



# UNITY OF MISSISSAUGA

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# January 2012

(Subject to Change)

As of December 21, 2011



| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |
|--|--|--|--|--|---|---|
| 1 <b>Sunday Service</b><br>10:30 AM<br>Guest Speaker<br>Paul Cestnick  | 2 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>Course in Miracles<br>7 PM in Unit 10  | 3 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>Pilates 9 - 10 AM<br>6:30 - 8:30 PM  | 4 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>The Ladies' Group<br>1-3 PM  | Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>Pilates 8:30 - 11 AM   | 6 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>Pilates 9:30 – 10:30 AM<br>Blue Star Meditation<br>7:30 PM  | 7 Kriyayoga<br>7 – 8:30 AM<br>PK Zen Qi-Gong<br>10 – 11:30 AM<br>Hae Kwang Robert<br>\$15               |
| 8 <b>Sunday Service</b><br>10:30 AM<br>Wendy & Bill Karr LUT's<br>"Burning Bowl Ceremony"  | 9 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>Course in Miracles<br>7 PM in Unit 10<br>*Bruno Groning Group<br>7 PM in Unit 6  | 10 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>Pilates 9 - 10 AM<br>6:30 - 8:30 PM<br>"Unity Winter Series"<br>7 – 8:30 PM<br>With Wendy W-K LUT<br>Unit 6 | 11 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>The Ladies' Group<br>1-3 PM   | 12 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>Pilates 8:30 - 11 AM<br>PK Zen Qi-Gong<br>7 – 8:30 PM<br>Hae Kwang Robert<br>\$15 | 13 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>Pilates 9:30 – 10:30 AM<br>Blue Star Meditation<br>7:30 PM | 14 Kriyayoga<br>7 – 8:30 AM<br>PK Zen Qi-Gong<br>10 – 11:30 AM<br>"Therapeutic Touch"<br>Karma Offering |
| 15 <b>Sunday Service</b><br>10:30 AM<br>Guest Speaker<br>Paul Cestnick   | 16 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>Zen & Mind<br>Hae Kwang Robert<br>7 to 9 pm<br>Suggested Donation \$20          | 17 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>Pilates 9 - 10 AM<br>6:30 - 8:30 PM<br>"Unity Winter Series"<br>7 – 8:30 PM<br>With Wendy W-K LUT<br>Unit 6 | 18 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>The Ladies' Group<br>1-3 PM   | 19 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>Pilates 8:30 - 11 AM  | 20 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>Pilates 9:30 – 10:30 AM<br>Blue Star Meditation<br>7:30 PM | 21 Kriyayoga<br>7 – 8:30 AM<br>PK Zen Qi-Gong<br>10 – 11:30 AM<br>Hae Kwang Robert<br>\$15              |
| 22 <b>Sunday Service</b><br>10:30 AM<br>Rev. Brian K. Griffin<br>Ministerial Candidate<br>"What's the Point?"<br>Workshop 1 PM<br>"The Four Agreements"<br>Soloist: Emilio Zarris<br>Luncheon by the YOU | 23 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>Course in Miracles<br>7 PM in Unit 10   | 24 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>Pilates 9 - 10 AM<br>6:30 - 8:30 PM<br>"Unity Winter Series"<br>7 – 8:30 PM<br>With Wendy W-K LUT<br>Unit 6 | 25 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>The Ladies' Group<br>1-3 PM   | 26 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>Pilates 8:30 - 11 AM<br>PK Zen Qi-Gong<br>7 – 8:30 PM<br>Hae Kwang Robert<br>\$15 | 27 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>Pilates 9:30 – 10:30 AM<br>Blue Star Meditation<br>7:30 PM | 28 Kriyayoga<br>7 – 8:30 AM<br>PK Zen Qi-Gong<br>10 – 11:30 AM<br>Hae Kwang Robert<br>\$15              |
| 29 <b>Sunday Service</b><br>10:30 AM<br>Guest Speaker<br>Paul Cestnick   | 30 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>Course in Miracles<br>7 PM in Unit 10<br>*Bruno Groning Group<br>7 PM in Unit 6 | 31 Kriyayoga<br>Meditation<br>6 – 8:30 AM<br>"Unity Winter Series"<br>7 – 8:30 PM<br>With Wendy W-K LUT<br>Unit 6  | <p>Sunday Service: 10:30 am - Youth Ed: 10:30 am<br/>         for Updates check your Tuesday email<br/>         "This Week at Unity of Mississauga"<br/>         Or visit our Web Site at <a href="http://www.unityofmississauga.com">www.unityofmississauga.com</a></p> |  |   |   |

\*Intro required before attending  
 Call Jura @ 905-842-6524

