

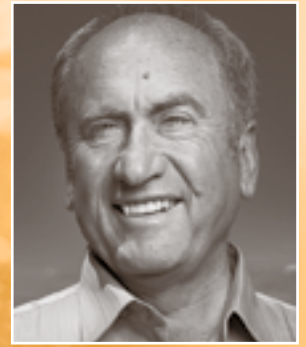
# EAST WEST BOOKSHOP

*Mind Body Spirit Community Support  
& Inspiration for Life's Journey*

6407 12th Ave NE Seattle, WA 98115  
206-523-3726 • FREE PARKING  
[www.eastwestbookshop.com](http://www.eastwestbookshop.com)

## FALL 2016 EVENT GUIDE

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ONLINE AT  
EASTWEST  
BOOKSHOP  
.COM



Meir Schneider  
Sept. 16-18



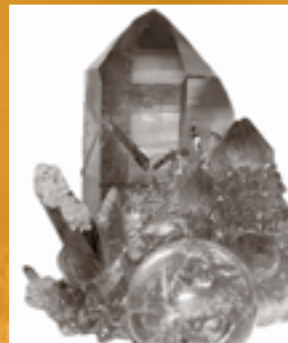
Karla McLaren  
Sept. 23-24



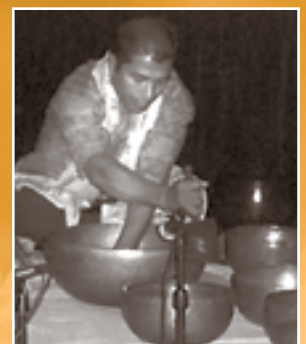
Debra Silverman  
Nov. 12



Mary Lee LaBay  
Oct. 7-8



Crystal Show  
Nov. 26-27



Suren Shrestha  
Nov. 3-7



Co-Managers Rick and Bhima

# The Season of Transformation and Sharing

Fall brings changes, shifts, and transformation. Yes, outwardly, it means the end of shorts season and the return of the sweater, but it's also a shift inwardly, from the outer life to the inner life, from the surface of ourselves toward our center.

The sheer density of holidays, or "holy-days" if you will, allude to this inner, spiritual shift, and offer us all an opportunity to not only go within in a spirit of self-discovery, but also to gather together and share our selves with our community. Here at East West, we invite you to come into our bookstore and share with us in this spirit.

P.S. Speaking of shifts, be sure to check out our new website this Fall!

Joy to you,  
– Bhima, Rick,  
and the East West Staff

# FALL 2016 EVENTS

East West Bookshop, Roosevelt Square 6407 12th Ave NE, Seattle  
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## SEPTEMBER

*Thursday, September 1*  
**Meditation and Free Pranic Healing® Clinic,**  
7-8:30pm Free!  
Healing Room Join EDUARDO SZTOKBANT for a 20-minute guided meditation and then a short free Pranic Healing® session.



*Thursday, September 1*  
**Following the Heart; the Courage to Be You,**  
7-8:30pm \$20 advance/\$25 at the door  
TIGER SINGLETON, aka Tigmonk, is playfully described by others as a modern-day mystic; his greatest joy is in sharing meaningful insight and wisdom with sincere individuals who seek a sacred truth.



*Saturday, September 3*  
**The One Relationship; Connecting with Self, Others & All of Life,** 10:30am-1:30pm  
\$60 in advance/\$70 at the door  
TIGER SINGLETON, aka Tigmonk, helps you realize that the one relationship is your relationship with self, others and all of life.

*Friday, September 2*  
**Circle of Joy and Meditation,** 11am-12pm.  
Free! Meditation 12-12:30pm  
With Ananda minister NAYASWAMI JAMUNA. Through sharing with others and group meditation, return to the joy of a victorious life.



**ANANDA YOGA FOR HIGHER AWARENESS**  
\$10 drop-in price; \$80 for a pass for 10 classes (\$8/class) Mondays 10:30-11:45 am with **HEIDI MACBETH**, Mondays 6-7:15 pm with **VALENTIN RAZMOV**; Thursdays 10:30-11:45 am with **SHAE WINDSONG**.  
Ananda Yoga offers classic asanas with affirmations and energizing pranayam movements that will bestow physical strength, relaxation & inner peace.



*Friday, September 2*  
**Introduction to the Art and Science of Self-Care through Music,** 7:30-9pm \$15 or \$50 for Friday and Saturday workshop events



Join **MARK STANTON WELCH** to learn specific techniques to help clear old energetic baggage and to become more balanced in the moment. Friday evening is an overview of Saturday's more extensive workshop.

*Saturday, September 3*  
**The Art and Science of Self Care - Workshop,** 2:30-6:30pm \$45 or \$50 for both Friday night and Saturday workshop  
Join **MARK STANTON WELCH**, to learn nurturing tools for self-care. Learn specific techniques to clear old energetic baggage and become more fun, active and fully present in the moment. Bring water.

## Know ThySelf

**East West Bookshop is a resource center for conscious living,** offering a wide selection of books, products and programs representing spiritual traditions and new insights into mind, body and spirit from around the world.

**Our Purpose** — We are here to support your search for the joy, love and wisdom that are the essence of the true Self. We believe that global harmony begins with each of us – with our individual efforts to achieve and share healing and harmony.

**Our Heritage** — Know ThySelf-East West Bookshop is a nonprofit organization established by members of Ananda. Ananda is a worldwide family of communities, retreat centers, churches and meditation groups founded by Swami Kriyananda (J. Donald Walters) and based on the teachings of Paramhansa Yogananda, author of *Autobiography of a Yogi*. We offer classes in meditation, yoga postures, the art of spiritual living and the science of raja yoga. Ananda also operates an intentional, spiritual community in the Seattle area. See back page for more information on Ananda activities and events!



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*Saturday, September 3*  
**Music to Activate Self Care...A Fun and Powerful Musical Evening, 7-8:30pm \$20**

Join sound alchemist and musician, MARK STANTON WELCH, for an evening of chants, mantras, and intentional songs to expand inner and outer self-care. Discover how singing these songs in a group can raise your vibration. Bring water.



*Sunday, September 4*

**Ananda Group Meditation, 9-10 am Free!** Gathering with others to meditate adds uplifted energy to all. Ananda offers a weekly Sunday morning meditation at East West Bookshop. With BHIMA BRECKENRIDGE, NAYASWAMI JAMUNA SNITKIN, RICK JOHNSTON or SUE STICKNEY.

*Sunday, September 4*

**Transformation Collage, 2-6pm \$60**

With KAREN DANIELSON, explore new frontiers of your subconscious and inner self by creating collages from your personal photographs, chosen images and affirmations. Bring photos you are comfortable cutting for collage.



*Monday, September 5*

**How to Meditate: Inner Peace Through Relaxation and Concentration, 3**

*Mondays-September 5, 12, 19 7:30-9 pm \$45 for all 3 days plus text*

Learn to relax body and mind, awaken intuition, and experience greater joy and creativity in daily life. With Ananda meditation teacher MASHA REICHERT.



*Tuesday, September 6*  
**Raja and Hatha Yoga Intensive: Fall Session, 12 Tuesdays.**

*Hatha: 6-7:15 pm Raja: 7:30-9 pm Although designed to be taken together (\$440 complete course), the segments may be taken separately: \$265 (Raja); \$175 (Hatha), plus text.*

This twelve-week class is Ananda's most popular and comprehensive course in meditation, yoga, and the universal precepts of Patanjali's 8-fold Path.



*Tuesday, September 6*  
**Bewilderment (Be-Wilder!) Book Club,**

*7-8:30pm \$15/class; 4 weeks. Healing Room.* Join lawyer-turned-life coach SUNNY JOY MCMILLAN for a fun exploration of Martha Beck's latest book, *Diana, Herself: An Allegory of Awakening.*



*Wednesday, September 7*  
**Energy Healing Yoga: Merging Healing**

**Techniques with Yoga Routines, 4:45-6:30pm \$20** Join SHAEFEATHER WINDSONG for Energy Healing Yoga, a blend of energy medicine techniques, reiki, crystals, aromatherapy, affirmations, and other healing modalities within a hatha yoga routine.



*Wednesday, September 7*  
**Back in Control - Getting out of Chronic Pain, 7-8:30 pm \$10**

DAVID HANSCOM M.D. explains how to transform physical and emotional discomfort. Learn to take control to live pain-free forever using proven tools including writing, physical exercises, energy work and play.



*Wednesday, September 7*  
**Practical Enlightenment,**

*7-8:30pm Healing Room \$20. Max 12 participants.* Improve your life and relationships quickly and easily in this discussion-style class with ERIN AHLEN-ROONEY.



*Wednesday, September 7*  
**How Food Heals Mood,**

*7-8:30pm \$20* With DR. EMILIE WILSON, explore the many benefits of healthy food for your body and mind, and enjoy a sample menu and recipes to take home!



*Thursday, September 8*  
**Intuitive Together,**

*3:30-5:30 pm Free!* Join medium and healer LYNDBSEY PAUL for fun and connecting with other intuitive like-minded individuals!



*Thursday, September 8*  
**9 Keys to Deep Health, Joyful Self-Care, and Resilient Well-Being,**

*7-8:30pm \$10* DR. DEBORAH ZUCKER, ND, explores how to consciously cultivate a healthy, joyful life of resilient well-being.



*Friday, September 9*  
**Virgo Birthday Party,**

*7-8:30pm in the Sunrise Garden. \$5* Come join the birthday party with astrologer ANDREA BRUCKNER! Learn more about your astrological sign and how it relates to your life. This month we will celebrate Virgo.



*Friday, September 9*  
**Healing is Feeling; Transforming Dis-ease into Healing, 7:30-9pm \$15**

Learn to sit with discomfort in your body and transform it into vitality with acupuncturist and Chinese herbalist LUKE ALDER.



*Saturday, September 10*  
**The Alchemy of Self-Love, How to Transform Disease into Vitality, 10:30am-2pm \$25**

Love is the chief ingredient that enhances the efficacy of any therapy, herb, drug or even surgery. LUKE ALDER teaches how this can work in your life.

*Saturday, September 10*  
**Ancestral Healing Circle Workshop, 4-6pm \$35**

Join DELIA YEAGER at this workshop where you can heal yourself and your ancestors.



*Saturday, September 10*  
**Amagi Therapy**

**Techniques of Self-applied Acupressure Points, 7-8:30pm \$20** Learn the self-healing techniques devised by Japanese master healer RENDO SUGIMOTO to heal his own body.



*Sunday, September 11*  
**Ananda Group Meditation, 9-10 am Free!** See Sept 4.

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Sunday, September 11  
**Shamanic Council,**  
12:30-2 pm \$10

Shamanic Council is an ongoing experiential drumming-singing-and trance dancing group that meets monthly to explore Classical Siberian shamanism. Bring a Native, Siberian, or Celtic style round drum; no congas or doumbeks please.



Sunday, September 11  
**Intuitive Readers Fair,**  
2:30-6:30pm Free admission

15-minute mini-readings with East West intuitivereaders. Prices may vary.

Tuesday, September 13  
**Tarot Tuesdays in the Sunrise Garden,** 6:30-8:30 pm \$10 Sunrise Garden

Join MIMI PETTIBONE to explore a theme in the tarot and, using group intuition, explore the imagery and meaning of the cards.



Tuesday, September 13  
**Bewilderment (Be-Wilder!) Book Club: Returning to our True, Wild, Essential Self,** 7-8:30pm \$15. Healing Room. Max 12 See Sept 6.

Wednesday, September 14  
**Keys to Understanding Your Animal Friends Part 1: Communicating with Your Animal,** 6:30-9pm \$26, or \$45 for both Sept. 14 & 21

This class, part one in MARTHA NORWALK'S Understanding Your Animals series, focuses on communicating with animals on all levels.

Wednesday, September 14  
**Practical Enlightenment,** 7-8:30pm Healing Room \$20. Max 12 participants. See Sept 7.

Thursday, September 15  
**Discover Your Three Natural Talents with Intuitive Eye Readings,** 7-8:30pm \$20

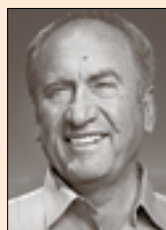
Join LAURELI SHIMAYO to learn about the seven talents of ThriveTypes intuitive eye readings and how she sees them to find your personal sweet spot of pleasure, passion, and power.



Friday, September 16  
**Circle of Joy and Meditation,** 11am-12:30pm Free! Meditation 12-12:30pm See Sept 2.

Friday, September 16  
**Improve Your Vision Naturally,** 7:30-9pm \$15

Join MEIR SCHNEIDER, PhD, LMT, author of *Vision for Life and Movement for Self-Healing*, to find out how easy-to-perform movement and vision exercises can work together to heal your eyes and body.



Saturday, September 17  
**Natural Vision Improvement and Self-Healing Through Movement,** 10am-5:30pm \$310 for 2-day workshop (Saturday and Sunday)

With MEIR SCHNEIDER, learn how to use your muscles more efficiently to enhance physical and mental relaxation, increase mobility, reduce pain, prevent degenerative conditions, and improve your vision!

Saturday, September 17  
**Reiki Mini-Sessions with Kelly Glab**

11-4pm \$20-25 donation Receive a revitalizing Reiki treatment. Contact KELLY GLAB to reserve your spot. 443-995-8798 or [kellyglab@gmail.com](mailto:kellyglab@gmail.com)



Saturday, September 17  
**Singing Bowls 101,** 5-6:30pm \$40 MARIA NUNEZ will help you learn how to play a singing bowl and bring out its most golden tones.



Sunday, September 18  
**Ananda Group Meditation,** 9-10 am Free! See Sept 4.

Tuesday, September 20  
**Bewilderment (Be-Wilder!) Book Club: Returning to our True, Wild, Essential Self,** 7-8:30pm \$15. Healing Room. Max 12 See Sept 6.

Wednesday, September 21  
**Understanding your Animal Friends, Part 2: The Human to Animal Transference,** 6:30-9pm \$26, or \$45 for both Sept. 14 & 21

This class, part two in MARTHA NORWALK'S Understanding Your Animals series, will help you heal yourself and your animal friends and change their behavior.

Wednesday, September 21  
**Practical Enlightenment,** 7-8:30pm Healing Room \$20. Max 12 participants. See Sept 7.

Wednesday, September 21  
**Evening Tea with Shiela B.** 7-8:30pm \$21 Sunrise Garden

Autumn equinox is the perfect time to move into introspection. Experience an evening of metaphysical healing with SHIELA BAKER.



Thursday, September 22  
**Intuitive Together,** 3:30-5:30 pm Free! See Sept 8.

Thursday, September 22  
**Seven Ways to Get Through a Cancer Diagnosis with Strength and Optimism,** 7-8:30pm

\$20, includes book Author, and cancer survivor, LAREN RUSCH WATSON, will share the practical advice and wisdom she gained during her illness. This talk is for those touched by cancer, or anyone who wants to avoid cancer to be as healthy, strong and optimistic as possible.



Friday, September 23  
**The Art of Empathy,** 7:30-9pm \$15 or \$100 for both Friday, and Saturday workshop

Join empathy pioneer KARLA MCLAREN, M.Ed. in an evening exploration of the groundbreaking Six Essential Aspects of Empathy model, and learn simple practices to nurture your empathy safely and mindfully.



Saturday, September 24  
**Healthy Empathy: How to Give Without Giving it All Away,** 10:30am-5:30pm \$95 or \$100 with Friday night lecture

KARLA MCLAREN and TINO PLANK will share specific mindfulness techniques, communication, and self-care skills to nurture healthy empathy at work, home, and in all of your relationships.



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Saturday, September 24

**Mark Nepo: Making Sense of our Experience; The Heartwork of**

**Resilience, Sept 24-25**

9:30a-4:30p Sat & Sun.

\$249. At Town Hall Se-

attle - 1119 Eight Ave. Seattle 98101

Join MARK NEPO at Town Hall, for a weekend of deep living, and connect-

ing to our heart.



Saturday, September 24

**Healing Through Your Innate Creativity,**

7-8:30pm \$20

With DEVAKI, use hands-on exercises and your innate creativity to unleash the power of healing within you.



Saturday, September 24

**Access the Field of the Heart for Personal Transformation, 7-8:30pm \$25**

Join bestselling author and transformational leader MELISSA JOY and learn to access the power of the field of the heart. Experience your "true authentic self" and "true authentic relating" for personal transformation and empowered living.



Sunday, September 25

**Command Field Flow from the Heart of It All, 12:30-4:30pm \$90**

Join bestselling author MELISSA JOY to discover how to command field flow from the heart of it all to connect to empowering fields of flow, fulfillment, abundance and joy to dissolve limitations and evolve awareness to access a new reality.

Sunday, September 25

**Ananda Group Meditation, 9-10 am Free!**  
See Sept 4.

Sunday, September 25  
**Conscious Communication, 1-2:30 pm \$10**

in the Sunrise Garden Communicating consciously can improve our relationships. Join MIMI PETTIBONE to learn how!



Sunday, September 25

**Shamanic Journeying, 5-6:30pm \$10**

Join CJ LIU and DENISE PAULETTE in community to drum and journey for

healing and divination. Please bring a drum and rattle if you have them, an eye covering and a journal. Journey skills required. First time drummers, email [fireitupwithCJ@gmail.com](mailto:fireitupwithCJ@gmail.com)

Monday, September 26

**Deepen Your Meditation! 7:30-9 pm \$15**

Designed for those who have completed the Learn to Meditate class (3-part series or Saturday workshop), this class reviews our meditation practices and explores how meditation can transform your life and be an integral part of your spiritual path.. Taught by Ananda meditation teacher MASHA REICHERT.

Tuesday, September 27

**Good Company Networking Lunch! 11:30 am-1 pm Free!**

Join us for a relaxed networking and learning lunch where we gather to share great ideas and even greater company.



Tuesday, September 27

**Bewilderment (Be-Wilder!) Book Club: Returning to our True, Wild, Essential Self, 7-8:30pm \$15. Healing Room. Max 12**  
See Sept 6.

Wednesday, September 28

**Energy Healing Yoga: Merging Healing Techniques with Yoga Routines, 4:45-6:30pm \$20**

See Sept 7.

Wednesday, September 28

**Drumming and Healing with Chinese Medicine, 7-8:30pm \$15**

Join acupuncturist Trudy Wendelin for a drumming circle to enter your center through the earth element and learn about the late summer correspondences to the stomach/spleen with Chinese medicine.



Wednesday, September 28

**Practical Enlightenment, 7-8:30pm Healing Room \$20. Max 12 participants.**  
See Sept 7.

Thursday, September 29

**Change the World with Radio, 4-6pm \$10**

KKNW radio show hosts DENA MARIE, BRENDA MICHAELS, SUNNY JOY MCMILLAN, and MICHELLE WOODWARD share their journeys in radio, and how you can make positive changes in the world with your own radio show.



Thursday, September 29

**Increase Your Healing Energy: Five Powerhouse Processes, 7-8:30pm \$20**

Spiritual healer COLBY WILK will help you learn five energetic practices you can do in your everyday life to improve your mood, outlook, and health.



Saturday, October 1

**Come Alive Again: Improve Your Energetic Field and Boundaries to Connect to Your Highest Self, 3-6pm \$40**

Learn how to sense your own energetic field and advance your wellness by learning how to improve your energetic boundaries, ground and to sense your connection to your highest self. With spiritual healer COLBY WILK.

Friday, September 30

**Healing for the Highly Sensitive Person (HSP), 7:30-9pm \$25**

DAVE MARKOWITZ will share special tools and techniques to effectively protect against incoming energies, and to clear your lethargy, lack of focus, heavy heartedness, tight muscles, or other forms of pain and illness so you can finally heal and better help others.



Saturday, October 1

**Thriving as a Highly Sensitive Person (HSP), 10:30am-2pm \$55**

DAVE MARKOWITZ will show you how Highly Sensitive Persons can thrive in an increasingly insensitive world.

**Dave Markowitz Consultations:**

Healing Sessions with Dave Markowitz  
Friday, Sept 30 12-6pm, Saturday Oct 1 12:30-8pm, Sunday Oct 2 12:30-6pm  
\$150/hr

Saturday, October 1

**Release Stress: Rise into Joy, Peace and Radiant Health, 7pm-8:30 pm \$35**

Stressful stuff happens to everyone! With JOELENE ASHKER, learn tools to handle life's challenges and feel joy and peace regardless of circumstances.



Sunday, October 2

**Ananda Group Meditation, 9-10 am Free!**  
See Sept 4.

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Sunday, October 2  
**The Vibration of Change,**  
12:30-6:00pm \$55

There are universal principles governing change – energetic laws spanning all types of change and all approaches to change – which determine our success. Following them leads to positive, lasting change. Join radio talk show host, healer, and inspirational speaker CHRISTINE UPCHURCH to learn a new approach for creating the positive, lasting changes you desire.



Monday, October 3  
**How to Meditate: Inner Peace Through Relaxation and Concentration,** 3 Mondays-October 3, 10 & 17, 7:30-9pm \$45 for all 3 days plus text  
See Sept 5. With Ananda meditation teacher BRUCE DAVIS.



Tuesday, October 4  
**Professional Psychic Training,** 7-8:30pm \$20  
SOPHIA offers a nine-week course in psychic development to discover who you are as a psychic.



Tuesday, October 4  
**Libra Birthday Party,** 7-8:30pm in the Sunrise Garden. \$5  
Come join the birthday party with astrologer ANDREA BRUCKNER! Learn more about your astrological sign and how it relates to your life. This month we will celebrate Libra.



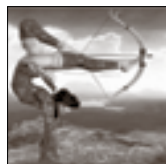
Wednesday, October 5  
**How Gratitude Heals,** 7-8:30pm \$20  
DR. EMILIE WILSON shows how to deepen our relationship with gratitude, and understand why practicing gratitude is a critical piece of our health care.



Wednesday, October 5  
**Breakthrough Your Struggle with Money: Live from Your Self-Worth to Create Greater Net-Worth,** 7-8:30pm \$35  
Healing Room  
JOELENE ASHKER will help you change your relationship with money by aligning your mindset with inspired action in this fun and interactive workshop.



Thursday, October 6  
**Free Introductory Talk on The Art of Ascension,** 6:30-7:30pm Free!  
Learn more about Ascension with Chandika & Isvari through this brief introduction into the ancient teachings of the Ishayas.



Thursday, October 6  
**Meditation and Free Pranic Healing® Clinic,** 7-8:30pm Free! Healing Room  
See Sept 1.

Friday, October 7  
**Circle of Joy and Meditation,** 11am-12:30pm. Free! Meditation 12-12:30pm. See Sept 2.

Friday, October 7  
**Money of Love: What is Money?** 7-9pm \$40  
Healing Room  
What is money? OREST TARABAN and TERRY WOODLAND answer this fundamental question that can change your life.



Saturday, October 8  
**Money of Love 2.0,** 11:00am-6pm \$150  
OREST TARABAN and TERRY WOODLAND facilitate a workshop of profound change and transformation with the energy of money.

Friday, October 7  
**Explore a Past Life,** 7:30-9pm \$25, or \$75 for both Friday and Saturday  
Based on research with thousands of clients plus her own experiences, MARY LEE LABAY brings you the opportunity to expand your self-awareness in this highly experiential class to safely explore one or more of your own past lives.



Saturday, October 8  
**Beyond Past Life Regression,** 11am-3pm \$75, includes both Friday and Saturday.  
In this highly experiential workshop MARY LEE LABAY guides you to gain first hand knowledge of your purpose, your soul mate and others close to you now, your experiences between lives, and more.



Saturday, October 8  
**Singing Bowls 101,** 7-8:30pm \$40  
See Sept 17.

Sunday, October 9  
**Ananda Group Meditation,** 9-10am Free!  
See Sept 4.

Sunday, October 9  
**Shamanic Council,** 12:30-2 pm \$10  
See Sept 11.

Sunday, October 9  
**Stories Live - The Shadow Knows,** 3-6pm \$25  
Through creative processes, writing, sharing, and enacting our stories we mine the gold of our shadow; our un-lived life. With KATE THOMPSON and KRIS STEINNES.



Tuesday, October 11  
**Tarot Tuesdays in the Sunrise Garden,** 6:30-8:30pm \$10 Sunrise Garden  
See Sept 13.

Tuesday, October 11  
**Professional Psychic Training,** 7-8:30pm \$20  
See Oct 4.

Wednesday, October 12  
**Energy Healing Yoga: Merging Healing Techniques with Yoga Routines,** 4:45-6:30pm \$20  
See Sept 7.

Wednesday, October 12  
**Connect to Your Soul Calling,** 7-8:30pm \$20  
Main room  
Let lawyer-turned-life-coach SUNNY JOY MCMILLAN help you discover and connect to your soul calling.



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Wednesday, October 12  
**Working Behind the Veil: Shamanic Work with Liz Randol**, 7-8:30pm \$10  
Join LIZ RANDOL for a workshop about working behind the veil, with the energy of the divine feminine.



Thursday, October 13  
**Intuitive Together**, 3:30-5:30 pm Free!  
See Sept 8.

Thursday, October 13  
**Shift Chaos and Anxiety to Calm with You and Your Animals**, 7-8:30pm \$15



Healer and author, VICKI DRAPER, supports family animals with health, harmony and ease, addressing wellness during every stage of your animal's life. In this class she teaches you natural calming techniques for you and your animals, to bring more calm into your lives.

Thursday, October 13  
**Your Eyes: Secrets to Your Health**, 7-8:30pm \$20  
Join chartered herbalist and Certified Detoxification Specialist, JON LEY, for a mind-expanding evening to see where your health strengths and weaknesses are, from examining your eyes, and how to turn around your health conditions at the root cause level, versus treating symptoms.



Friday, October 14  
**OM Chanting Session**, 7:30-9pm \$10  
Join Joy Carlsen for a continuous OM Chanting Session.



Saturday, October 15  
**The Seven Ancient Mystery Schools**, 11am-2:30pm \$35  
JILENA ALPERT takes you on a tour of the seven mystery schools of the world!



Saturday, October 15  
**Need a Reason to Trust Your Intuition? 4-plus Reasons You'll Be Happy You Did**, 4-6pm \$10  
Psychic and intuition teacher AIMÉE CARTIER details intuition: what it's designed for and why you definitely want to trust yours.

Saturday, October 15  
**Singing Bowls 101**, 7-8:30pm \$40  
See Sept 17.

Sunday, October 16  
**Ananda Group Meditation**, 9-10 am Free!  
See Sept 4.

Sunday, October 16  
**Conscious Communication**, 1-2:30pm \$10 in the Sunrise Garden. See Sept 25.

Sunday, October 16  
**Create a Devotional Dreamcatcher**, 2-6pm \$60  
Explore movement, color and sound to create a unique, spirit-filled dreamcatcher. KAREN DANIELSON leads you in weaving and creating with soul. All supplies provided.



Tuesday, October 18  
**Professional Psychic Training**, 7-8:30pm \$20  
Healing Room. See Oct 4.

Wednesday, October 19  
**The Power of a Question: Awaken Your Inner Master**, 7-8:30pm \$15  
Tantrayana Buddhist master and Doctor of Tibetan Medicine and Astrology, TULKU LOBSANG, shows you how one right question can wake you up to your inner wisdom and change the direction of your life.



Thursday, October 20  
**Reiki Healing for People and Animals**, 7-8:30pm \$20  
Join Reiki master and teacher KELLY LYNN GLAB as she provides an overview of Reiki I and II and explains how to best offer it to people and animals.



Friday, October 21  
**Circle of Joy: A Positive Place to Relax and Renew**, 11 am-Noon. Free! Meditation to 12-12:30 pm. See Sept 2.

Friday, October 21  
**Meeting Your Spirit Guides**, 7:30-9pm \$15  
NANCY BYRNE leads you in meeting your spiritual guides, and learning how to communicate and develop a rapport with your guides!



Saturday, October 22  
**How to Meditate Condensed Workshop: Inner Peace Through Relaxation & Concentration**, 9:30am - 12pm \$25  
This class covers the same material as the How to Meditate Series (see Sept 5), but may be more convenient for those who cannot take an evening class. The workshop lasts 2.5 hours. Taught by Ananda meditation teacher RASHMI DAVE.



Saturday, October 22  
**Harmonium Playing for Beginners**, 12-2:30 pm \$25  
This harmonium class is designed for non-musicians, but open to all. This 2.5 hour workshop taught by KRISHNAPRIYA will teach you four mantric chants. Ability to read music is not a prerequisite. Pre-registration is required to make sure we have a harmonium for you to play.



Saturday, October 22  
**Wiser and Wilder, A Soulful Path for Visionary Women Entrepreneurs**, 3-6pm \$29  
KAYA SINGER, author of *Wiser and Wilder*, offers a dynamic and creative workshop on the Woman's Way of doing business.



Saturday, October 22  
**Rocketing into the 5th Dimension; Exploring the Energy of Spiritual Awakening**, 7-8:30pm \$15  
Join DEWEY MEYER in exploring the shifting energies that are causing many of us to have spiritual awakenings.



**Dewey Meyer consultations: Personal Energy Sessions with Dewey Meyer**  
Friday, Oct 21 4-9pm & Saturday, Oct 22 12-5pm \$50/30 min, \$100/hr

Sunday, October 23  
**Ananda Group Meditation**, 9-10 am Free!  
See Sept 4.

To register call  
206-523-3726 or visit  
[www.eastwestbookshop.com](http://www.eastwestbookshop.com)

# FALL 2016 EVENTS

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*Sunday, October 23*  
**Accessing the Akashic Records**, 1-6pm \$56  
SHIELA BAKER teaches you to open the Akashic Records to gain understanding, wisdom and guidance for important life events and questions.



*Monday, October 24*  
**Deepen Your Meditation!** 7:30-9 pm \$15  
See Sept 26. Taught by Ananda Meditation teacher BRUCE DAVIS.

*Tuesday, October 25*  
**Good Company Networking Lunch!**  
11:30 am-1 pm Free!  
See Sept 27.

*Tuesday, October 25*  
**Professional Psychic Training**, 7-8:30pm \$20  
See Oct 4.

*Wednesday, October 26*  
**Energy Healing Yoga: Merging Healing Techniques with Yoga Routines**, 4:45-6:30pm \$20  
See Sept 7.

*Wednesday, October 26*  
**Care of the Soul: An Evening with Thomas Moore**, 7-9pm \$35



Held at Center for Spiritual Living, 5801 Sand Point Way NE, Seattle 98105  
Center for Spiritual Living Seattle is thrilled to host renowned author and modern mystic Thomas Moore for this very special evening lecture and discussion. His bestselling book, *Care of the Soul*, is considered by many to be essential reading for those on any spiritual path.

*Wednesday, October 26*  
**Max Meditation**, 7-8:30 pm \$15  
JILENA ALPERT offers Max Meditation, which fuses ancient and modern techniques, combining breathing, deep-body relaxation, and passive, active and guided meditation. Benefits include less stress, better concentration, more clarity, confidence, and peace.

*Thursday, October 27*  
**Intuitive Together**, 3:30-5:30 pm Free!  
See Sept 8.

*Thursday, October 27*  
**Your Future Elder Warrior/ Warriress is Talking. Are You Listening?**  
7-8:30pm \$10  
This Unstuck book event will illustrate VICKI TODD's two life flips that brought her closer to living on purpose, and inspire attendees to fulfill their own unique life-calling.



*Friday, October 28*  
**Connecting with Your Pet on the Other Side**, 7:30-9pm \$25  
Dogs, it is said in many traditions, can cross back and forth through the liminal world between life and death and your spirit dog can be of great help to you in your spiritual work as a helping ally if you deepen this relationship with love, respect and equality. Author, intuitive, professional psychic and East West reader, SOPHIA.



*Saturday, October 29*  
**Ghost Encounters for Insight and Communication**, 11am-1pm \$25  
Join author/medium JEFFREY MARKS and current Washington State Ghost Society president, DAVE KING, to explore EVPs (hear the ghosts speak!), photos and video. Gain a better understanding of the lives of spirits existing "in-between" and how to better communicate with them.



*Saturday, October 29*  
**Chakras 101 with Group Readings**, 1-3pm \$25  
DENA MARIE will explain the basics of the seven chakra system. Playfully learn how to tune-up your energy and live your life in flow.



*Saturday, October 29*  
**Answers without Questions: A Night of Communication with Spirit**, 7-8:30 pm \$25  
DONNA BOYLE will ask each guest to submit their name and one question and without knowledge of your question, she will channel spirit and give each participant a written message.



*Sunday, October 30*  
**Ananda Group Meditation**, 9-10 am Free!  
See Sept 4.

*Sunday, October 30*  
**Learn and Color the Ancient Runes**, 1-3pm \$20  
The Nordic runes are very ancient letters known to contain great mysteries whose "circuit of energy" can be tapped. Learn about the sounds, energy and color of these ancient runes with DAVID L. LAING.



*Sunday, October 30*  
**Shamanic Journeying**, 4:30-6:30pm \$10  
See Sept 25.

*Tuesday, November 1*  
**Professional Psychic Training**, 7-8:30pm \$20. See Oct 4.

*Wednesday, November 2*  
**Caravan of No Despair: The Transformational Power of Loss**, 7-8:30pm Free  
Join MIRABAI STARR for an evening of guided writing exercises, deep dialog, and meditation. Emerge with a revitalized connection to the core of your experience, and a fearless voice to tell about it.



*Thursday, November 3*  
**Meditation and Free Pranic Healing® Clinic**, 7-8:30pm Free! Healing Room  
See Sept 1.

*Thursday, November 3*  
**Group Sound Healing Session with Tibetan Seven Metal Singing Bowls**, 7-8:30pm \$35  
Join SUREN SHRESTHA for an experience of immersion in healing sound and vibration that reverberates throughout your body to your soul. Bring a mat or blanket. These sessions sell out quickly!



*Friday, November 4*  
**Singing Bowl Healing Course | Bronze Level 1 | 2-Day Intensive**, Fri: 9 am - 6 pm | Sat: 9 am - 4:30 pm \$499 for 2-day Course. Join singing bowl master SUREN SHRESTHA for healing with traditional singing bowls, with Level I Bronze Certification. Suren dives deeply into sound healing implications in practice and in theory. This is a unique opportunity to learn directly from Suren.



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Friday, November 4  
**Group Sound Healing Session with Tibetan Seven Metal Singing Bowls**, 7:30-9pm \$35

Join SUREN SHRESTHA for an experience of immersion in healing sound and vibration that reverberates throughout your body to your soul. Please bring a mat or blanket to lie on. These sessions sell out quickly!



Sunday, November 6  
**Himalayan Chakra Singing Bowls, Using 7-Bowl Therapy | Gold Level 3 | 2-Day Intensive**, Sun: 9:30am-7:30pm | Mon: 12pm-4:30pm \$1200 for 2-day course.

Join singing bowl master SUREN SHRESTHA for the advanced, Level III Gold Certification. You will learn protocols for specific health issues.

Sunday, November 6  
**Ananda Group Meditation**, 9-10 am Free!  
See Sept 4.

Sunday, November 6  
**Introduction to Reiki Healing for People and Animals**, 12:30-2 pm \$20  
Healing Room

Reiki master and teacher KELLY LYNN GLAB provides an overview of Reiki I and II and explains how to best offer it to people and animals.



Sunday, November 6  
**Reiki Mini-Sessions with Kelly Glab**

2-6:30pm \$20-\$25 donation  
Receive a revitalizing Reiki treatment. \$20-25 donation. Contact KELLY GLAB to reserve your spot. 443-995-8798 or [kellyglab@gmail.com](mailto:kellyglab@gmail.com)

Monday, November 7  
**How to Meditate: Inner Peace Through Relaxation and Concentration**, 3 Mondays-November 7, 14, 21  
7:30-9 pm \$45 for all 3 days plus text

See Sept 5. With Ananda meditation teacher JUSTIN LEE



Tuesday, November 8  
**Tarot Tuesdays in the Sunrise Garden**, 6:30-8:30 pm \$10 Sunrise Garden  
See Sept 13.

Tuesday, November 8  
**Professional Psychic Training**, 7-8:30pm \$20  
See Oct 4.

Wednesday, November 9  
**Let Go of Confusion, Fear, Overwhelm and Worry: Cultivate the Sweetness from Within**

7-8:30pm \$35  
Simple and essential tools to living a heart-centered life are presented by intuitive guide and coach JOELENE ASHKER.



Wednesday, November 9  
**Scorpio Birthday Party**

7-8:30 pm in the Sunrise Garden. \$5  
Come join the birthday party with astrologer ANDREA BRUCKNER! Learn more about your astrological sign and how it relates to your life. This month we will celebrate Scorpio.



Thursday, November 10  
**Intuitive Together**, 3:30-5:30 pm Free!  
See Sept 4.

Thursday, November 10  
**Break Through Your Limitations with Yi Ren Qigong**

7-8:30pm \$20  
Join GUAN-CHENG SUN, PhD to experience the awakening of your authentic Qi-energy with Yi Ren Qigong .



Friday, November 11  
**Circle of Joy and Meditation**, 11am-12:30pm. Free! Meditation 12-12:30pm  
See Sept 2.

Friday, November 11  
**Healing Grief with Chinese Medicine**, 7:30-9pm \$15 Healing Room, Max 12.

Join Acupuncturist, TRUDY WENDELIN, for a healing meditation and to learn how to let go of grief using Chinese Medicine.



Friday, November 11  
**Kirtan with Sitara & Kalyani**

7:30-9pm \$15  
Join touring kirtan artists, SITARA & KALYANI, for an uplifting and interactive music experience.



Saturday, November 12  
**Your Home is Talking. Are You Listening? Transforming Your Life through Your Space**, 11am-1pm \$30

Through this interactive workshop that creates awareness and supplies concrete tips, SUSAN SHEHATA educates and empowers you to use your home to transform your life.



Saturday, November 12  
**Coming Out of The Closet: The Heroine's Journey**, 2-5pm \$60

Healer, author and LGBT advocate RAVEN MARDIROSIAN will help encourage you come out of your various closets – metaphysical, sexual and otherwise – to embrace who you really are.



Saturday, November 12  
**The Missing Element: A New Way of Understanding Yourself and Others**, 7-8:30pm \$25

Psychologist, astrologer, and author DEBRA SILVERMAN will help you find how to become more successful and compassionate using fresh, powerful and pragmatic tools based on the four elements and the ancient wisdom of the elders.



Sunday, November 13  
**Ananda Group Meditation**, 9-10 am Free!  
See Sept 4.

Sunday, November 13  
**Shamanic Council**, 12:30-2 pm \$10  
See Sept 11.

Sunday, November 13  
**Caring for Your Sensitive Empathic Self**, 3-6:30pm \$40

AIMÉE CARTIER provides the basic tools for learning to manage your empathic gift so that you can experience less overwhelm and more access to your own knowing.



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# FALL 2016 EVENTS

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Monday, November 14

**The Healing Power of Music**, 7-8:30pm \$20  
Healing Room

Join music therapist GAYLE CLOUD, MT-BC for a fun and interactive evening of music designed to help heal the body, mind and spirit!



Tuesday, November 15

**Body Awareness for Creative Empowerment**, 7-8:30pm \$20

Watch movement patterns in the body and realize how to shift your body to end drama and experience joy and collaboration in the present moment. With LAURELI SHIMAYO.



Tuesday, November 15

**Professional Psychic Training**, 7-8:30pm \$20. See Oct 4.



Wednesday, November 16

**Gong Bath Meditation**, 7-8:15pm \$10

Join artist, musician, and sound healer WAYNE MARTO as he uses the therapeutic attributes of the gong to take you on a journey of healing, transformation and profound relaxation.



Thursday, November 17

**Top 10 Myths About Spirituality**, 7-8:30pm \$11

Radio talk show host, writer, healer, and inspirational speaker CHRISTINE UPCHURCH dispels the top ten myths about spirituality so that you can embrace your spiritual nature more fully.



Friday, November 18

**Conquering Stress: The Real Fountain of Youth**, 7:30-9pm \$15

Learn how to live a happier, healthier life free from stress. With stress expert and bestselling author KIMBERLY PALM.

Saturday, November 19

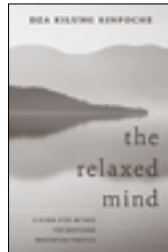
**Live Happier and Healthier With The P.E.A.C.E. Stress Management System**, 10:30am-2pm \$65

KIMBERLY PALM, bestselling author, shares tools from her P.E.A.C.E. Stress Management System, for living a happier, healthier, stress-free life.

Saturday, November 19

**The Relaxed Mind: A Seven Step Method for Deepening Meditation Practice**, 4-6pm Donation (dana) only

DZA KILUNG RINPOCHE, an esteemed Tibetan Buddhist teacher and author, speaks on his book *The Relaxed Mind: A Seven Step Process for Deepening Meditation Practice*.



Saturday, November 19

**Dog Magic Spells, Charms and Tales – Author Talk & Book Signing**, 7-8:30pm \$15

Join author and psychic reader, SOPHIA, for a deep dive into her new book, *Dog Magic Spells, Charms and Tales*.



Sunday, November 20

**Ananda Group Meditation**, 9-10 am Free! See Sept 4.

Sunday, November 20

**Conscious Communication**, 1-2:30pm \$10 in the Sunrise Garden

Sunday, November 20

**How to Use Good Timing for Success**, 1-5:30pm \$50

Some days are great for creating successful projects, while others are destined for failure. Why? Astrologer, speaker and author of the *Good Timing Guide*, MADELINE C. GERWICK helps you maximize your success by knowing when to take action and when to wait!



Tuesday, November 22

**Good Company Networking Lunch!**

11:30 am-1 pm Free! See Sept 27.

Tuesday, November 22

**Professional Psychic Training**, 7-8:30pm \$20 See Oct 4.

Wednesday, November 23

**Singing Bowls 101**, 7-8:30pm \$40 See Sept 17.

Thursday, November 24

**Closed for Thanksgiving.** Joy to you!

Friday, November 25

**Circle of Joy and Meditation**, 11am-12:30pm. Free! Meditation 12-12:30pm See Sept 2.

Friday, November 25

**Ananda Kirtan**, 7:30-9pm \$5  
Join the ANANDA KIRTAN GROUP for an evening of song, devotion and thanksgiving!

Saturday and Sunday, November 26 & 27

**Crystal Show, Free!**

Special 2-day event:

Saturday 12-7 pm,  
Sunday 12-5 pm

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, gems and jewelry! With DIEDRE BERG.



Saturday, November 26

**Spirit Traveler: Unlocking Ancient Mysteries and Secrets of Eight of the World's Great Historic Sites**, 4-6pm \$20

SONJA GRACE's is a unique approach to analyzing why famous historic sites were constructed, and what their purpose was at the time.



Sunday, November 27

**Ananda Group Meditation**, 9-10 am Free! See Sept 4.

Sunday, November 27

**Shamanic Journeying**, 4:30-6:30pm \$10 See Sept 25.

Monday, November 28

**Deepen Your Meditation!** 7:30-9pm \$15 See Sept 26. Taught by Ananda meditation teacher JUSTIN LEE.

Tuesday, November 29

**Professional Psychic Training**, 7-8:30pm \$20 See Oct 4.

Wednesday, November 30  
**Mindfulness and Mood**, 7-8:30pm \$20

This class with DR. EMILIE WILSON explores the benefits of a mindfulness practice on your mood, and how mindfulness maximizes mental health.



# Healing Practitioners & Intuitive Consultants

For current price information please visit [EastWestBookshop.com](http://EastWestBookshop.com)

## Healers

- MONDAY:** Various Healers! See our website for details!
- TUESDAY:** JONATHAN VAN VALIN, Hands-on Healing
- WEDNESDAY:** Various Healers! See our website for details!
- THURSDAY:** ATSUKO ARAI, Energy Healings, Intuitive Bodywork, Intuitive Readings
- FRIDAY:** ATSUKO ARAI, Energy Healings, Intuitive Bodywork, Intuitive Readings



Atsuko  
Arai



Joelene  
Ashker



Shiela  
Baker



Deni  
Luna

## Readers

- MONDAY:**  
10:30a-3:00pm JOELENE ASHKER – RISE Coaching  
3:30p-8:30pm RAINEE OSBORN – Jikiden Reiki, Animal Communication, Twin Crystal Readings, Vampire Tarot
- TUESDAY:**  
10:30a-3:00pm TRUDY WENDELIN – Astrology, Astro-Vibrational Readings, Acu-Tonics Sound Healing  
3:30p-8:30pm DENI LUNA – Lip Print, Voyager Tarot, Clairvoyant readings
- WEDNESDAY:**  
10:30a-3:00pm SOPHIA – Psychic readings, Astrology  
3:30p-8:30pm MICHELLE MOLLOY – Akashic Records readings
- THURSDAY:**  
10:30a-3:00pm SUNNY MCMILLAN - Life Coaching  
3:30p-8:30pm SHIELA BAKER – Akashic Records, Shamanic Tarot
- FRIDAY:**  
10:30a-3:00pm KAREN WENNERLIND - Astrology  
3:30p-8:30pm TRUDY WENDELIN – Astrology, Astro-Vibrational Medicine, Acutonics



Sunny  
McMillan



Michelle  
Molloy



Becky  
Moore



Kevin  
Orth



Maria  
Nunez



Rainee  
Osborn



Mimi  
Pettibone



Amy  
Roberts



Laurel  
Shimayo



Sophia



Dr. Laura  
Tadd



Jonathan  
Van Valin

- SATURDAY:**  
10:30a-3:00pm  
1st and 2nd Saturday: KEVIN ORTH – Angel Consultations  
3rd and 4th Saturday: DR. LAURA TADD – Astrological Consultations  
3:30p-8:30pm  
MIMI PETTIBONE - Dreams, Tarot, Relationships, Life Path

- Sunday:**  
1st and 3rd Sunday: AMY ROBERTS - Tarot  
2nd Sunday: BECKY MOORE - Tarot  
4th Sunday: JAN VAN YSSLESTYNE - Intuitive Consultations, Humanistic Astrology

## Occasional Readers:

- LAURELI SHIMAYO – INTUITIVE Eye Readings, ThriveTypes  
MARIA NUNEZ - Tibetan Singing Bowl Healing Sessions



Trudy  
Wendelin



Karen  
Wennerlind



Jan Van  
Ysslestyne

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www.AnandaWashington.org



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www.AnandaWashington.org; 425-806-3700

*Ananda offers meditation classes, yoga classes, & Sunday morning  
 group meditations every week at East West Bookshop. See program listing*



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Ananda's most popular and comprehensive course!

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Taught by Matt & Sue Stickney & Michelle Marshall

Thursdays, Sep 8 - Nov 24 - 6 - 9:15 pm in Bothell

Taught by Nayaswami Hriman McGilloway & Murali Venkatrao



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10 weekends over 6 months beginning September 2016 in Bothell.  
 RYT 200 & 300 with Yoga Alliance

