

# First Annual ACI Reno **DHARMA-@**

May 21st ~ Starts at 10am

## *An Open House Celebration!*

If you are curious about how yoga, meditation or spirituality might improve your life, please come join us at Diamond Heart Center for some or all of our events on May 21, 2011 from 10:00am to 8:00pm.

Meet and socialize with some of our members, participate in short classes, enjoy some food, spring weather, and the sounds of "The Tods."



### **Open House Schedule of Events:**

- 10:00-11:00 Yoga for Kids / Art for Kids  
*(Parents welcome to watch or join in)*
- 11:30-12:30 Tibetan Heart Yoga
- 1:00-3:00 Music / Dancing with "The Tods"
- 3:15-3:45 A Spiritual Life: Why and How
- 4:00-4:30 Meditation Class
- 4:45-5:15 You Can Change the Past
- 5:30-6:30 Partner Yoga

**Everyone can enter the drawing for great FREE PRIZES:**

- Skagen Watch & Garden Statuary
- Yoga Classes & Private Meditation Session
- Reiki Session, Swedish Massage
- Health and Beauty Treatments
- Dharma Recordings and Books
- And much more!

**LOCATION:** ACI Reno, Diamond Heart Center

**MORE INFORMATION:** [www.aci-reno.org](http://www.aci-reno.org)

**PHONE:** (775) 848-2158

*All are Welcome!*

  
**ACI RENO**  
ASIAN CLASSICS INSTITUTE  
DIAMOND HEART CENTER

yoga ❧ meditation ❧ wisdom

The **Asian Classics Institute of Reno** is a non-profit organization dedicated to the study and practice of Tibetan Buddhism in the Gelukpa tradition of the Dalai Lamas. Our spiritual director is Venerable Sumati Marut.