

East West Exchange April Events
www.ew-exchange.com

APRIL						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 • East Valley Crochet Group 6:30 PM (S)	2 • Group Acupuncture 12 - 2 PM (LR) • Writer's Workshop 7-8:30 PM (C)	3 • Synergy Meditation 6-8 PM • Salon 7-9 PM	4 • Yoga Hike 7:30 AM - 12 PM • Intro to Reiki 1-3 PM (LR) • Art Connections 2-3:30 PM (SR) • More Truth Will Set You Free 3:30 - 5:30 PM (LR) • Film: Ambition to Meaning 7-9 PM
5 • Conscious Connections 11-12:30 (SR) • Past Life Regression with Hypnosis 1-3 PM (LR) • Acoustic Jam/Open Mic 4-6 PM (S)	6 • EFT Support Group 12-2 PM (S) • Intro to Soul Dance 6-9 PM (B)	7 • Group Acupuncture 12-2 PM (LR)	8 • Reiki Sessions (by appt) 12-2 PM (SR) • Flex Fuel TAG 7-9 PM (S)	9 • Group Acupuncture 12-2 PM (LR) • Chandler Small Business Meetup 5-6 PM (S)	10 Good Friday • Synergy Meditation 6-8 PM • Science Café 7-9 PM (LR) The Urban Naturalist	11 • Meditation TAG 1-2 PM (LR) • Author Event: Wrapping Thoughts Beneath Emotive Rain 12- 1:30 PM (S) • Remote Viewing 1-6 PM (LR)
12 Closed Easter	13 • EFT Support Group 12-2 PM (S) • Gilbert Spirituality Meetup Group 7-9 PM (S)	14 • Group Acupuncture 12 - 2 PM (LR)	15 • Reiki Sessions (by appt) 12-2 PM (SR) • East Valley Fiber Arts Group 6:30 PM (S)	16	17 • Synergy Meditation 6-8 PM • Movie 7-9 PM (LR)	18 • Author Event: Astrology for Enlightenment 1-3 PM (S) • Art Connections 2-3:30 PM (SR) • Ashana In Concert 7-9 PM (LR)
19 • Kurt Kleinhans Music in Café 12:30 - 2:30 PM • Acoustic Jam/Open Mic 4-6 PM • Meditation with Nischala 4:30 - 5:30 PM (LR)	20 • EFT Support Group 12-2 PM (S) • Soul Life Meetup Group 7-9 PM (B)	21	22 • Reiki Sessions (by appt) 12-2 PM (SR)	23 • Chandler Small Business Meetup 5-6 PM (S)	24 • Synergy Meditation 6-8 PM • 4th Fridays: The Purpose Art Plays In Humanity 7-9 PM (LR)	25 • Transform: Personal & Business 12:30 - 2:30 PM (SR) • Ecstatic Dance 3-5 PM (LR) • Partner Yoga 6:30 - 8:30 PM (LR)
26 • Acoustic Jam/Open Mic 4-6 PM	27 • EFT Support Group 12-2 PM (LR) • Gilbert Spirituality Meetup Group 7-9 PM (S)	28 • Group Acupuncture 12 - 2 PM (LR)	29 • Reiki Sessions (by appt) 12-2 PM (SR) • Mental Health Meetup 7-9 PM (S)	30		

(S) Store
(C) Café
(LR) Large Room
(SR) Small Room

East West Exchange - Books, Gifts & Practices 2051 W. Warner Road, Ste 19, Chandler, AZ 85224 480-855-6010 www.ew-exchange.com		
Fridays, 7:00 - 9:00 PM		
Salon Nights, Science Cafes, 4th Fridays Art & Humanity, in the East West Exchange Coffee / Tea Lounge		
Salon - a gathering of people to amuse one another, refine their taste, and increase their knowledge through conversation and readings...		
April 3 - Topic: Epiphanies	April 17 - Film Night - discussion of the film	
April 10 - Science Cafe - The Urban Naturalist	April 24 - The Purpose Art Plays In Humanity: Poetry Slam	
Sundays, 4:00 - 6:00 PM Acoustic Jam/Open Mic hosted by Mary Godfrey		
Join us for 2 hours of music-making! We gather in a circle and take turns sharing any song you'd like to do. Feel free to bring song sheets so others can follow along, or we'll just pick it up as we go. If you don't play and instrument but like to sing, come on down and we'll do our best to accompany you. The emphasis is socializing, connecting, making music, and having fun!		No Charge
Thursday, April 2, 2009 7:00 - 8:30 PM Writer's Workshop with Vicki Gaia		
Join Vicki Gaia for an informal discussion where all aspects of writing will be discussed. We'll meet in an open forum at East West Exchange in the cafe. Vicki will facilitate but it's a forum for every one of you who wants to talk about writing. You are encouraged to participate. Vicki wants the forum to be interactive, motivating and fun! Every first Thursday, for four months - April through July		No Charge
Friday, April 3, 2009 6:00 - 8:00 PM Synergy Meditation with Alan Schneider		
Meditation is one of the most effective ways to begin accessing the "Universal Mind and Consciousness". Meditation is also the psychological "royal road" to relaxation, health, and enhanced self awareness. The attainment of the "synergized meditative" state becomes a matter of great ease with practice. Relaxed breathing is one of the most effective ways to enter the meditative state of higher consciousness. In this workshop there will be a half-hour lecture followed by a 15-20 minute guided synergy meditation then, move onto a discussion and Q&A period to share what they experienced and to ask any questions of the instructor. Wear comfortable clothing.		\$15.00
Saturday, April 4, 2009 7:30 AM - 12:00 PM Yoga Hike in the Superstition Mountains (Registration Cutoff Saturday, March 28)		
Nestled at the base of Superstition Mountain, Hieroglyphic Canyon boasts one of the best collections of Hohokam petroglyphs in the state. This short hike (about 3 miles) will include a yoga class at the turnaround point. Wear hiking shoes and bring a yoga mat, water and a light snack. The group will depart from the East West Exchange parking lot.		\$25.00
Saturday, April 4, 2009 1:00 - 3:00 PM Introduction to Reiki		
Learn what Reiki is and what it can do for you. We begin offering weekly Reiki Sessions on Wednesday, April 8th.		No Charge
Saturday, April 4, 2009 2:00 - 3:30 PM Art Connections Session 3: Draw What You Need-Healing Drawings. Designed to use movement & sound as a means to finding and tuning into your creative connection, that which is inherent in all of us, and waiting to be discovered and utilized. This moving meditation will help us release the thoughts, judgments and place us in a state of active stillness, from where we are able to create. Enabling healing, freedom, and joy by incorporating movement, sound, breath & stretching, combined with art techniques and journaling. Each session we will discover new art forms! We will uncover your own unique expression of creativity. The art techniques will be an avenue not a destination. What you create will be an expression of your inner self. Art or the expression of it is not about what it looks like or what others think of it. It is the act of creation that is important. During the process, our true self is expressed and we find out who we really are. Answers to questions that we have had, become available. Realizations about how to reach out and complete some of the dreams we have, or just discovering that we have dreams.		
		\$25.00 Advance \$30.00 Day of Event
Saturday, April 4, 2009 3:30 - 5:30 PM More Truth Will Set You Free		
In this workshop, you will enter a profound vortex of healing energy, with a facilitator trained and initiated by Derek O'Neill (BornFreeNow.com). The workshops offer inspirational music, meditation, and teachings that contain ancient wisdom and yet apply to today's world. The teachings will be fun and you will laugh, cry, and change on all levels of your		\$30.00
Saturday, April 4, 2009 7:00 - 9:00 PM Film: Ambition to Meaning: Finding Your Life Purpose - starring Dr. Wayne Dyer		
Wayne Dyer explores the spiritual journey in the second half of life when we long to find the purpose that is our unique contribution to the world. The powerful shift from the ego constructs we are taught early in life by parents and society-which promote an emphasis on achievement and accumulation-are shown in contrast to a life of meaning, focused on serving and giving back.		\$10.00
Sunday, April 5, 2009 11:00 - 12:30 PM Conscious Connections:		
Details to follow		Donation
Sunday, April 5, 2009 1:00 - 3:00 pm Past Life Regression Through Hypnosis with Daniel Oromaner		
According to recent surveys, 25% of adult Americans believe in reincarnation—and the numbers are growing. The belief is foundational for Hinduism, Taoism, and some Christian, Jewish and Muslim sects. Ancient Greeks, including Socrates and Plato believed in the soul experiencing multiple lifetimes, as do most Native Americans. Hypnosis has been regarded as one of the best ways to gain insight into past lives, and best-selling author Brian Weiss M.D., has been a vocal proponent of the method. His books have been translated into most of the world's languages, and he conducts workshops globally. Dr. Weiss has found past-life regression to be very helpful in healing patterns of emotional or physical trauma, disease, obesity, and soul-mate relationships. Daniel Oromaner, CCHt is a clinical hypnotherapist in Tempe who has attended one of Dr. Weiss's workshops and will continue training at the Weiss Institute this summer. He uses past-life regression in his practice, and will speak about the method and its benefits. At this participatory workshop, Daniel will also conduct a group regression where you will be hypnotized and invited to visit one of your past lives based upon your intentions for the session.		\$20.00 Advance \$30.00 Day of Event
Monday, April 6, 2009 6:00 - 9:00 PM Introduction to Soul Dance		
Have you done all the self-work, but still find yourself in unfulfilling relationships. Could it be that our expectations about intimate relationships are based on unrealistic fantasies and just not achievable? Would you like to understand what makes relationships work, why they fail so often, and how to consciously attract relationships that will grow with you. In Soul Dance we release our fantasies and explore how to dance with our intimate partners. To find out more about this unique program, please join us for an introductory evening workshop. For more information, please visit http://www.integral-transformation.com/souldance.html		\$20.00
Friday, April 10, 2009 7:00 - 9:00 PM Science Café: The Urban Naturalist: How Cities Change Nature, How Nature Changes Cities.		
Join this discussion with Erin L. Taylor, Assistant Area Agent, Field Crops of the Maricopa County Cooperative Extension and Matt Dawson, Assistant Naturalist, Chandler Environmental Education Center.		Donation
Saturday, April 11, 2009 12:00 - 1:30 PM Author Event: Wrapping Thoughts Beneath Emotive Rain - Author & Poet Cathy Delaleu		
CATHY DELALEU has wowed many fans with her lively, sensual poems and short stories. She is a writer, poet and artist. The author of Wrapping Thoughts Beneath Emotive Rain, a collection of page-turning feast with lyrical themes influenced by her Haitian and American roots. Every page is a batch of mouth watering verses. A journey to her world. Her poems have appeared on Essence Magazine, Vintage Magazine and 34th Parallel Magazine. Visit her at her website: www.delaleuwritings.com		No Charge
Saturday, April 11, 2009 1:00 - 6:00 PM Remote Viewing Workshop		
Remote Viewing (RV) refers to the attempt to gather information about a distant or unseen target using paranormal means or extra sensory perception. Typically a remote viewer is expected to give information about an object that is hidden from physical view and separated at some distance. Learn techniques to develop this skill.		\$35.00
Saturday, April 18, 2009 1:00 - 3:00 PM Author Event: Michelle Karen - Astrology for Enlightenment		
The world is shifting. As old paradigms become irrelevant, we need the astrological insight and gifts that Michelle Karén provides for people worldwide, right now. Having predicted current global circumstances, she also holds the answers to help empower people. Michelle Karén is the author of the groundbreaking book, Astrology for Enlightenment. French and Finnish born Michelle became aware of her psychic medium gift as a child and became a professional astrologer at the age of 14. She obtained her Master's Degree in philosophy, with honors, at the University of Geneva, Switzerland, on the Role of Archetypes in the Meaning of Human Existence in the Works of Carl Gustav Jung. Michelle earned a Diploma from the Faculty of Astrological Studies in London and her graduate studies were in Medieval Horary Astrology.		No Charge
Saturday, April 18, 2009 2:00 - 3:30 PM Art Connections Session 4: Rhythm & Harmony- Music Making. Designed to use movement & sound as a means to finding and tuning into your creative connection, that which is inherent in all of us, and waiting to be discovered and utilized. This moving meditation will help us release the thoughts, judgments and place us in a state of active stillness, from where we are able to create. Enabling healing, freedom, and joy by incorporating movement, sound, breath & stretching, combined with art techniques and journaling. Each session we will discover new art forms! We will uncover your own unique expression of creativity. The art techniques will be an avenue not a destination. What you create will be an expression of your inner self. Art or the expression of it is not about what it looks like or what others think of it. It is the act of creation that is important. During the process, our true self is expressed and we find out who we really are. Answers to questions that we have had, become available. Realizations about how to reach out and complete some of the dreams we have, or just discovering that we have dreams.		
		\$25.00 Advance \$30.00 Day of Event
Saturday, April 18, 2009 7:00 - 9:00 PM Ashana In Concert		
Ashana's music is a luminous tapestry of soaring angelic vocals and the healing sounds of crystal singing bowls. This stunningly beautiful alchemy is magical. A musical retreat for the soul, it quiets the mind, returning you to a place of deep stillness and remembrance of the Divine ... a place where you will be inspired and uplifted ... a place of comfort and peace. "With a voice that sounds like it was touched by an angel and musical arrangements that strike an equal balance between heavenly and holistic, Ashana is an artist like no other. Her music reaches you on an emotional level, welling up feelings of gratitude, longing and peace."		\$15.00
Sunday, April 19, 2009 12:30 - 2:30 PM Live Music in Café with Kurt Kleinshans		
Relax in the East West Exchange Cafe as you listen to Kurt Kleinshans on guitar.		No Charge
Sunday, April 19, 2009 4:30 - 5:30 PM Meditation (with Nischala)		
Details to follow		No Charge
Friday, April 24, 2009 7:00 - 9:00 PM The Purpose Art Plays in Humanity: Poetry Slam		
Bring your poems and share the love!! An open forum for the more consciously evolved spoken poetic word.		Donation
Saturday, April 25, 2009 12:30 - 2:30 PM Transform: Personal & Business - Doing Business in the New Millennium		
Join coach/facilitator, Zen Benefiel, MBA, MAOM, for this workshop that will transform the way you do business. In this workshop you will learn how to correct common miscommunication, secrets to best practices in business, new millennial marketing techniques, personal and project management.		\$20.00 Advance \$25.00 Day of Event
Saturday, April 25, 2009 3:00 - 5:00 PM Ecstatic Dance		
The Ecstatic Dance class starts with a 20-30 minute self-guided warm-up. This allows for participants to arrive on the dance floor and start to warm up their body. After the warm up dance there is a guided meditation and then a brief break for coming together and sharing intentions for the class. Then there is a facilitated ecstatic wave (usually about 40-50 minutes of continuous music). The class ends in a group circle where experiences may be voiced, questions asked, or a single word shared. No dance experience necessary, just a willingness to move and be moved.		\$15.00 Advance \$20.00 Day of Event
Saturday, April 25, 2009 6:30 - 8:30 PM Par-Thai Yoga for Partners		
Rebecca Hagman, BA, RYT, RTT will lead a workshop for partners yoga. In this workshop you will have fun and learn to let go and trust while you combine active yoga poses creating whole new poses when two people are joined together in various ways. You will learn to give and receive a combination of basic Thai Yoga techniques and assisted yoga poses.		\$35.00/couple advance \$40.00/couple on day of event