

SOPHIA'S WELL OF WISDOM FEBRUARY 2012 CALENDAR

An InterSpiritual Center for Wellness of Body & Soul

WISDOM CIRCLE THEME FOR 2012: THE 12 VIRTUES OF ETHICAL LIVING

SUNDAY MEDITATION at 10:30 a.m.

WISDOM CIRCLE at 11:15 a.m.

| DATE | THEME: <i>The Virtue of HUMILITY</i> | CIRCLE LEADER |
|------|--------------------------------------|-----------------|
| 2/5 | <i>Humility and Sanity</i> | Rev. Patsy Fine |
| 2/12 | <i>The Heart of Humility</i> | Lynnea Honn |
| 2/19 | <i>The Humility of Self-Worth</i> | Mike Mason |
| 2/26 | <i>Saved through Humility</i> | Rev. Patsy Fine |

***Qi Gong with Andrew Plitt* – Sunday evenings at 5 p.m. (\$5 minimum donation).**

Great flowing exercise at a level all can enjoy and benefit from for greater health and vitality; bring a cushion.

***Chi Meditation with Marilyn Nutter* – Monday evenings at 5:30 p.m. starting February 6**

Chi movements and guided visualization, which with regular practice affects the whole person, opening them to their full potential of being. Donation



***Reiki Healing Circle* resumes on Monday February 13. Circle Leader is Rita Mason, RMT.**

The healing circle begins at 6:30 following the Chi Meditation and will meet on the second Monday of each month. This is a free community service event; donations are appreciated.

***Ongoing Monthly Meditation Class* – Sunday Feb. 12 at 2 p.m.**

For members of the Meditation Class; others are welcome to audit the class.

A COURSE IN MIRACLES: Meets on Tuesdays from 7-9 p.m. at 42 Main Street in Jackson (La Creativa Gallery) with ACIM teacher Helen Bonner, Ph.D. (257-1832)

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|  | <p>FOOT MASSAGE CLINIC Sunday, February 26 1 – 4 p.m. Get a fabulous 10-minute foot massage and make a donation (suggested \$10-20) to support <u>Amador County Hospice.</u> Patsy, Rita & Mary will provide foot massages</p> |  |
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POWER UP YOUR BRAIN DURING LENT

Join me to embark on a journey toward enlightenment during the Lenten Season. Starting on **February 22** through Easter, I will begin a six-week intensive practice using the program by David Perlmutter and Alverto Villoldo in *Power Up Your Brain*. Through a litany of nutritional, shamanic, meditative and other practices the program helps repair parts of the brain that have been affected by stress and also stimulates enhanced brain function. The program may halt the progress of the cognitive impairment associated with aging and possibly even prevent Alzheimer's disease. If you are interested in participating in a 6-week support group to try it out, get the book and contact me ASAP.

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