

SCHEDULE OF ACTIVITIES

Updated: May 17, 2012



Ierlandstraat 22, Eagle
Tel. 588-9551 / 594-4250
spiritofaruba@gmail.com
www.spiritofaruba.com



Get Inspired, Relaxed & Connected ...

Spirit of Aruba is a blissful place & garden where you can relax, get inspired, buy used books, meet friends, be creative, attend workshops, lectures and cooking classes, practice yoga & meditate, view inspiring movies, play life games, attend personal growth events, seminars and discussion groups.

It is **Spirit of Aruba's** ambition to create a positive & healthy environment where you can joyfully connect with yourself and others. Please find below the updated schedule. You can scroll down to the following sections:

- Creative & Cooking Workshops
- Community Events
- Yoga, Dance, Meditation & Freedom Techniques
- Movie viewings
- Personal Development Workshops & Training
- Private Consults / Readings
- Learning Circle / Reiki Circle / Filosofie Dialog
- Spirit of Aruba Rental services, lunches, books and more

Opening hours

Wed – Fri
10:00 – 6:00 pm

Saturday
9:00 – 1:00 pm

Or make an
appointment
cel. 594-4250.

Closed
Ascension Day
Thursday, May 17

CREATIVE & COOKING WORKSHOPS

Scheduled:



Art / Driftwood Morning - Every Wednesday.

Every Wednesday you are invited to join us for Driftwood painting between 10 – 12 pm. We will make beautiful signs, masks, art pieces that you can hang in your home or garden. We have driftwood, dried calabash, paint, brushes, pencils and lots of creative material to work with. No experience needed. We love to share our paint brushes with you. No need to register.

Fee: Afl. 17.50 incl. coffee & tea.

Wednesdays
From 10 – 12 pm

Next:
May 23



Creative Workshop: "P@K en PL@K" (Pick 'n Stick)

What was the last time you actually really did something creative?




- Creative * Recycle * Fun

With this workshop we take ordinary objects like a tray, a clipboard, a binder, saucers, box, cups, etc. and using recycled wrapping paper, magazines and this amazing glue P@k & PL@k to decorate items and make them in beautiful art pieces. Come and join us. *Workshop Fee: Afl. 29,- incl. all materials.* You may also bring your own object, wood, carton or ceramic works best.

If you are interested in participating in this workshop you can register on the website: www.spiritofaruba.com or send us an email at: spiritofaruba@gmail.com

Saturday,
May 19, 2012
10 – 12 am

	<p>Cooking workshop: "Paseo di Tapas" By Linda Bosschers</p> <p>Learn different Tapas techniques and recipes to prepare a variety of delicious, Spanish tapas perfect for any occasion. The small plate's trend has its roots in the lively taverns of Spain where tapas are enjoyed with wine and friends. In a relaxing atmosphere, together with other food-lovers, you will make different warm and cold Tapas. And next you will enjoy the Tapas dinner together in our relaxing garden. A great fun atmosphere to connect with others. The Paseo di Tapas Cooking workshop is Afl. 65 for early birds (paid before May 18, 2012) and Afl. 75 if you register later. Fee includes all recipes, ice-tea and tapas dinner. Please register for this workshop via our website www.spiritofaruba.com.</p>	<p>Friday, May 25th 6:00 – 9:00 pm</p>
	<p>Bead it: Workshop Jewelry Making by Carmen Boderie</p> <p>A creative morning to make your own necklace with matching earrings or bracelet. Carmen will explain the different beading techniques, which materials you can use. Carmen will give expert advice and help you make the beautiful necklace you have in mind. So come join us for a wonderful creative and fun morning! Fee: Afl. 49,- incl. all materials for a necklace plus matching bracelet or earrings. If you feel like making an extra bracelet or earrings the extra fee will be Afl. 7,50. You can register via email at spiritofaruba@gmail.com. So come join us for a wonderful creative and fun morning!</p>	<p>Saturday, June 2, 2012 10 am – 1 pm</p>
COMMUNITY EVENTS		
  <p>Free Entrance. Please kindly rsvp tel. 569-6910.</p>	<p>Dementia Cafe CasMarie – 4th Wednesday of the Month</p> <p>Dementia Café CasMarie is a meeting point for people with Alzheimer's disease, their partners, family members, friends and acquaintances. Here you can meet people who find themselves in similar situations. But also medical professionals and caretakers that deal with Dementia. Every time we meet we will discuss a different topic. The gathering starts off with an interview with a specialist or with a film/movie. This will take just about an half hour. After the break you have the opportunity to ask questions and to discuss the topic or theme of the evening with each other. Dementia Café CasMarie takes place on the 4th Wednesday of each month from 7:00 till 9:00 pm. One time it will be held at Spirit of Aruba, located at Ierlandstraat 22, Oranjestad and the next time it will be held at CasMarie, located at Savaneta 532-A. For more information please feel free to visit the Facebook page Dementia Café CasMarie.</p>	<p>Dementia Café CasMarie: Wednesday, May 23 7:00 – 9:00 pm</p> <p>Where? Spirit of Aruba</p> <p>Topic: What are the legal aspects of Dementia?</p>
YOGA, MEDITATION, QI Gong & FREEDOM TECHNIQUES		
	<p>Gentle Flow Yoga Classes on Thursday evening. By Yoga teacher: Rachel Brathen</p> <p>In this Gentle Yoga class on the Yoga Deck at Spirit of Aruba, we will start at a slower pace. A relaxing class focusing on breathing techniques, basic poses and gentle stretches. A perfect way to wind down after a long day ☺. Join us for a gentle evening yoga class on Thursdays. <i>Individual class is US \$ 10 / Afl. 17,50.</i></p>	<p>Every Thursdays 7:30 – 8:30 pm</p> <p>Next class:</p> <ul style="list-style-type: none"> • May 17 • May 25

	<p>New Series of Gentle Morning Yoga – Friday Mornings by Yoga Teacher: Leontine Merkies</p> <p>Gentle Morning Yoga wakes up the body with soft stretches and breathing exercises, to bring awareness to the mind and connect with the soul. A delightful start of the weekend. You can register via email spiritofaruba@gmail.com.</p> <p><i>Block of 4 yoga classes: Afl. 70.00 / individual class - Afl. 20.00.</i></p>	<p>Friday Mornings: 8:30 – 9:45 am Next classes:</p> <p>Resuming:</p> <ul style="list-style-type: none"> • June 8 • June 15 • June 22 • June 29
	<p>Qi Gong by Sofie Slegers</p> <p>Qi Gong (Chee-Gung) is a practice of aligning breath, movement, and awareness for exercise, healing, and meditation. It comes originally from China and is part of the martial arts. Nowadays Westerners practice Qi Gong to balance their bodies and minds and the energies that flow. Typically a qigong practice involves rhythmic breathing, coordinated with slow stylized repetition of fluid movement, and a calm mindful state.</p> <p>Qi Gong is not just a set of breathing exercises, but is composed of physical and mental training methods based on several principles:</p> <ul style="list-style-type: none"> • Intentional movement: careful, flowing balanced style • Rhythmic breathing: slow, deep, coordinated with fluid movement • Awareness: calm, focused meditative state • Visualization: of qi flow, philosophical tenets, aesthetics • Softness: soft gaze, expressionless face • Solid Stance: firm footing, erect spine • Relaxation: relaxed muscles, slightly bent joints • Balance and Counterbalance: motion over the center of gravity <p>Qi Gong is an excellent form of exercise for Senior Citizens because of its gentle and soothing nature. Anyone can do Qi Gong, regardless of age, ability, flexibility, or activity level! It is also significantly effective in improving immunity and balance, relieving pain, encouraging mobility and reducing stress. Fee per class is Afl. 15. For more information visit www.reiki-aruba.com or contact Spirit of Aruba at 588-9551. For registration please email spiritofaruba@gmail.com.</p>	<p>Friday mornings 8:30 – 9:30 pm</p> <p>3 classes: May 18 May 25 June 1</p>
	<p>Freedom Techniques for the Mind and Body (English) by Petra van den Berg, life coach specialized in mind, body and awareness/energy field.</p> <p>Awareness and changes in the world and in the human being as a person. Was the economic crisis an opportunity to reformulate our norms and values? Many persons among us are going through profound processes. Often during these processes (old) pain, frustration, pride, anger and hurt show up. Because before you can start with spiritual awakening, old baggage has to be eliminated. Old patterns and conditions need to be let go off. These Sundays are meant for those who want to get the best out of life and themselves and want to rediscover. For those who want to learn new techniques and insights on deep meditation, letting go and healing techniques. These will be pleasant and informative Sundays with different</p>	<p>Sunday Mornings 10 – 11:00 am</p> <p>Resuming: Sunday, May 27</p>

	<p>topics, teaching you many freedom techniques.</p> <p>Freedom Techniques Morning fee: US \$ 10 incl. coffee/tea 4-morning fee: US \$ 35</p>	
	<p>Meditation Classes by Petra van den Berg (Tuesdays) Experience how it feels to take one hour for you! A valuable investment in yourself and life.</p> <p>This method of trance meditation can help you unlock the process of creating new energy pathways between the right and left sides of your brain – (left is your logical, ego, intellect and right is your feeling and intuition) Petra van den Berg will leading you to a lofty state of mind, call "pure awareness and inner peace."</p> <p>This "synchronicity" between the two halves of your brain can direct improve your intuition and creative powers. It also increases the production of vital health related to our unconditional love, wellness and harmony. It actually opens the life energy and whole being, it is making you aware, and you shall experience inner peace and creativity. This higher energy level and wisdom will also lower your day to day stress levels. It will create remarkable improvements in your logical and emotional health – even in areas that have you have found to be very resistant. The inner harmony, peace and happiness you will experience in the meditation. All of this becomes to your "Oer" (Pure) energy as well as we call it Trance Meditation. It will accelerate your mental emotional, physical and spiritual growth in an easy and lovely way. You will be much more centered in yourself, body and life, in your very being and this brings clarity, balance and peace.</p> <p>You experience the Trance Meditation also as follows:</p> <ul style="list-style-type: none"> • Takes you into a state of pure awareness and unconditional love • Boost for the mind and your creativity and fulfilling of your true self and you become in a state of peaceful silent • Your subconscious level will be transformed to conscious level and increased self confidence • Feel the level of pure awareness, inner peace, rest and blissful love for yourself and the people around you. <p>The meditation classes will continue on Tuesdays from 7:00 – 8:00 pm. The fee for 6 classes is Afl. 99.00 and individual class is Afl. 17,50.</p>	<p>Tuesdays, 7:00 – 8:00 pm</p> <p>Continuing on: May 22 May 29 June 5 June 12 June 19 June 26</p>
	<p>Group Meditation. In places where people regularly meditate together there is a decrease in criminality, violence and accidents. Silence and coherence create harmony and flow. If you want a better world, just light up yourself, your town and your world from your own living room (www.citiesoflight.org) Spirit of Aruba will open its living room for this group meditation starting February 12.</p> <p>Groep Meditatie. Mensen die samen stil zijn, hebben effect op hun omgeving. Ze brengen harmonie en flow. In steden waar regelmatig wordt gemediteerd, is er minder criminaliteit, is het minder druk op de spoedeisende hulp en zijn minder verkeersongevallen. Als je een betere wereld wilt, hoef je de straat niet op. Je bent effectiever als je een krachtig, coherent veld creëert. Geen methode is sneller, goedkoper en effectiever. Verlicht jezelf en verlicht je wereld! (www.stadsverlichting.nu) Please let us know if you like to join us. (spiritofaruba@gmail.com).</p>	<p>Every 2nd Sunday of the Month: 7:00 – 8:00 pm</p> <p>Next: June 10 July 8 August 12 September 9</p>

INSPIRING MOVIES



Inspiring Movies Friday

Inspiring Movies Friday

Every last Thursday of the Month! Inspiring movies for you !

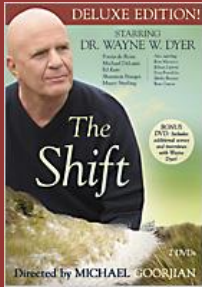
Spirit of Aruba invites you for a Film Marathon from 11:00 am till 5:00 pm. We will be showing indoors a great variety of films and film documentaries that will inspire and educate you.

YOU may select your own movies to view. Spirit of Aruba has a fantastic library with inspiring movies and documentaries you can select from. If you like to view a movie, please send us an email at spiritofaruba@gmail.com or give us a call at 588-9551 or 594-4250.

Every last Thursday of the month:

Next:
May 24, 2012
11:00 am – 5 pm

Entrance fee day: Afl. 7



Film Marathon – Evening Film Viewing: “ The Shift” – Dutch subtitles.

In this compelling film *The Shift* explores the intertwined lives of an overachieving businessman,, a mother of two young children seeking her own expression in the world, and a film director trying to make a name for himself. *The Shift* not only inspires, but also teaches us how to find the path to our spiritual purpose and therefore our greatest joy.

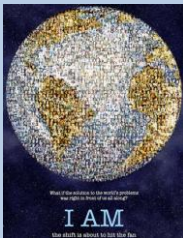
What is *The Shift*? It's the story of the most important moment of your life—when you stop striving and start arriving! Are you ready to make *the shift* that changes everything? When will you find the joy, the peace, and the love that you came here to give and to receive?

“When you get it—that you don't do things because of what somebody else is going to do for you, but you do them because you're living your life's purpose—you can light up the whole world with that kind of love. That's how it works for me.” —Wayne Dyer

Film Festival
Scheduled movie for the evening:

Thursday, May 24th
7:30 pm

Entrance fee:
Afl. 7 incl. coffee, tea and cookies.



Donation:
Afl. 5

Presentation / Documentary film: “ I AM “ (78 min.)

What if the solution to the world's problems is right in front of us? Tom Shadyac, one of Hollywood's most successful directors (*Ace Ventura, Pet Detective, Patch Adams, Bruce Almighty and The Nutty Professor*), had it all. Then a serious bike accident turned his world upside down, causing him to question everything. Seeking answers, Shadyac talks with Desmond Tutu, David Suzuki, Lynne McTaggart, Noam Chomsky and other leading thinkers — asking them two essential questions: “What's wrong with the world? What can we do to fix it?”. Shadyac skillfully mixes interviews, breathtaking cinematography and personal narrative. The result is *I AM*, a joyful, profound and inspiring documentary.

I AM is a wake-up call you can't miss!

Viewing upon request.
Please contact us at tel. 588-9551

Scheduled viewings:
• Saturday, May 26
11:00 am

PERSONAL DEVELOPMENT WORKSHOPS & TRAINING



Reiki 1 Cursus volgens de Usui method (1 ½ dag)

By Chella de Groot, Reiki Master, lid Reiki Alliance.
(www.h-o-p-e.name)

Wat is Reiki?

Reiki betekent Universele levensenergie. Het is een liefdevolle energie en het stimuleert ons zelfgenezend vermogen.


Reiki 1 cursus (minimaal 2 personen)




- Je ontvangt 4 afstemmingen in 4 dagdelen om je (Reiki) energie weer goed te laten stromen
- Je leert jezelf te behandelen.

Reiki I cursus
(overdag)
Zaterdag 19 mei
Zondag 20 mei

Kosten Afl. 350

Reiki 2 Cursus
(avond)
Dinsdag 22 mei
Woensdag 23 mei


	<ul style="list-style-type: none"> • Je ervaart hoe het is om behandeld te worden. • Je leert andere mensen te behandelen. <p><u>Wat kan Reiki voor je betekenen:</u> Het geeft rust, ontspanning en inzicht en vertrouwen.</p> <hr/> <p><u>Reiki 2 Cursus (minimaal 1 persoon)</u></p> <ul style="list-style-type: none"> • Je ontvangt 1 afstemming in 3 dagdelen • Je leert drie Reiki symbolen en hoe je deze voor anderen en jezelf kan gebruiken • Je leert hoe je afstandsbehandelingen kan geven <p><u>Wat kan een Reiki 2 cursus voor je doen:</u></p> <ul style="list-style-type: none"> • Het geeft verdieping en versterking van je energie • Je krijgt dieper contact met je onderbewustzijn en je intuïtie. • Je inzichten worden helderder en daardoor worden je keuzes eenvoudiger. • Je krijgt beter inzicht in je verleden/heden en je toekomst waardoor je een snellere persoonlijke groei doormaakt. Hierdoor kom je ook dichterbij jezelf. <p>Opgeven voor deze cursussen kan bij: Spirit of Aruba via de website www.spiritofaruba.com of via email spiritofaruba@gmail.com</p>	<p>Plus a skype sessie Van 1 – 2 uur</p> <p>Kosten Afl. 1200</p>
	<p>Cursus Chakra Balancing Techniek By Petra van den Berg, Life Coach <i>Praktische realistische spiritualiteit is niet zweverig</i></p> <p>Chakra Balancing is een krachtige techniek om in contact te komen met je hogere zelf en tot inzicht en diepe bewustwording te komen over de thema's in je leven. Ontdek waar je staat in de ontwikkeling van je hogere zelf, het helen van je ziel en waar je bent vastgelopen in je processen.</p> <p>In deze cursus zul je ook leren en inzicht krijgen over de transformeren energie van Chakra's. Vanuit een basis inzicht van elke chakra en hun verband met het dagelijks leven, chakra psychologie en hun dagelijkse functie in de levenssituaties.</p> <p>Chakra's regelen o.a. de werken van endocriene klieren die met verschillende chakra's verbonden zijn en de energiestroming. Opgeslagen gifstoffen worden afgevoerd en mentale en emotionele blokkades worden geheeld en losgelaten, daardoor ook de bijbehorende levenssituaties. We gaan door 13 Chakra's werken, waarbij aan de orde komen per chakra emotionele intelligentie, het te ontwikkelen bewustzijn (bewustwordingsproces), gestagneerde processen (ontwikkelen wijsheid) de daarbij behorende intentie en chakra handeling. Dit opent de wegen naar je universele zelf. Wat leert men nog meer: Wat zijn chakra's? Het leren met chakra's te werken.</p> <p>Je krijgt een protocol waar alle chakras met bijbehorende affirmatie en kernoorzaak en helende factor op staat vermeld. Daardoor kan er direct mee worden gewerkt en kan jij jezelf behandelen.</p> <p>De cursus duurt 6 weken en kosten zijn AFL 375 incl materiaal en protocol.</p>	<p>6-weekse cursus Maandag avonden Start 4 juni 2012</p> <p>7 – 9 pm</p> <p>Dates: 4 juni 11 juni 18 juni 25 juni 2 juli 9 juli</p>

<p>Yesterday is history Tomorrow is a mystery Today is a gift It is called present</p> 	 <p><i>Mindfulness</i></p> <p>8-weekse Training Mindfulness <i>Een training voor meer balans, energie en kwaliteit van leven.</i></p> <p>In de training werk je aan het vergroten van de vaardigheid om met vriendelijke, zorgzame aandacht in het hier-en-nu te blijven. Je leert om je niet op te laten jagen, om gewoon aanwezig te zijn bij wat er zich op dat moment voordoet. Door de oefeningen word je als het ware stilgezet, waardoor je lichamelijk en geestelijk meer in balans komt. Hieruit ontstaat meer ruimte en keuzemogelijkheden om op een andere, bewustere, manier met jezelf om te gaan. Om patronen te zien in automatische reacties en gewoonten.</p> <p><i>Wetenschappelijk onderzoek toonde aan dat het 8 weken programma Mindfulness efficiënt is voor de aanpak van stress, chronische pijn, spanningsklachten, angst en depressie.</i></p> <p>8-weekse Mindfulness Training: Afl. 485 incl. werkboek en oefen CD's.</p>	<p>Start 10 september 2012</p> <p>Maandagen 7:30 –10:00 pm</p> <p>10 september 17 september 24 september 8 oktober 15 oktober 22 oktober 29 oktober 8 november</p>
	<p>Training: Universeel Leiderschap <i>Petra van den Berg, Life coach</i></p> <p style="background-color: #e67e22; color: white; padding: 5px; text-align: center;">Ontwikkel de universele wetten in jezelf door inzicht in jezelf te krijgen.</p> <p>Ten grondslag aan alle verschillende spirituele stromingen en wijsheidstradities ligt het inzicht dat het universum een prachtige onderliggende ordening kent. En deze ordening vibreert in je eigen wezen. Bij Petra's filosofie gaan we ervan uit dat alles in je leven (omdat het gewoonweg in je leven is) jouw verantwoordelijkheid is. De hele wereld is jouw eigen creatie. Alles wat je ziet, hoort, proeft, voelt of aanraakt of op wat voor manier ook ervaart jouw eigen verantwoordelijkheid is. Petra leert je dat deel van jezelf te helen wat jouw levensstroom belemmert (zelfbeeld of geloofsovertuiging, oordeel). Alles in het universum is constant in beweging, verandert, transformeert en werkt volgens een aantal universele wetmatigheden.</p> <p>Wij mensen hebben zelf de keuze om overeenkomstig deze wetmatigheden te handelen (helend), of er juist tegenin te gaan (destructief). Door deze unieke mogelijkheid, hebben wij als mensen de gelegenheid om ervaringen op te doen. Die ervaringen kunnen we gebruiken om te leren en op basis daarvan is het mogelijk om ons pure bewustzijn te ontwikkelen. Petra van den Berg ontdekte dat al deze wetten in zichzelf en doorzichzelf zijn ontstaan. De aard van de kosmos leren kennen begint met inzicht in jezelf.</p> <p>Wat krijgt men ervoor terug:</p> <ul style="list-style-type: none"> - naslagwerk/werkboek - helende technieken - universele wetten (globaal) en samenwerken met. - inzicht in het leven en je levenssituatie en in welke processen je bent vastgelopen - bewustzijnsformule Healing Well Formulas - leren spelen en werken met het leven ipv tegen het leven - leert samenwerken met je ziel en ego - ego, accepteren, doorbreken en loslaten 	<p>8 dinsdag avonden. Start September 2012.</p>






	<ul style="list-style-type: none"> - emoties, aanvaarden, doorbreken en loslaten, zodat alles weer gaat stromen - inzichten in jezelf over diepe bewustwording over bepaalde (steeds terugkomende) thema's in je leven - patronen erkennen, herkennen en helen. - verbinden met je innerlijke weten en hartsverbinding, etcetera <p>8-weekse training inclusief werkboek is Afl. 500. Registratie online via onze website www.spiritofaruba.com</p>	
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PERSONAL CONSULTING / READINGS / PRIVATE YOGA / MESSAGES

<p>Petra M.C. van den Berg, certified life coach en teacher, richt zich op het coachen van mensen die meer uit hun leven willen halen en gelukkiger en stressresistenter willen zijn.</p> <p>Haar uitgangspunt is dat eenieder zijn eigen realiteit co-creert en kan leren creeren wat ze willen in het leven en daarbij geluk, harmonie en gezondheid bewerkstelligen.</p> <p>De missie van Petra van den Berg is healing, prevention, complete bewustwording, onvoorwaardelijke liefde, dienstbaarheid, gezondheid en transformatie naar eenheid. Het aanreiken van tools, inzichten en producten om zelfgenezing en puur bewustzijn te bevorderen.</p>	 <p>Personal consultancy Petra van den Berg, certified Life, Mind & Body coach (Personal Coach). Petra gaat met de client de diepte in voorbij mentale structuren en helpt hen laag voor laag te doorgronden hoe zij hun wereld hebben gecreerd op basis van hun verleden en aangeleerde (geloofs)overtuigingen, dit geeft diep doorwerkende inzichten die levensveranderingen zijn en leiden tot echte bevrijding van het verleden. Wanneer een onbewust proces bewust is geworden ontstaat er healing, innerlijke kracht en completering van het bewustzijn van wie je bent. Door middel van lezingen, trainingen, seminars, meditaties en personal coaching/healingsessies ondersteunt zij haar client in de diepe bewustwordings- en healingsprocessen op allerlei gebieden .</p> <p>Daarbij gebruikt Petra onder andere in haar sessies en trainingen diverse technieken en werkt met universeel bewustzijn- en intentie energie. Voor meer informatie www.healingwellformulas.com of voor het boeken van een consult bel met 588-9551 or email spiritaruba@gmail.com.</p>	<p>Daily by appointment.</p> <p>Tel. 588-9551 Cel. 594-4250.</p> <p>Consults are done in English or Dutch.</p>
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<p>Marty Heuvelman is Reiki Master since 2002. She gives massages, incl. Swedish, Shiatsu, foot reflex, prenatal and deep. Her education includes: massages, natural healing, aroma therapy, Bach remedies and ear candles which she followed in the Netherlands at the European Academy of Antwerp.</p> 	<p>Messages & Reiki at Spirit of Aruba By Marty Heuvelman, Reiki Master, Masseuse</p> <p>On Fridays from 10 am in the morning you can make an appointment with Marty for massages in the relaxing serene garden of Spirit of Aruba. Treatments can vary, for example 15 min neck and shoulder, half hour foot reflex or other massages of an hour. Messages include: Relax (Swedish), Shiatsu (acupressure techniques), foot reflex, prenatal and deep massages.</p> <p>You will love the very relaxing nature atmosphere whilst having a massage. If you like to make an appointment call Spirit of Aruba at 588-9551, or cel. 594-4250 or call Marty at cel. 594-2246.</p>	<p>Every Friday Starting May 11 from 10 am</p> <p>Please kindly make an appointment. Thank you.</p>
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<p>Spiritual Consultation By Bettina</p> 	<p>As a psychic medium, I act as a conduit to help you with direction in life with the help of the Spirit World, or reconnect with your loved ones who have crossed over. It is Spirit's intention to let you know they have made the journey and to communicate their true essence and love. With sensitivity, I try to communicate the memories, humor, triumphs and struggles of those who have crossed over. My focus is not only on joining you with your loved ones messages, but also on connecting you with a most validating conviction: We are not forgotten by the ones we love.</p> <p>It is not my part to question or judge the information that comes through, but simply to deliver the message that has been received. It is my prayer, that everyone in need has the opportunity, to experience a genuine and meaningful connection with Spirit and finds peace, comfort and closure through this healing work.</p> <p><i>Bettina</i></p>	<p>Private readings are taking place at SPIRIT OF ARUBA every Wednesday from 5 pm – 8 pm.</p> <p>All readings are free of charge, donations are welcome.</p> <p>For more information and to schedule your reading, call 588-9551</p>
 <p>With over 15 years of practice, Sofia is a Usui Reiki practitioner. She was initiated into Reiki I and II in 1996 by the Reiki Alliance in the Netherlands. In 2011 she passed the Reiki Shinpiden level with the International Center for Reiki Training in the USA. She started following Qi Gong, Taichi and meditation classes as a student in 1985 in France and has done several international teaching workshops since.</p>	<p>Reiki, Massage and Qi Gong by Sofia Slegers Sofia gives Reiki treatments, Qi Gong classes, Swedish- and Hotstone massages.</p> <p>Reiki (Ray-Key) is an ancient, gentle, hands-on healing art that helps you feel better and heal better. Dr. Usui, a Japanese educator, rediscovered this healing method in his study of the ancient Tibetan texts. You can use Reiki to facilitate deep relaxation, relieve pain and promote healing and personal growth. Reiki stimulates your body's innate healing resources, encouraging a return to wellness, in spirit and body. It is open to everybody, everywhere. Reiki means Universal Life Force – the healing energy of the Universe.</p> <p>Qi Gong (Chee Gung) is a practice of aligning breath, movement, and awareness for exercise, healing and meditation. It comes originally from China and is part of the martial arts. Nowadays Westerners practice Qi Gong to balance their bodies and minds and the energies that flow. Typically a Qi Gong practice involves rhythmic breathing, coordinated with slow stylized repetition of fluid movement, and a calm mindful state.</p> <p>For more information you can call 593-9133 or visit www.reiki-aruba.com</p>	
<p>LEARNING CIRCLES</p>		
 <p>Donation welcome: Afl. 5 p.p.</p>	<p>Every Wednesday Learning Circle: Unveiling the Mystery of Creation Every Wednesday from 7:30 to 9:30 p.m. Spirit of Aruba presents interesting movies or speakers to enlighten your path of life.</p> <p><i>As above, so below...is the doorway between the mystery of creation and the human heart. And life's journey is your key.</i></p> <p><i>This week Spirit of Aruba presents: A Course In Miracles. The Movie</i>, is a feature length film (2010) that blends interviews with Dr. Kenneth Wapnick, Gary Renard, Nouk Sanchez, Ike Allen, Thomas Vieira and others, with the story of Kate, a woman learning to use A Course In Miracles to understand what special relationships are truly for. The teachings of A Course in Miracles have been supported by such mainstream commentators as Oprah Winfrey, Deepak Chopra, Wayne Dyer & Marianne Williamson.</p>	<p>Every Wednesday, Next: May 30 7:30 – 9:00 pm</p>

 <p><i>sensei Usui.</i></p>	<p>Reiki Healing Circle (1st Friday of each month) At Reiki Healing Circles we gather each month to give and receive Reiki treatments, to practice, support, and learn. All are invited regardless of experience with Reiki. The circles are open to the public and are offered at no charge, although your donation is appreciated to support the work at SABA, our senior citizens home on Aruba. You are welcome to invite others and to share this information with anyone interested. For more information email Sofie at sofia@reiki-aruba.com or call (+297) 593-9133. <i>If you arrive late, please come in quietly and join the group.</i></p>	<p>Friday, June 1st 7 – 9 pm</p> <p>2012 Reiki Healing Circle Schedule</p> <p>Friday, Sep 7th Friday, Oct 5th Friday, Nov 2nd Friday, Dec 7th</p>
	<p>Filosofie Dialoog, Eduard Dresscher (Filosoof, Historicus) In April 2012 (maand vd Filosofie) hebben wij de eerste filosofie dialoog gehouden bij Spirit of Aruba. Onder leiding van Eduard Dresscher hebben wij van gedachten gewisseld over de ziel. Er was heel veel interesse voor deze filosofie dialoog en gezamenlijk is er besloten een volgende dialoog te organiseren. Deze tweede dialoog vindt plaats donderdag, 23 augustus om 7:30 uur in de tuin van Spirit of Aruba. Graag vantevoren via email (spiritofaruba@gmail.com) registreren voor deze dialoog. Donation Afl. 5.</p>	<p>Donderdag, 23 augustus 2012 7:30 pm</p>
SPIRIT OF ARUBA RENTAL SERVICES / PRODUCTS & LUNCHES		
	<p>Mindful lunch by Linda Bosschers Mindfulness is simply the moment-by-moment awareness of life. Food is an important part of life, so why not be mindful about what we eat? When we pay attention to our food---really pay attention---we begin to notice all sorts of wonderful aspects of food, and we become more aware what we eat. Through mindful lunches we would like you to take a moment and consider what you eat and how you eat it. Every month a new lunch. Linda will make mindful choices of ingredients. For example a vegetarian, organic lunch or a lunch with only local products. Kindly reserve before Friday evening via spiritofaruba@gmail.com or call us at 588-9551 or 594-4250.</p>	<p>Next Lunch:</p> <p>Saturday, May 26th 12 – 2 pm</p> <p>Lunch: Afl.12,50</p>
	<p>Come and cook Vegan with Jiefan & Nadia Every other month you can cook & prepare a Vegan Lunch with Jiefan & Nadia. You learn more about Vegan cooking and how you can cook a Vegan lunch that is tasty and enjoyable. We will cook from 11:00 - 12:30 pm and then we will enjoy the Vegan lunch together in the garden. What will be on the menu is a surprise! If you like to cook and learn more about Vegan, come and cook with us. Please register ahead of time via email spiritofaruba@gmail.com.</p>	<p>Saturday, June 16, 11:00 am – 2:00 pm</p> <p>Lunch Afl. 12,50</p>
	<p>The ABOUNDING RIVER GAME is an explorational board game. In this life game you will practice loving your life, accepting the world, being generous & grateful and experience being provided for. This game encompasses both training people in a day to day practice as well as discovering a Spiritual foundation that opens up to a whole new way of looking at money and resources. People experience themselves being at the source of unlimited supply. Free participation.</p>	<p>Just give us a call Tel. 588-9551 if you like to play</p>

	<p>Just YOU, COFFEE & BOOKS. Enjoy a cup of coffee, espresso, cappuccino, creamy ice coffee, ice tea, and Home-made Cake. Meet friends, browse our magazines & secondhand books, and relax in our garden. Spirit of Aruba is open just for YOU, COFFEE & BOOKS Saturday mornings.</p>	<p>Saturdays 9 am – 1:00 am Next: May 19, 2012</p>
	<p>Used Books available! If you are looking for books, visit Spirit of Aruba during opening hours. We have a great variety of books, Harry Mulisch, Hella Haase, Gerard Reve, Joost Zwagerman, Jaques Thonissen and much more. We also have a large selection of English books, suspense, thrillers, fantasy, business, self-help, spiritual books, cooking, nature, poetry, shorts stories and more. Come and have a look in our library. If you like to donate books for our library we will be very grateful.</p>	<p><u>During Opening Hours:</u> Wed – Friday 10 – 6 pm Saturday 9 – 1 pm</p>
 <p>Spirit of Aruba, Ierlandstraat 22, Eagle Tel. 588-9551 Tel. 594-4250 www.spiritofaruba.com</p>	<p>Spirit of Aruba Rental Services. If you would like to rent our facility or part of our facility for your company retreat, service activity, club gathering, team-building session, birthday, friends gathering or dinner party, please contact us. We offer great variety of equipment including beamer, flipcharts, sound system, tables, chairs and wireless internet. Our lounge gardens and the friendly and relaxing atmosphere make it an inspiring facility for many activities. If you like to know more about our services or like to schedule an activity at Spirit of Aruba, please contact us at tel. 588-9551 or 594-4250 to set up an appointment. We joyfully assist.</p>	<p>Please contact us or make an appointment.</p>