

THE SOUND OF RAIN
SUPPORTING THE WORK OF EMILY CARSON

*Emily Carson's
Complete 2010 Schedule:*

<i>January</i>	23	1-7pm	<i>Fear of Dying retreat series</i>
	29	6-8pm	<i>Silent Meditation Gathering</i>
	31	7-8:15pm	<i>Portland Winter Public Sitting</i>
<i>February</i>	20	1-7pm	<i>The Mind retreat series (full)</i>
	26	6-8pm	<i>Silent Meditation Gathering</i>
<i>March</i>	20	1-7pm	<i>Hunger and Nourishment I retreat series</i>
	26	6-8pm	<i>Silent Meditation Gathering</i>
<i>April</i>	17	1-7pm	<i>Inner Guidance retreat series (full)</i>
	23	6-8pm	<i>Silent Meditation Gathering</i>
	25	7-8:15pm	<i>Portland Spring Public Sitting</i>
<i>May</i>	2	1-7pm	<i>Inner Guidance daylong retreat</i>
	15	1-7pm	<i>Shame retreat series (full)</i>
	21	6-8pm	<i>Silent Meditation Gathering</i>
<i>June</i>	19	1-7pm	<i>Hunger and Nourishment II retreat series (full)</i>
	25	6-8pm	<i>Silent Meditation Gathering</i>
<i>July</i>	17	1-7pm	<i>Fear of Dying retreat series</i>
	23	6-8pm	<i>Silent Meditation Gathering</i>
	25	7-8:15pm	<i>Portland Summer Public Sitting</i>
<i>August</i>	21	1-7pm	<i>The Mind retreat series (full)</i>
	27	6-8pm	<i>Silent Meditation Gathering</i>
<i>September</i>	18	1-7pm	<i>Daylong Silent Meditation Retreat</i>
	24	6-8pm	<i>Silent Meditation Gathering</i>
<i>October</i>	24	7-8:15pm	<i>Portland Fall Public Sitting</i>
	31	1-7pm	<i>Hunger and Nourishment retreat series (full)</i>
<i>November</i>	21	1-7pm	<i>Inner Guidance retreat series (full)</i>
	26	6-8pm	<i>Silent Meditation Gathering</i>
<i>December</i>	10	6-8pm	<i>Silent Meditation Gathering</i>

*All events are in Portland, OR unless otherwise noted.
Silent Meditation Gatherings and Portland Public Sittings always held at Yoga Shala
Southeast, 3249 SE Division St., Portland.*