



EAST WEST

BASE CAMP FOR YOUR SPIRITUAL ASCENT

APRIL - JUNE EVENT SCHEDULE



Gangaji - April 5



Danielle Laporte - June 1



Julia Cameron - April 20



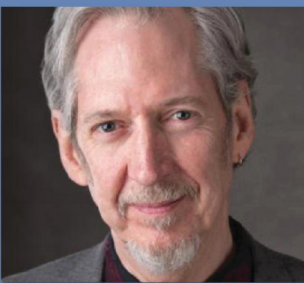
Fleet Maull, PhD - April 26



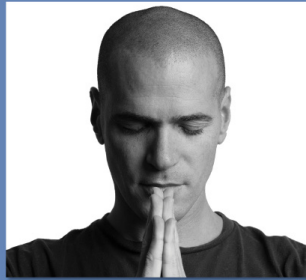
May 21



Alana Fairchild - May 31-June 1



Ainslie MacLeod - June 21-22



Timber Hawkeye - May 22



Michael Meade - May 17-18

East West Bookshop Events

Call Us at 206-523-3726 or Visit www.eastwestbookshop to Register



Monday, April 1, 7-8:30pm. **Aries Birthday Party with Andrea Bruckner.**

Learn more about your astrological sign and how it relates to your life. This month we will celebrate ARIES. Everybody is welcome! Feel free to bring your birth charts. FREE!



Monday, April 1, 5:45-7pm. **Ananda Yoga with Susan Hoyt.**

Ananda Yoga is a meditative & slow paced class that offers classic asanas with affirmations that will bestow physical strength and relaxation, inspiration, inner peace, and clarity of mind. \$15 or 1 Yoga Pass (\$12 each if you buy 10).



Friday, April 5, 7-8:30pm. **An Open Meeting with Gangaji.** Many people meet Gangaji for the first time in this community setting. The meeting will begin with a period of silence, usually followed by a brief talk by Gangaji, and then invitations for dialogue between Gangaji and participants. Event Location: Fremont Abbey Arts Center, 4272 Fremont Ave N, Seattle, WA 98103 \$25 in advance, \$35 day of.



April 1, 7:30- 9pm. **"Oh My Mind!" Kundalini Yoga & Meditation Series with Harsimrit Khalsa.** This Kundalini Yoga & Meditation series you will discover the powerful functions of your 3 minds, known as the Negative, Positive and Neutral minds and how to use them in unison to win at life. April 1- The Negative Mind, April 8- The Positive Mind, April 15- The Neutral Mind. \$15 per class or all three for \$40.

ATTEND YOGA AND MEDITATION TOGETHER FOR A DEEPER EXPERIENCE!



Wednesday, April 3, 5:45-7pm. **Ananda Yoga with Shaefather Windsong.**

Ananda Yoga is a meditative & slow paced class that offers classic asanas with affirmations that will bestow physical strength and relaxation, inspiration, inner peace, and clarity of mind. \$15 or 1 Yoga Pass (\$12 each if you buy 10).

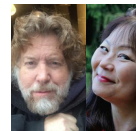


Wednesday, April 3, 7-7:45pm. **Open Meditation with Suryadas Holliman.**

These group meditation sessions are free and open to all. No experience required and meditators from all traditions are welcome. Short period of guided instruction will be followed by silent meditation. FREE!



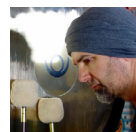
Monday, April 1, 7:30-8:30pm. **Monday Evening Meditations with Timothy Colman.** Loving Kindness meditation for artists, activists and seekers. Free!



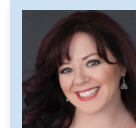
Tuesday, April 2, 2-4pm. **Intuitive Tuesday with Deni & Justin.** Get personal readings and learn inside tips on intuitive development from two psychic mediums, Justin Elzie and Deni Luna. \$12.50



Wednesday, April 3, 7-9pm. **Parting from Four Attachments with Rigdzin Dorje Tingkhie.** A talk on training the mind through parting from the four attachments with Rigdzin Tingkhie. This mind training incorporates all the practices of the path of transcendent perfection. \$20



Thursday, April 4, 7-8:30pm. **Gong Bath Meditation with Wayne Marto.** Join us on a transformative journey of healing and deep relaxation with Wayne Marto, as we bathe every cell of the body in therapeutic sound and vibration. \$20



Friday, April 5, 7-9pm. **An Evening with Spirit with Lauren Rainbow.** Medium Lauren Rainbow presents an evening of Messages from Spirit!

Saturday, April 6, 10:30am-2:30pm. **Everyday Intuition Workshop with Lauren Rainbow.** Join Medium Lauren Rainbow for this introductory workshop about how to connect to

Manager's Message

This spring is a special time of year for us as we are celebrating our 30th year of business! Of course, East West has always strived to be more than just a business. We are a non-profit independent bookstore committed to connecting the spiritual community of Seattle through our extensive book and gift collections, but also through our nightly events and weekend workshops. Our staff is a team of friends. We meditate together in the store weekly, and most of us even live together at the Ananda Community in Lynnwood.

So when you come in and browse our beautiful store and uplifting books and gifts, remember that you are actually supporting this living experiment of conscious business, spirituality in everyday life, and all those in Seattle who have enjoyed this unique haven.

A few events to highlight: Don't miss Gangaji on April 5, Julia Cameron on April 20, Michael Meade on May 17-18, Deva Premal on May 21, and Danielle LaPorte on June 1. Also, check out our Mother's Day weekend Crystal Show for a spectacular array of gems, minerals, and jewelry. Finally, we would love to invite you to our "May the Fourth Be with You" Global Healing Meditation & Sound Healing on May 4th. We're looking forward to seeing you soon!

Many blessings,
Bhima, Aditi, & The East West Team



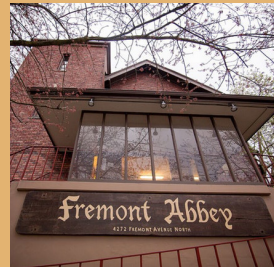
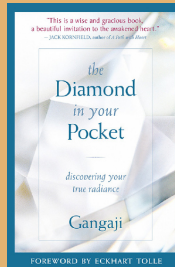
East West Bookshop Events

Call Us at 206-523-3726 or Visit www.eastwestbookshop to Register



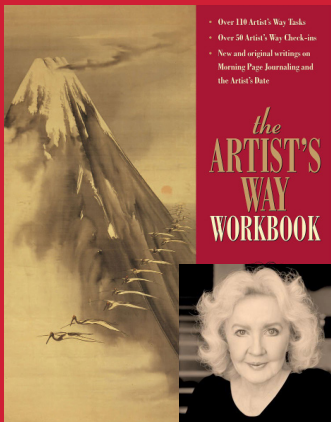
SEATTLE APRIL 5 - 7PM

GANGAJI



*Discover your
true radiance.*

*Freemont Abbey
4272 Fremont Ave N
\$25 in advance
\$35 At the door*



JULIA CAMERON

**The Artist's Way: A Full Day Immersion
Saturday, April 20, 10-4pm, \$149
Come Meet Julia Cameron!**

**EVENT LOCATION: The Great Hall at Green Lake
7220 Woodlawn Ave NE, Seattle, WA 98115**



WHITE HOT TRUTH LIVE WITH DANIELLE LAPORTE

**EVENT LOCATION:
ST. MARK'S
CATHEDRAL,
1245 10TH AVE E**

Meet & Greet with Danielle
6-6:45pm \$99 Limited space!
Includes Premier seating.

General ticket \$49/\$59 after April 14th

SATURDAY, JUNE 1, 7-9PM

East West Bookshop Events

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Saturday, April 6, 7-8:30pm. **Leaders of the Heart Concert.** These magical songstress creatrixes weave harmony, rhythm and lyric invite you to this night of song, guided visualization, and sacred meditation. \$15 presale, \$22 at the Door.



Saturday, April 6, 3-6pm. **Conscious Collective: The Art of Possibility - with Timothy Colman.** Discover how to create greater impact in your life, expanding sustainable abundance, love and success.



Sunday, April 7, 9-10am. **Ananda Meditation Service.** Join us on Sunday mornings for this group meditation and inspirational service, and charge your week with the powerful experience of deep inner joy! FREE!



Friday, April 12, 7:00-8:30pm. **Healing for Empaths & Sensitives with Dave Markowitz.** Intuitive

healing facilitator and bestselling author Dave Markowitz will guide you on a journey of prevention and healing at the root level! \$30

Saturday, April 13, 10:30am-2:30pm **Workshop: Healing for Empaths and Highly Sensitive Persons.**

Join us for an in-depth experience with tools and modalities specifically designed for empaths and highly sensitive persons with bestselling author and intuitive health facilitator, Dave Markowitz. \$59

Healing Sessions with Dave Markowitz. Saturday, April 13, 3:15-8:45pm, Sunday, April 14, 12:30-6:00pm, \$150/hr. Intuitive readings and healing for empaths and highly sensitive persons with bestselling author and intuitive health facilitator Dave Markowitz.



Tuesday, April 9, 7-8:30pm. **Understanding Your Empathic Ability with Aimee Cartier.** Empath

Intuition University founder, Aimee Cartier discusses the gifts and challenges of empathic ability and provides tools for decreasing overwhelm and living happily with this trait. \$15



Sunday, April 7, 12:30-2pm. **Shamanic Council.** The Art of Classical Siberian Shamanism with Jan Van Ysslestyne. The Shamanic Council is an ongoing group which practices Classical Siberian Shamanism from an unbroken lineage from the Ulchi tribe in southeastern Siberia. \$20



Sunday, April 7, 4:30-6:30pm. **Sunday Singles with Staci Weller.** Give your dating life a Quantum Leap by raising your vibe! \$20



Monday, April 8, 7:30 - 9pm. **"Oh My Mind!" Kundalini Yoga & Meditation Series with Harsimrit Khalsa.** See April 1.

Monday, April 8, 5:45-7pm. **Ananda Yoga with Susan Hoyt.** See April 1. \$12

Monday, April 8, 7:30-8:30pm. **Monday Evening Meditations with Timothy Colman.** See April 1. Free!

Wednesday, April 10, 5:45-7pm. **Ananda Yoga with Shae Windsong.** See April 3. \$15

Wednesday, April 10, 7-7:45pm. **Open Meditation with Suryadas Holliman.** See April 3. Free



Wednesday, April 10, 6-7pm. **Sound Bath for the Soul with Maria Nunez.** Sound is beneficial for the mind, body, and spirit. As we usher in Spring and the end of Winter, join Maria Ayanna and friends as they play to lift your spirit and warm your soul. \$25



Thursday, April 11, 7-8:30pm. **Meditation and Free Pranic Healing® Clinic with Eduardo Sztokbant.** We will start with the 20-minute guided Twin Hearts Meditation and then pair up visitors with healers for a short free Pranic Healing session! Free!



Saturday, April 13, 7-8:30pm. **The Shaman's Journey with Linda Fitch.** Join shaman, teacher and coach Linda Fitch to learn the shaman's skill of journeying, an active practice to consciously travel into spiritual worlds as explorers and creators, and a powerful tool you can use in your own life to come back into the flow and right relationship, \$24

Sunday, April 14, 12:30-6pm. **Visioning the Life You Desire: The Shaman's Way of Seeing.** Join shaman, teacher and coach Linda Fitch to learn the shaman's skills of tracking and divination, to connect with your voice of intuition and become a master of your own life. \$79



Thursday, April 11, 7-8:30pm. **Pain Free with the Egoscue Method of Posture Alignment.** Sandy Taylor will show you how to regain the greatest gift of all: a pain-free body, using simple proven exercises that result in ideal posture.



Saturday, April 13, 10:30am-1pm. **Learn to Meditate Condensed Workshop with Suryadas Holliman.** This workshop includes in-class practice, tips on establishing your practice at home, online guided meditations, written instructions, unlimited (no-charge) re-take policy, and ongoing support in-person or online. \$25

Sunday, April 14, 9-10am. **Ananda Meditation Service.** See April 7. Free!

Monday, April 15, 5:45-7pm. **Ananda Yoga with Susan Hoyt.** See April 1. \$15

Monday, April 15, 7:30-8:30pm. **Monday Evening Meditations with Timothy Colman.** See April 1. Free!

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Saturday, April 20, 10-4pm. **Julia Cameron LIVE: The Artist's Way Full Day Immersion.** Meet the author of the groundbreaking book The Artist's Way. Working with a combination of experiential exercises, lecture, Q&A and readings, you will experience an intensive, guided encounter with your own creativity! Event held at: The Great Hall at Green Lake, 7220 Woodlawn Ave NE, Seattle, WA 98115. \$149 before 3/31/19 \$169 on 4/1/19 and afterward.



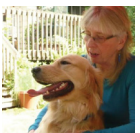
April 15, 7:30 - 9pm. **"Oh My Mind!" Kundalini Yoga & Meditation Series with Harsimrit Khalsa.** See April 1.

Wednesday, April 17, 5:45-7pm. **Ananda Yoga with Shae Windsong.** See April 3. \$12

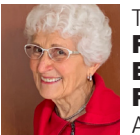
Wednesday, April 17, 7-7:45pm. **Open Meditation with Suryadas Holliman.** See April 3.



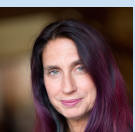
Wednesday, April 17, 7:30-9pm. **Life Transformation with Authentic Qi-Energy Cultivation** Guan-Cheng Sun, PhD. \$10



Thursday, April 18 & 25, 6:30-9pm. **Communicating with Animals with Martha Norwalk.** In this two class series Martha Norwalk teaches how to communicate with animals on 4 levels emphasizing interspecies telepathic/empathetic communication, how to send and receive. \$26 for one class or \$44 for both classes



Thursday, April 18, 7-8:30pm. **Pain Free with the Egoscue Method of Posture Alignment.** See April 11. \$12



Friday, April 19, 7-9pm. **The Art of Showing Up Workshop with Heather Ash Amara.** Practical tools on coming back home to yourself and the art of showing up in your



Saturday, April 20, 1-5pm. **Become an Intuitive Eye Reader: Learn to Identify the 7 Talents of Thrive Types.** Join Laureli Shimayo, Intuitive Eye Reader, to learn how to recognize the 7 Talents of ThriveTypes in people's eyes and deeply see your own soul. \$45

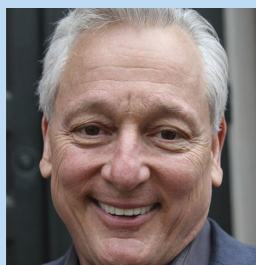
Monday, April 22, 5:45-7pm. **Ananda Yoga with Susan Hoyt.** See April 1.

Monday, April 22, 7:30-8:30pm. Monday, May 13, 7:30-8:30pm. **Monday Evening Meditations with Timothy Colman.** See April 1. Free!



Tuesday, April 23, 11:30am-1pm. **Good Company Networking Lunch!** Join us for a relaxed networking and learning lunch where we gather to share great ideas and even greater company. FREE!

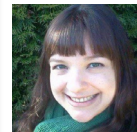
Wednesday, April 24, 5:45-7pm. **Ananda Yoga with Shae Windsong.** See April 3. \$15



Friday-Sunday, April 26-28, 7-8:30pm. **Radical Responsibility Weekend Intensive with Fleet Maull, PhD.** Fleet will present his revolutionary Radical Responsibility model, dialogue with the audience and sign copies of his new book, Radical Responsibility: How to Move Beyond Blame, Fearlessly Live Your Highest Purpose and Become an Unstoppable Force for Good.

Saturday 10:30am-6pm; Sunday 12:30pm-5pm. **Radical Responsibility Live!** Take control of your own destiny by discovering the power of choice and Radical Responsibility in this intensive, neuroscience-based seminar with renowned changemaker Fleet Maull. This action-packed, experiential seminar includes guided mind training, powerful heart opening exercises and more. Be prepared for a deep dive and exciting new possibilities. Friday Only ticket: \$15. Friday/Saturday/Sunday ticket: \$175

Wednesday, April 24, 7-7:45pm. **Open Meditation with Suryadas Holliman.** See April 3.



Wednesday, April 24, 7:30-9pm. **Energy Medicine Yoga with Shae Feather Windsong.** Melt, heal, and renew with Shae Feather Windsong every last Wednesday night of the month for a relaxing yoga routine to help heal your energy systems, process emotions, and release tension & pain. \$20



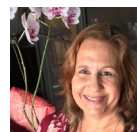
Thursday, April 25, 6:30-9pm. **Communicating with Animals with Martha Norwalk.** See April 18, \$26 for one class or \$44 for both classes.



Saturday, April 27, 7-8:30pm. **How to Achieve Lasting Business Success Using Spiritual Principles with George Huang.** Join George Huang for an exploration of how to achieve short- and long-term business success by applying fundamental spiritual principles. \$25



Saturday, April 27. **Bookstore Day.** Join East West for Bookstore Day, a national celebration of indie bookstores and the customers that love them. We will have fun activities and giveaways all day long in our store.



Sunday, April 28, 5:30-7pm. **Angela Hartfield: Transform Challenges into Opportunities with the Energy of Ganesha.** Offering a beautiful way to move into your being and create space for setting intentions through connecting to Ganesha. \$35 **Private Sessions with Angela Hartfield.** April 29, 11am-7pm. \$150

East West Bookshop Events

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Sunday, April 28, 9-10pm. **Ananda Meditation Service.** See April 7. Free!

Monday, April 29, 5:45-7pm. **Ananda Yoga with Susan Hoyt.** See April 1.



Monday April 29, -8:30pm. **Reiki Tummo with Dmitry and Lubov.** Join Dmitry and Lubov for an introduction to Reiki Tummo, where you will learn how to connect to your spiritual heart through Open Heart Meditation and receive a group Reiki TUMMO healing that will leave you feeling deeply relaxed. FREE!

Monday, April 22, 7:30-8:30pm. Monday, May 13, 7:30-8:30pm. **Monday Evening Meditations with Timothy Colman.** See April 1. Free!



Tuesday, April 30, 7-8pm. **Creating Sanctuary: Designing Sacred Space & Using Plant Medicine with Jessi Bloom.** Join

bestselling author and PNW eco-designer, Jessi Bloom, for an engaging experience to learn about sacred space design and plant based medicine. \$10

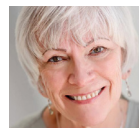
Wednesday, May 1, 5:45-7pm. **Ananda Yoga with Shae Windsong.** See April 3. \$12

Wednesday, May 1, 7-7:45pm. **Open Meditation with Suryadas Holliman.** See April 3.



Wednesday, May 1, 7-9pm. **Parting from Four Attachments with Rigdzin Dorje Tingkhie.**

A talk on training the mind through parting from the four attachments with Rigdzin Tingkhie. This mind training incorporates all the practices of the path of transcendent perfection. \$20



Thursday, May 2, 7-8:50pm. **Rules for Self-Care in Politically Charged Times with Janaki Severy.** Learn

five rules of self-care that are essential for meeting your emotional and physical needs to prevent burnout, secondary trauma and compassion fatigue and be able build the future you want. \$15



Friday, May 3, 7-9pm. **Guru Vandana: An Evening of Indian Classical Music with Richard Russell.**

A duet-style performance of Indian classical music featuring Dr. Amie Maciszewski on sitar, Richard Russell on sarode and Anil Prasad on tabla. \$23. Student \$18.



Saturday, May 4, 10:30-1:30pm.

The Three Souls: Achieving Authentic Initiation with Hank Wesselman. Anthropologist and author Hank Wesselman PhD. will address the question (with shamanic journeywork) of authentic initiation, and the most important question is "Who are you?" \$50



Saturday, May 4, 7-9pm. **May the Fourth Be With You Global Healing Meditation.**

Now more than ever, the world needs each of us to stand up to fear and be the change we wish to see in the world. Free!

Sunday, May 5, 9-10pm. **Ananda Meditation Service.** See April 7. Free!



Sunday, May 5, 4:30-6:30pm. **Sunday Singles with Staci Weller.** Give your dating life a Quantum Leap by raising your vibe! \$20

Monday, May 6, 5:45-7pm. **Ananda Yoga with Susan Hoyt.** See April 1.

Monday, May 6, 7:30-8:30pm. **Monday Evening Meditations with Timothy Colman.** See April 1. Free!



Monday, May 6, 7-8:30pm. **Taurus Birthday Party with Andrea Bruckner.**

Come join the Free birthday party with East West astrologer Andrea Bruckner to learn more about your astrological sign and how it relates to your life. This month we will celebrate TAURUS. Everybody is welcome! Feel free to bring your birth charts. Free!



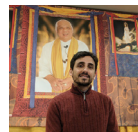
Tuesday, May 7, 2-4pm. **Intuitive Tuesday with Deni & Justin.** Get personal readings and learn inside tips on intuitive development from two psychic mediums, Justin Elzie and Deni Luna. \$12.50

Wednesday, May 8, 5:45-7pm. **Ananda Yoga with Shae Windsong.** See April 3. \$15

Wednesday, May 8, 7-7:45pm. **Open Meditation with Suryadas Holliman.** See April 3. Free!



Wednesday, May 8, 7:30-9pm. **Sharlyn Hidalgo: Playing with the Celtic Tree Oracle cards.** Join Sharlyn Hidalgo as she shares the teachings and guidance of the trees of the Celtic Tree Calendar through her Celtic Tree Oracle cards. \$15



Friday May 10, 7-8:30pm. **Meditation and Free Pranic Healing@ Clinic with Eduardo Sztokbant.** We will start

with the 20-minute guided Twin Hearts Meditation and then pair up visitors with healers for a short free Pranic Healing



Saturday, May 11, 12-7pm & Sunday May 12, 12-5pm. **Crystal Show with Deidre Berg.** Come

to experience the mineral kingdom in full spectacle! This two-day opportunity affords you a chance to meet, gaze at and buy rare and unique crystals, stones and gems. Alongside raw and shaped pieces will be an array of beautiful jewelry. Free!

Sunday, May 12, 9-10am. **Ananda Meditation Service.** See April 7. FREE!

Monday, May 13, 5:45-7pm. **Ananda Yoga with Susan Hoyt.** See April 1.

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Monday May 13, 7-8:30pm. **Reiki Tummo with Dmitry and Lubov.** Join Dmitry and

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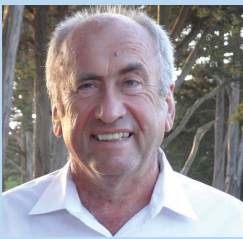
Tuesday, May 14 7-8:30pm. **Pain Free with the Egoscue Method of Posture Alignment.** See April 11. \$15



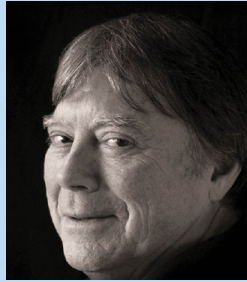
Tuesday, May 14, 7-8:30pm. **Understanding Your Empathic Ability with Aimee Cartier.** Empath Intuition University founder,

Aimée Cartier, discusses the gifts and challenges of empathic ability and provides tools for decreasing overwhelm and living happily with this trait. \$15

Wednesday, May 15, 5:45-7pm. **Ananda Yoga with Shae Windsong.** See April 3. \$15



Thursday, May 16, 10am-5pm; Friday, May 17, 10am-5pm **Two Day Workshop: Self-Healing Through Movement with Meir Schneider, Ph.D, LMT.** This workshop will offer you: The connection between the body and the eyes, how to prevent eye diseases how to expand the plasticity of the brain, how to release tension of the spine and joints, how to improve function of the brain/nervous system. \$365 Both Days. \$200 Saturday only. \$200 Sunday only.



Friday, May 17, 7-9pm. **The Wisdom of Spirit and Soul: an evening with Michael Meade.** A genuine path involves answering the call of spirit and following the pull of soul. When in touch with the soul's mythic thread we can find the aims and practices that allow our spirits to awaken and souls to grow deeper. This event will be held at: Fremont Abbey, 4272 Fremont Ave N, Seattle, WA 9810 \$25

Saturday 10:30am-4pm. Paths of Awakening: A Workshop with Michael Meade. Each person has inner gifts waiting to awaken and living truths to contribute to the world. The exact knowledge needed for healing and psychic growth resides within the individual, waiting to be revealed through life-changing, initiatory events. Held at East West Bookshop. \$100.

Wednesday, May 15, 7-7:45pm. **Open Meditation with Suryadas Holliman.** See April 3. Free!



Saturday, May 18, 7-8:30pm. **Forces of Nature with Indra Rinzler.** In this innovative and fascinating

presentation, Indra Rinzler will share the connections between astrology and Enneagram and he'll place them in the great Yuga cycle from India, Dwapara Yuga, the ENERGY age to support our conscious awakening. \$15.

Monday 7:30-9pm. **Doorways to Conscious Living with Indra Rinzler.** Indra Rinzler will share the four doorways, natural steps on the path that yield, like night yields to day, to our increased awareness through clearing what does not belong, the misidentifications and self-denying thinking which can blacken each moment. \$15

Sunday, May 19, 12:15-6:45pm & Monday, May 20, 10:30am-5:30pm. **Life Readings with Indra Rinzler.** A reading from Indra Rinzler will provide tools for living in freedom beyond the borders we make for ourselves, using both astrology and the Enneagram we can transcend personal stories and see through our conditioning. \$60/30min, \$110/60min, \$150/90min.

Sunday, May 19, 9-10am. **Ananda Meditation Service.** See April 7. FREE!



Sunday, May 19, 5-6:30pm. **An Invitation to Dream with Andre Feriante.**

Guitarist and composer Andre Feriante elaborates on his healing music TEDx talk blending a multi-instrument, sound bath session with poetry. \$20

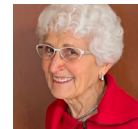


Sunday, May 19, 1-4pm. **Reimagining What is Possible: Choosing More Natural After Death Care Options with Lucinda Herring.** Come explore with

Lucinda Herring, whose book Reimagining Death: Stories and Practical Wisdom for Home Funerals and Green Burials offers ways to care for one's own dead, in ways that care for the earth as well. \$60

Monday, May 20, 5:45-7pm. **Ananda Yoga with Susan Hoyt.** See April 1.

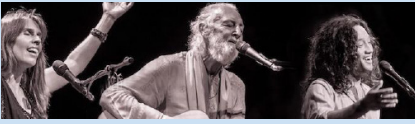
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Tuesday, May 21, 7-8:30pm. **Pain Free with the Egoscue Method of Posture Alignment.** See April 11. \$12

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Tuesday, May 21, 7:30pm. **Deva Premal & Miten with Manose: On The Wings of Mantra World Tour with Deva Premal & Miten.** A deep immersion into the power of mantra, with Deva's golden voice and Miten's songs of love and gratitude carrying us beyond our daily worries- a celebration of open hearts, moving into a timeless space together. Event held at Edmonds Center for the Arts, 410 Fourth Avenue North, Edmonds, WA 98020. \$35.00-\$108.00.



Wednesday, May 22, 7:30-9pm. **Free Book Talk, Discussion, and Q&A with Author of Buddhist Boot Camp and Faithfully Religionless Timber Hawkeye.**

His books and podcast offer a secular and non sectarian approach to being at peace with the world (both within and around us), with the intention to awaken, enlighten, enrich, and inspire, Free!

Wednesday, May 22, 5:45-7pm. **Ananda Yoga with Shae Windsong.** See April 3. \$15

Wednesday, May 22, 7-7:45pm. **Open Meditation with Suryadas Holliman.** See April 3.



Thursday, May 23, 7-8:30pm. **Crystal Singing Bowl and Gong Soundbath with Jennifer Matson.** Enjoy deep rejuvenation in a

superbly cultivated experience of sound and vibration with crystal chakra bowls, Tibetan gong, vocal toning and a little bit of throat singing to spice things up. \$20



Friday, May 24, 7-8:30pm. **The Book of Help: Reading & Book Signing - with Megan Griswold.** Join bestselling

self help author, Megan Griswold, for this reading and signing of her new memoir, The Book of Help. Free!



Saturday May 25, 10:30-3pm. **Navigating Moments of Mythic Transformation with Allison Stieger.**

Navigating and surviving our most challenging moments in life is an obstacle that each of us can and must overcome. \$75



Saturday, May 25, 2:30-4:30pm. **Prayer, Answered Prayer and Manifestations - with Mandy Arwen.** Join local author and psychic intuitive, Mandy Arwen, for this class focusing on clarifying and demystifying prayer and manifestation. \$35

Sunday, May 26, 5-6:30pm. **How To Read Oracle Cards and Angel Cards with Mandy Arwen.** Have you ever wondered how to use oracle cards or angel cards and how they differ from tarot cards? Here's your chance to begin with Mandy Arwen. Bring your own deck.



Saturday, May 25, 4-6pm. **Painting for Emotional Release with Ellen Alexandra.** She will guide the participants in a meditation in which they can experience an emotion

or a tension in their bodies. Subsequently we find a creative expression of this emotion by letting the emotion speak through paint on paper. \$15



Saturday, May 25, 7-8:30pm. **Feminine Mysticism in Art with Victoria Christensen.**

This lecture will discuss the newly released book *Feminine Mysticism in Art*, provide readings from the book, and reveal a slide show of exquisite Goddess art by over 70 contemporary artists. \$10

Sunday, May 26, 9-10pm. **Ananda Meditation Service.** See April 7. FREE!



Sunday, May 26, 12:30-2pm. **Shamanic Council-The Art of Classical Siberian Shamanism with Jan Van Ysslestyne.** The Shamanic

Council is an ongoing group which practices Classical Siberian Shamanism from an unbroken lineage from the Ulchi tribe in southeastern Siberia. \$20

Monday, May 27, 5:45-7pm. **Ananda Yoga with Susan Hoyt.** See April 1.

Monday, May 27, 7:30-8:30pm. **Monday Evening Meditations with Timothy Colman.** See April 1. Free!



Tuesday, May 28, 11:30am-1pm. **Good Company Networking Lunch!** Join us for a relaxed networking and learning lunch where we gather to share great ideas and even greater company. FREE!



Tuesday, May 28, 7-8:30pm. **The Astrology Of Crisis And Transformation: The Saturn / Pluto Conjunction Of 2020**

with Robert Weinstein L.Ac.. The Saturn / Pluto Conjunction Of 2020: An opportunity for personal and societal transformation with Robert Weinstein L.Ac. \$20

Wednesday, May 29, 5:45-7pm. **Ananda Yoga with Shae Windsong.** See April 3. \$15

Wednesday, May 22, 7:30-9pm. **Energy Medicine Yoga with Shaefather Windsong.** See April 24. \$20

Wednesday, May 29, 7-7:45pm. **Open Meditation with Suryadas Holliman.** See April 3. Free!



Friday, May 31, 6-9pm. **An Evening with Alana Fairchild.** Join

Alana Fairchild for a spontaneous question and answer session.

Let's discuss what it is to be a light in this world and find an authentic spiritual path for the benefit of all beings. Alana Fairchild will share a live guided meditation during the evening as well. \$35.

Saturday, June 1, 10am-3pm. **Sacred Rebels & Earth Warriors with Alana Fairchild.** Claim your authentic empowerment and Live your Light. Join Alana Fairchild for a deeply moving and uplifting gathering of divine energy and spiritual empowerment. \$149

East West Bookshop Events April 15-May 2, 2019

Call Us at 206-523-3726 or Visit www.eastwestbookshop to Register



Saturday, June 1, 7-9pm. **The White Hot Truth LIVE with Danielle LaPorte.** Danielle LaPorte comes to Seattle to discuss her newest book *White Hot Truth: Clarity for Keeping It Real On Your Spiritual Path—From One Seeker to Another*. Danielle LaPorte is an invited member of Oprah's inaugural SuperSoul 100, a group who, in Oprah Winfrey's words, "is uniquely connecting the world together with a spiritual energy that matters."

EVENT HELD AT OFFSITE LOCATION: ST. MARK'S CATHEDRAL, 1245 10th Ave E, Seattle, WA 98102. \$49 until April 14, \$59 after.

Meet & Greet with Danielle, 6-6:45pm w/ Premier Seating \$99 Limited!

Sunday, June 2, 9-10pm. **Ananda Meditation Service.** See April 7. FREE!



Sunday, June 2, 1-6pm. **Medicine Drum Making with Starfeather Marcy.** Marcy Starfeather will gently guide us

through the process of making our own Medicine Drum and beater. Starfeather offers a unique opportunity for you to experience crafting with ease, and in sacred ceremony. \$95 plus materials fee of \$100

Monday, June 3, 5:45-7pm. **Ananda Yoga with Susan Hoyt.** See April 1.



Monday, June 3, 7-8:30pm. **Gemini Birthday Party with Andrea Bruckner.** Come join the Free birthday party with East

West astrologer Andrea Bruckner to learn more about your astrological sign and how it relates to your life. This month we will celebrate GEMINI! Everybody is welcome! Feel free to bring your birth charts. Free!

Monday, June 3, 7:30-8:30pm. **Monday Evening Meditations with Timothy Colman.** See April 1. Free!



Monday, June 3, 7:30-9pm. **Original Teachings of Yogananda - Class 1: Spiritual Self-Analysis with Nancy Merrifield.**

This series shares material from the now unpublished original written lessons by Paramhansa Yogananda. \$15 for single class, \$45 for series.



Tuesday, June 4, 2-4pm. **Intuitive Tuesday with Deni & Justin.**

Get personal readings and learn inside tips on intuitive development from two psychic mediums, Justin Elzie and Deni Luna. \$12.50

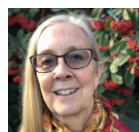
Wednesday, June 5, 5:45-7pm. **Ananda Yoga with Shae Windsong.** See April 3. \$12



Wednesday, June 5, 6-7pm. **Sound Bath for the Soul with Maria Nunez.** Sound

is beneficial for the mind, body, and spirit. As we usher in Spring and the end of Winter, join Maria Ayanna and friends as they play to lift your spirit and warm

Wednesday, June 5, 7-7:45pm. **Open Meditation with Suryadas Holliman.** See April 3.



Thursday, June 6, 7-8:30pm. **Why Yoga Works & How It Can Work for You with Christine Dormaier.** Join

Christine Dormaier for a book signing of her new book *Why Yoga Works & How It Can Work For You*. \$15



Thursday, June 8, 7-8:30pm. **Reiki Sound Scape with Eileen Dey Wurst.** An evening infusion

of live sound healing music and healing energy of Reiki by Eileen Dey Wurst and members of the Reiki Training Program and Fellowship. Give and receive in supportive community. \$12

Sunday, June 9, 9-10pm. **Ananda Meditation Service.** See April 7. FREE



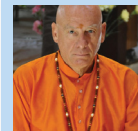
\$20

Sunday, June 9, 12:30-2pm. **Shamanic Council-The Art of Classical Siberian Shamanism with Jan Van Ysslestyne.** See May 26.



Sunday, June 9, 7-8:30pm. **SoulCollage with Meghan Menkvel.**

Discover your wisdom and change your world through SoulCollage® with Megan Menkveld. \$20



Friday, June 7, 6:30-9pm. **What is Kundalini Sadhana?** with Swami Khecaranatha. Swami

Khecaranatha will explore the nature of this ancient practice for spiritual liberation. Topic include: What is a nondual practice? What is kundalini, and how does shakti transmissiion enliven that vital force within us? \$20

Saturday, June 8, 10:30am-6pm. **Kundalini Transmission: Spiritual Awakening Experience with**

Swami Khecaranatha. Experience your own connection with the Divine in this workshop with Swami Khecaranatha, an authentic adept of Kundalini Sadhana in the Shakti Transmission Lineage of Bhagavan Nityananda and Swami Rudrananda. \$60

Monday, June 10, 5:45-7pm. **Ananda Yoga with Susan Hoyt.** See April 1.



Monday, June 10, 7:30-9pm. **Original Teachings of Yogananda - Class 2: The Art of Intuition with Robyn Mattis and**

Amy Morrison. This series shares material from the now unpublished original written lessons by Paramhansa Yogananda. \$15 for single class, \$45 for series.

Monday, June 10, 7:30-8:30pm. **Monday Evening Meditations with Timothy Colman.** See April 1. Free!

East West Bookshop Events

Call Us at 206-523-3726 or Visit www.eastwestbookshop to Register



Saturday, June 15, 11am-2pm. **Cultivating Your Past Life Power: Learn How To Transform Your Old Story and Create New Energy, Focus & Success with Gary Quinn.**

Overcome blocks to love, finances and success through past-life exploration with Gary Quinn. Join A groundbreaking intensive workshop of insight and transformation as he teaches what it means to cultivate your self-confidence and esteem from your past lives. \$35

Thursday, June 13 & Friday, June 24, 11am-5pm. Intuitive Private Sessions with Gary Quinn. Gary Quinn, Celebrity Life Coach and Intuitive, works with spirit and guides to give you information relating to business, relationships, past lives and present. \$150



Tuesday, June 11, 7-8:30pm. **Understanding Your Empathic Ability with Aimee Cartier.** Empath

Intuition University founder, Aimee Cartier, discusses the gifts and challenges of empathic ability and provides tools for decreasing overwhelm and living happily with this trait. \$15

Wednesday, June 12, 5:45-7pm. **Ananda Yoga with Shae Windsong.** See April 3. \$12

Wednesday, June 12, 7-7:45pm. **Open Meditation with Suryadas Holliman.** See April 3.



Friday, June 14, 7-9pm. **Accessing the Light of the Heart with Char Sundust.** How

do we heal our heavy heartedness? What does light-heartedness mean? A talk with Char Sundust. \$45



Saturday, June 15, 7:30-9pm. **Self-Realization through a practice of Meditation with Sarada Chiruvolu.** Home at Last

- A Journey to Higher Consciousness: Deepening our Meditation Practice and Moving Forward Confidently! \$15 (includes free signed book)



Sunday, June 16, 2-6pm. **Create Your Own Dreamcatcher with Karen Danielson.** In this workshop, we will create and explore the meaning of the Dreamcatcher and Web of Life. \$75

Sunday, June 16, 9-10pm. **Ananda Meditation Service.** See April 7. FREE!



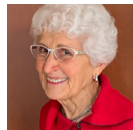
Monday, June 17, 5:45-7pm. **Ananda Yoga with Susan Hoyt.** See April 1.



Monday, June 17, 7:30-9pm. **Original Teachings of Yogananda - Class 3: Art Of Super Relaxation with Sita Phua &**

Christina Riegel. This series shares material from the now unpublished original written lessons by Paramhansa Yogananda. \$15 for single class, \$45 for series.

Monday, June 17, 7:30-8:30pm. **Monday Evening Meditations with Timothy Colman.** See April 1. Free!



Tuesday, June 18, 7-8:30pm. **Pain Free with the Egoscue Method of Posture Alignment.** See April 11. \$12

Wednesday, June 19, 5:45-7pm. **Ananda Yoga with Shae Windsong.** See April 3. \$15

Wednesday, June 19, 7-7:45pm. **Open Meditation with Suryadas Holliman.** See April 3.



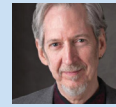
Wednesday, June 19, 7:30-8:30pm. **Reiki Marination with Melissa Hartley.**

Reiki Marination is an opportunity to receive the healing energies you are ready to integrate. \$15



Thursday, June 20, 7-8:30pm. **Gong Bath Meditation with Wayne Marto.** Join us on a

transformative journey of healing and deep relaxation with Wayne Marto, as we bathe every cell of the body in therapeutic sound and vibration. \$20



Friday, June 21, 7-8:30pm. **THE OLD SOUL'S GUIDEBOOK: Book Signing and Talk -**

with Ainslie MacLeod. Join Ainslie MacLeod, author of The Instruction, for an introduction to his newest book, The Old Soul's Guide, and learn more about who you are, why you're here, and how to navigate life on the Physical Plane. \$25

Saturday, June 22, 2-6pm. **PAST LIVES, PRESENT PURPOSE: Understanding Who You Are, by Discovering Who You Were with Ainslie MacLeod.** Ainslie MacLeod and his Spirit Guides will take you back into your past lives to help discover what you're here to do in this incarnation, and heal the blocks that prevent you from manifesting your life purpose. \$115



Saturday, June 22, 7-8:30pm. **Moon & Goddesses - Arianrhod with Vanessa Couto.** In this talk, we will

explore the meaning of the Moon in our lives, what themes this Cancer New Moon evokes, and how the story of Arianrhod weaves it all together. Let's honor the New Moon through myth and astrology. \$20



Sunday, June 23, 1-2:30pm. **Music as Medicine with Yuval Ron.** Discussion on

how sound was used as medicine in ancient times in the East, and how neuroscience now confirms the power of sound to heal. \$25

Sunday, June 23, 9-10pm. **Ananda Meditation Service.** See April 7. FREE!

Monday, June 24, 5:45-7pm. **Ananda Yoga with Susan Hoyt.** See April 1.

Monday, June 24, 7:30-8:30pm. **Monday Evening Meditations with Timothy Colman.** See April 1. Free!

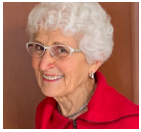


Monday, June 24, 7:30-9pm. **Original Teachings of Yogananda - Class 4: The Esthetic Way of Enlightenment - with**

Aditi Muir & Stan Dombrowski. This series shares material from the now unpublished original written lessons by Paramhansa Yogananda. \$15 for single class, \$45 for series.

East West Bookshop Events

Call Us at 206-523-3726 or Visit www.eastwestbookshop to Register



Tuesday, June 25, 7-8:30pm.
Pain Free with the Egoscue Method of Posture Alignment. See April 11. \$12



Tuesday, June 25, 11:30am-1pm. **Good Company Networking Lunch!** Join us for a relaxed networking and learning lunch where we gather to share great ideas and even greater company. FREE!

Wednesday, June 26, 5:45-7pm. **Ananda Yoga with Shae Windsong.** See April 3. \$12

Wednesday, June 26, 7-7:45pm.
Open Meditation with Suryadas Holliman.
See April 3.



Wednesday, June 26, 7:30-9pm. **Energy Medicine Yoga with Shaefather Windsong.** Melt, heal, and renew with Shaefather Windsong every last Wednesday night of the month for a relaxing yoga routine to help heal your energy systems, process emotions, and release tension & pain. \$20



Friday, June 28, 7-8:30pm.
Be, Awake, Create: Mindful Practices to Spark Creativity - with Rebekah Younger. Talk and book signing by Rebekah Younger, author of *Be, Awake, Create: Mindful Practices to Spark Creativity*, a guided art journal designed to connect you with the present moment where creative inspiration abounds. \$15

Saturday, June 29, 10:30am-3:30pm. **Be Awake. Be, Awake, Create - Here and Now with Rebekah Younger.** A day of mindfulness, sensory awareness exercises and multidisciplinary creating with Rebekah Younger, author of *Be, Awake, Create: Mindful Practices to Spark Creativity*. \$100



Saturday, June 29, 4-7pm.
Watercolor for Healing with Andrea Bijou. Learn how to watercolor for your own healing. Artist and author, Andrea Bijou, is hosting a "Watercolor for Healing" workshop, where she will share her techniques for healing through the use of mindful watercoloring. \$35

Visit
www.AnandaWA.org or call
425-806-3700
To Register for Classes & Events



Sunday, June 30, 1-6pm.
Psychic Fair with East West Intuitives. Join East West Intuitives for a fun afternoon of readings! Fair special! Sign up for mini-sessions with readers. Prices vary, approx. \$20 for 15 minute session.



Thursday, June 27, 7-9pm. **The Work of Byron Katie: Finding Peace In All Things (Including Compulsion & Addiction) with Grace Bell.** Question your thinking, change your life: The Work of Byron Katie to calm down, stop adding, and discover peace in relationships. \$30

LOOKING AHEAD



An Evening of Spirit Messages with James Van Praagh. World renowned psychic medium, best selling author, talk show host and producer James Van Praagh brings his teachings of love and encouragement to Seattle.

Friday September 27, 2019

(timings are approximate)
6-7pm Meet and Greet
7:30-9:30pm Evening of Messages
9:30-10pm Booksigning

Saturday September 28, 2019

9-4:30pm Workshop
4:30-5pm Booksigning



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Text by Swami Kriyananda

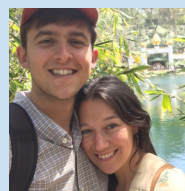
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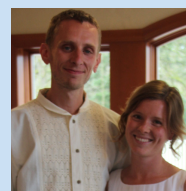
12 Thursdays Plus a Saturday Workshop beginning September 6 at Ananda Meditation Temple in Bothell.

OR

12 Tuesdays Plus a Saturday workshop beginning September 4 at East West Bookshop in Seattle.



Seattle Instructors Stan Dombrowski & Aditi Muir



Bothell Instructors Zach & Hailey Abbey



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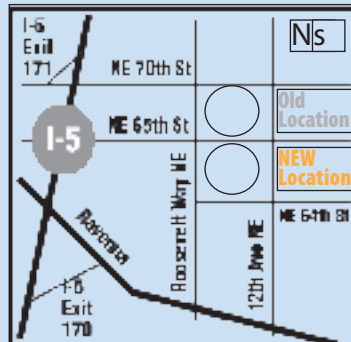
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