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WEEKLY ACTIVITIES

Mon., June 1: 10:00 a.m., 30-Day Meditation Challenge continues

Hosanna Community:

10:30 a.m., Yoga and Stretching

2:00 p.m., What will it be??!! Who knows! It's Mystery Art!

Tues., June 2: 10:00 a.m., Exercise with Beth!

10:30 a.m., 30-Day Meditation Challenge continues

2:00 p.m., Treasure Hunt (weather permitting!)

Wed., June 3: 10:00 a.m., 30-Day Meditation Challenge continues ... followed by

a movie and popcorn.

2:00 p.m., Sand Art. Meet at The Tree House!

Thur., June 4: 10:00 a.m., 30-Day Meditation challenge continues

10:15 a.m., Cooking with Beth. Yum!! Peanut Butter Bars.

2:00 p.m., Stay focused. Keep steady. It's a Jenga Tourney!

<u>Friday June 5:</u> 10:00 a.m., 30-Day Meditation challenge continues

10:15 a.m., Word games ... Pictionary? Hangman?

2:00 p.m., Karaoke: Choose a favorite song, & take center stage

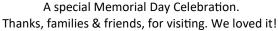
Friday was **DAY 13** of the 30-Day Meditation Challenge. Daily attendance has been impressive! Keep up the good work. It will be worth it. Here's a couple of terms we've heard, but just what do they mean?

- Namaste It literally translates to, "I bow to you." It's also a way of thanking the teacher or an expression of relief that the class is over!
- Chakra We learned about the heart chakra in Day 13. It is in the center of the chest just above the heart. Its color is green. Opening our heart chakra makes us open to giving and receiving love.



Chester Frost Park with lots of food and fun!







Space crafts and a 'Launch Party' in honor of the Space X and NASA rocket





Nothing says PEACE & LOVE quite like tie-dyed socks!

