

WHAT'S HAPPENING.....



As we are made aware of events and activities in Portland, one of our centers or with our community, we will post them in this forum. If you are aware of stories worth sharing, please send them to: Brenda@TheMovementCenter.com. We will do our best to include all stories in our next issue and I'm sure this page will evolve over time, but for now...let's start here, and in no particular order....

PORTLAND — MAY ACTIVITIES

- It is with great joy that we welcome the return of Lama Wangdu Rinpoche return from Kathmandu to Portland, OR. Rinpoche is well, and the monastery incurred a nominal amount of earthquake damage.
- As part of our ongoing community outreach, TMC participated in an international yoga event to raise money for the Seva Foundation. Founded by Ram Dass, the Seva



Foundation is devoted to saving and restoring eyesight among underserved communities all over the world and more recently, is involved in earthquake relief in Nepal.



- Swami Prakashananda recently visited our Orange County, CA center and led both an eye-open meditation class and the 100 Handprint Healing Puja.

- We congratulate this year's graduating class of the TMC Hatha Yoga Teacher Training Program (200 hr). Ruth Knight is holding interviews for the next course which will start in October. If you are in the Portland, OR area, please call the office for more information.

- Personal Retreats: The accommodations for the TMC Personal Retreat program now include dorm style rooms. These shared spaces continue to provide all the amenities of our personal retreat programs: meals, yoga, events, meditation, seva and community at shared room pricing.



- Here are a few images of the fun from the TMC annual Memorial Day Picnic. Please join us next year if you're in town!



STUDENT SPOTLIGHT

Please share with us!

We are interested in highlighting and sharing with you the achievements and key experiences of the members in our community.

- Achievements, Life Events: Weddings, Graduations, Births, Life Transitions
- Job openings in your company

If you have something to share, or know of a story that would be appropriate for this newsletter, please send the name, events and details to Brenda@TheMovementCenter.com.