

WHISPERS from the MOON

A Haven for Creative Expression & Personal Awareness

235 Harrison Street, Oak Park Arts District

www.WhispersfromtheMoon.com

708-717-0758



*"Inside you there's an artist you don't know about
Say yes quickly, if you know, if you've known it
from before the beginning of the Universe."
~ Rumi*

Dear Friends,

These past five years, have been an amazing time of inspiration, growth, and soulful collaboration. I am humbled by the beauty that has unfolded on this journey and am eternally grateful to the gifted, courageous souls who have shared themselves with me over the years. Thank you for being my companions and teachers... and for being the inspiration that has nourished me on this path of discovery !

As a small token of my gratitude, I will host an open house celebration at the Studio on **Saturday, September 12, from 12 to 8 PM**. In addition to light refreshments, activities that day will include two bodyBUZZ sessions (pre-registration required; see next page for details) and a community mural project. See below for details. It is also the Art on Harrison fall street festival and there will be lots of wonderful offerings in the Oak Park Arts District for your enjoyment and exploration.

Blessings, Lisa Sorce Schmitz

Catch a bodyBUZZ

Saturday, September 12, 2009

space is limited and pre-registration is required

\$11 per person

(regularly \$22; half-price birthday gift from Whispers from the Moon)

Session #1:

2:45 -- spaces prepared

3:00 -- the BUZZ begins

Session #2:

4:15 -- spaces prepared

4:30 -- the BUZZ begins

Q: bodyBUZZ. What is it and why do I wanna catch one?

A: bodyBUZZ is the wonderful sensation you may catch if you come to a bodyBUZZ session with Antonio Soriano . You wanna catch one because it feels wonderful.

Q: What does a bodyBUZZ session entail?

A: Participants lie on the floor (heads North) with comfy blankets and pillows and listen to beautiful music composed to resonate with and heighten the vibration of the Chakras (the body's energy centers). The session lasts about an hour including a brief introduction and closing thoughts.

Q: What is the purpose of a bodyBUZZ session?

A: The purpose of a bodyBUZZ session is to help you feel good. We can't think of anything more important than feeling good.

Q: What do I have to bring to a bodyBUZZ session?

A: Please bring a blanket to lie on and cover yourself with (the body can become cold during meditations) and a pillow for your head. Yoga mats are perfect to lie on if you have one. You may also bring any jewelry or photos of people to place on the blessings table during the session.

Q: How do I make a reservation?

Space is limited and we expect these sessions to fill quickly. Email or call Lisa to reserve a space 708-717-0758 or moonwhispers235@aol.com

Visit www.web.me.com/bodybuzz and www.AntonioSoriano.com for more information.