



Register online at www.SunriseCenter.org/classes-and-events or call 415-924-7824

All sessions held at Sunrise Center unless otherwise noted.

**DIA DE LOS MUERTOS: Celebration of Our Animals
Passed and Present**

with Renee Gallegos

Tuesday, October 31 • 7 to 9 pm

A traditional indigenous celebration, Dia de los Muertos honors friends and family in life and in death. **We'll commemorate our favorite felines, canines and other beloved animals who have crossed over**; celebrating who they were in life and how their souls deeply touched our hearts. Bring photos, heartfelt notes and treasures for the altar.

**LIFE, DEATH, NEAR DEATH AND BEYOND:
The Joy of Connecting to the Beyond**

with Jamie Butler

Friday, November 3 • 7:30 to 9:30 pm

Jamie will speak for 20 minutes on The Joy of Connecting to the Beyond, then channel her spirit guide, Grace, the rest of the time. **While trance channeling, Jamie's spirit guides will speak directly through her to you.** During the first half-hour the guides will **teach lessons and deliver messages**; in the final hour they will **answer your questions**.

**CATHARS RETURN: Preparation for a New Divine
Civilization**

with Disciples of John Bogomil

Wednesday, November 8 • 7:30 to 9 pm

The Cathar Temple is restoring the unique spirituality of Catharism throughout the world. Cathars consider every human to be a potential divinity. **The goal of the Cathar path is the multiplication of the golden virtues of kindness, peace, wisdom, beauty, harmony, purity, mercy and love.**

**CELEBRATING LOVE AND INTIMACY IN PARADISE:
A workshop for Couples and Singles**

with Lori Grace, Joan and Tomas Heartfield, Donny Regalmuto and Heather Salmon, Eduardo Davenport

Part I: Thursday, November 30 to Sunday, December 3

Part II: Monday, December 4 to Tuesday, December 12

As you luxuriate **at Hale Akua Garden Farm, Maui**, our beautiful eco-retreat with spectacular views, you will have a chance to greatly expand your capacity to love, both yourself and others. Visit our website for details, coming soon.

**INTRODUCTION-1 TO ORIGINS MAGIC THEATER:
Performing Inside Out**

with William Pennell Rock

Friday, January 12; March 16; May 11 • 7 to 10 pm

The basic technique of ORIGINS is to become completely spontaneous and free. In a process using exercises crafted with safe parameters, **learn how to let yourself go into instinctual spontaneity and cathartic expression**, while carefully monitoring your inhibition and judging. Learn basic things about your vital being and feel remarkably energized.

**INTRODUCTION-2 TO ORIGINS MAGIC THEATER:
the Nature of Transformation**

with William Pennell Rock

Friday, January 26; May 25 • 7 to 10 pm

The process of transformation is found in two fundamental, **universal story forms: the Hero's Journey** (a formula of all adventure stories) and **the Romance Archetype** (all stories of lovers separated and reunited). We present the two story forms and discuss the way they display the process of transformation along the path of self-fulfillment.

Visit www.sunrisecenter.org for additional listings, changes and updates.



RENTAL SPACE FOR YOUR CLASS OR MEETING

Sunrise Center's lovely 600 square-foot room is available to rent daytime, evenings and weekends for meetings, workshops, classes and events. Plus 160 sq. ft. of kitchen area/additional meeting space. Two minutes from Hwy 101.

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