

**April 19, 2012**

Active Exercises led by Mary Zelmer  
Continuum

Using the minds intent and the hearts knowing, we will use the movements of the active exercises to go deeper into the stillness and light to increase our awareness of moving the qi powerfully together as one.

Meditation led by Jesse Sia  
Grounding

We will focus on grounding, connecting to the earth, and bringing Earth energy into every part of our bodies. Then we'll open to receive and integrate the new energies coming onto the planet. As we blend these two energies and we move more deeply into healing ourselves, each other and our beloved Earth.

Harvesting

Group Healing Meditation led by Mary Zelmer  
The joy of light

Persons needing extra healing energy will be welcome to sit in the middle of the healing group circle. We will continue to open our hearts and allow the energy to flow focusing on our friends in the middle.

Harvesting

Closing led by Sheryl Scheller  
Inspiration, Come Home to Your Breath

In every breath you find everything you have always looked for. Through our breath we will honor ourselves. It is the power of the breath that gives us the gift of being present.

Open Microphone!