided Meditation, Sacred Listening Circles, Journaling and more. Questions and more information, call 602-315-8480 or email [listeningroom717@gmail.com](mailto:listeningroom717@gmail.com).

**Centering Prayer. Tuesdays, April 20 - May 25, 12:30 -1:30 pm** Deeply healing and renewing silent prayer practice with selected readings and walking meditations. Open to those of all spiritual/philosophical perspectives. Beginners welcome. Free. Guide: Leslie Putt. 480-812-5262 or [lputt1@cox.net](mailto:lputt1@cox.net).

**Basic Yoga. Saturdays May 1 - May 29. 9 - 10:20 am** Come to stretch, relax, and renew your body and soul through Yoga. Beginners welcome. Bring yoga mat and water. Wear comfortable clothes. \$10 per session; \$45 for five sessions. Instructor: Laura Soran. 480-334-3011 or [laurasoran@gmail.com](mailto:laurasoran@gmail.com).

**Yoga Nidra. Saturdays May 1 - May 29. 10:30-11:30 am** Yoga Nidra (sleep of the yogis) is practiced while lying down. It is a guided meditation allowing us to remain conscious while our bodies relax, our minds still, and integration occurs deep in our being. The effects include rejuvenation and easeful intentional living. Bring a yoga mat, blankets, pillow and water - whatever you need to be comfy. Wear comfortable clothes. Beginners welcome. \$7 per session; \$30 for five sessions. Guide: Charlotte Faris. 602-380-8724 or [charlottevision@yahoo.com](mailto:charlottevision@yahoo.com).

**Basic Yoga/Yoga Nidra Combination:** Attend both classes - \$15 per session; \$65 for five sessions.

# THE LISTENING ROOM CALENDAR

**1st Wednesday Community Night. May 5, 5:30 - 7 pm** An evening of food, fun and community hosted by South Mountain Community Church & The Listening Room. **5:30 p.m Potluck** in Fellowship Hall.; **6:15-7 pm Sampler Classes.** Freewill donation for samplers in Centering Prayer, Sacred Listening Circles, Grief & Healing Series, Basic Yoga, Yoga Nidra Meditation (bring blankets and a pillow), Journaling, and more. Evening Programs: **7-9:30 pm Workshop** - Simple Steps to Real Change with Faith Boninger, Ph.D. (see description below). Those of all spiritual and philosophical perspectives welcome! For more information, call 602-315-8480. [listeningroom717@gmail.com](mailto:listeningroom717@gmail.com). **7 - 8 pm Prayer Service** hosted by South Mountain Community Church. Taize Prayer Service in the Christian tradition - includes silent prayer, music and selected scripture. Call Pastor Rich Doerrer-Peacock at 480-694-8186.

**1st Wednesday Workshop - Simple Steps to Real Change. May 5, 7-9:30 pm. with Faith Boninger, Ph.D.** How many times have you sworn to change your life - only to fall back into old patterns a day, a week, or a month later? In this workshop, Faith will share proven techniques to make meaningful life changes. You'll reflect on what you can do without in your life and what you desire more of. Learn practical strategies for real people – strategies that will help you create an action plan to get past your fears and limitations to achieve fulfillment. \$15. Registration: 602-315-8480. [listeningroom717@gmail.com](mailto:listeningroom717@gmail.com).

**Mourning Light: Grief & Healing Workshop Series. Weds May 12, 19 & 26, 7-9 pm with author & family educator, Shea Darian.** This series is an exploration of our personal and cultural relationship with grief and change. Learn approaches and tools to inspire insight and transformation in relation to your own unique relationship to grief – whatever the sources of your grief may be. See descriptions of each workshop below. \$10 per session or \$25 for 3-week series. Those of all spiritual and philosophical perspectives welcome. 602-315-8480. [listeningroom717@gmail.com](mailto:listeningroom717@gmail.com).

**May 12. Where Grief May Lead: Grief as a Sacred Journey to Deep Healing & Whole Living.** Explore practical and inspirational ways to embrace grief as a catalyst for deep healing and living a more meaningful life.

**May 19 - Freedom to Forgive: The Healing Process of Forgiveness.** Explore a creative process to learn the art of authentic forgiveness and consider approaches to assist you in finding inner freedom from past hurts.

**May 26 - Healing Our Whole Selves: Practical & Inspirational Tools to Transform Our Grief.** Explore practical and inspirational tools to heal your grieving heart, body, mind and spirit.



**“Now the ears of my ears awake, and now the eyes of my eyes are opened.” e.e. cummings**