



Equinox Event

at Inspiration Consciousness School & Community

Initiate Spring and New Growth

Saturday, March 20th

POTENTIAL OF BREATH WORKSHOP

1:00 - 5:00 PM

*An introduction to
Integrative Breathing
exploring breath as a healing
and transformational opportunity*

A rebirth into life and love

History of breathwork

**Physiology of
breathing & breathwork**

**Guided breathwork session
with experienced team**

\$60

VEGETARIAN POTLUCK

6:00 - 7:00 PM

*Please bring a nutritious vege-
tarian dish to share.*

*Meet practitioners
from the Inspiration
Consciousness
School and people
who are interested
in holistic wellness
and awakened con-
sciousness in daily life.*
Free



SPRING EQUINOX CIRCLE AND RITUAL

7:15 TO 7:30 PM

*Music, meditation,
prayer and inten-
tion to open our
bodies, hearts,
minds and
spirits to new
evolution.*
Free

BO LOZOFF IN CONCERT

7:30 PM

Back by popular demand



*"If Bob Dylan and John Prine had a
love child raised by the Dalai Lama..."*

-- CD Baby

One of America's 100 visionaries

-- Utne Reader

\$10 - \$15

Sliding scale

*For more than 25 years, Inspiration Community has helped thousands of people
discover their deepest capacities to be fully alive in presence, wisdom, and love.*

Children welcome at potluck, ritual & concert

www.InspirationCommunity.org for more info and directions