



A PLACE FOR QUIET CONTEMPLATION AT THE DEMOCRATIC NATIONAL CONVENTION

Date Time	9AM-10AM	10A-11:30A	11:30A-1PM	1:00P -2:30P	2:30P-4:00P	4:00-5:30P	5:30P-7:00P	7:00P-11P
Sat 8/23		Yoga Class begins at 10:30 today Vinyassa CorePower Yoga K. Aragon	Carol Crutchlow Shambhala	Dr. Lois Vanderkooi MBSR	Ven. Claude d'Estree Vajrayana	Imam Ibrahim Kazerooni Islamic Meditation	Opening Ceremony Aquarium Green / 700 Water Street.	next page
Sun. 8/24	Laughter Yoga D & M Vaughn	Anyen Rinpoche Vajrayana	David Chernikoff Vipassana	David Young Native American	Dell Brooks Vipassana	Tenpa Gyaltzen Vajrayana	Bob Mischke Christian Contemplative	next page
Mon. 8/25	Ashtanga Yoga Katy Charles	Opalanga Pugh African Griot	Danan Henry Rinzai Zen	Coly Vulpiani Zen/Christian	Rev. Cynthia James, Visioning.	R.B. Stewart Kwan Um Zen	Lloyd Burton Vipassana	next page
Tues. 8/26	Iyengar Yoga S. Norber	Rev. Jane Vennard Christian Contemplative	Sensei Fleet Maull --Zen Peacemakers	Rabbi Brian Field / Jewish Contemplative	Jeff Combelic Vipassana & Native American	Veronica McHugh Brahma Kumaris	Acharya Judith Simmer-Brown Shambhala	next page
Weds 8/27	Kriya Yoga Yogachara Srinidhi	Rev.Jodo Cliff Clusen - Soto Zen	Sharon Salzberg Metta (Loving Kindness)	Rabbis Nadia & Victor Gross Jewish Contemplative	John Congdon Christian Contemplative	Roshi Shishin Wick & Sensei Shinko Perez Soto/Rinzai Zen	Rev. Toni Cook Christian Contemplative	next page
Thurs. 8/28	Kundalini Yoga SadaAnand	Sr.RoseAnnette Liddell/ Christian Contemplative	Rabbi Tirzah Firestone - Jewish Contemplative	Rev. Ashley Seaman, Deeksha OnenessBlessing (Closing)				next page



EVENING CELEBRATION

Date / Time	Saturday 8/23	Sunday 8/24	Monday 8/25	Tuesday 8/26	Wednesday 8/27
7:00 - 11:00 PM	Sára Rain Dances of Universal Peace	Singers Jennifer Friedman Kris Voelker	Scott Medina Kirtan Chanting	Bhakti Shakti Kirtan Chanting	Bernie Heideman Dances of Universal Peace



Sára Rain

Sára Rain is a Spiritual Mentor and Dance of Universal Peace facilitator. She lives in Fort Collins, and has been leading inter-spiritual circles, ceremony, dances and chants for 15 years.

www.trigoddess.org rain@trigoddess.org

Karen de Marco / Bhakti Shakti Chanting

Bhakti Shakti Chanting uses the ancient tools of Mantra and Sacred Sound to evoke the power of devotion through Sanskrit chanting.

www.boulderkirtan.com kademar1@gmail.com



Bernie Heideman

Bernie Heideman is the founder of Big B's Juices. He is a facilitator of Dances of Universal Peace and has recorded 4 CD's of his music and one DVD of instructions to some of his original dances.

www.bernieheideman.com heideman@paonia.com

Scott & Shanti Medina

Scott and Shanti Medina host Boulder's annual Rocky Mountain Kirtan Summit. Scott has released three CD's of devotional chants and one of instrumental acoustic guitar pieces. Shanti is a yoga & Pilates instructor, life coach and personal trainer.

www.EnergizeShanti.com / energizeshanti@aol.com





Jennifer Friedman

A resident of Longmont, Colorado, singer/song-writer Jennifer Friedman is currently traveling the country with her 2nd album, “Soulful Warrior.” At home, she serves on the Music Team for Unity Center of Longmont and hosts a popular Songwriter in the Round series in Fort Collins.

www.jenniferfriedman.com jennifer@jenniferfriedman.com

Kris Voelker

Kris Voelker is a singer, songwriter, performer, and music team member of Unity Church in Longmont Colorado. Her song “Just Breathe” received an award at the 2007 Great American Song Contest.

www.krisvoelker.com kris@krisvoelker.com

