

Centre
for
Conscious
Awareness
-
Canada

- Celebrate Our Achievements 2009
- Looking towards 2010

416-997-5531

- New infoline

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- Website
- Email address

YOGA SHOW – April 2-5, 2009



TREE PLANTING – April 25, 2009



- Earth Day tree planting event. The mayor of Mississauga Hazel McCallion and Region of Peel Councillor Maja Prentice were present.

TREE PLANTING – May 9, 2009



- We joined Evergreen and other volunteers to continue the creation of a native tree and shrub border between the campground and the Rouge River

TREE PLANTING

May 30 & September 19, 2009



- We joined Evergreen and other volunteers to plant hundreds of trees , restoring the native ecosystem with native tree, shrub and wildflower

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ARKA DHYANA RETREAT

June 19-21, 2009



- What a meditative experience! Touch, Sound and Breath workshops exploring the components of Arka Dhyana- Intuitive Meditation took us on a journey of Self-discovery. We became more in tuned and aware of our breath, our touch and sound.

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LAUNCH & FOOD DRIVE

July 26, 2009



- Following an invigorating session of Arka Dhyana Intuitive Meditation, the Board of Directors officially launched the newly-formed non-profit organization, Centre for Conscious Awareness - Canada. The day was made even more meaningful by the generous donations everyone made to the Daily Bread Food Bank. In total, 130 lbs of food was collected. Thanks to all for helping in making this food drive such a success!

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FUNDRAISING PICNIC

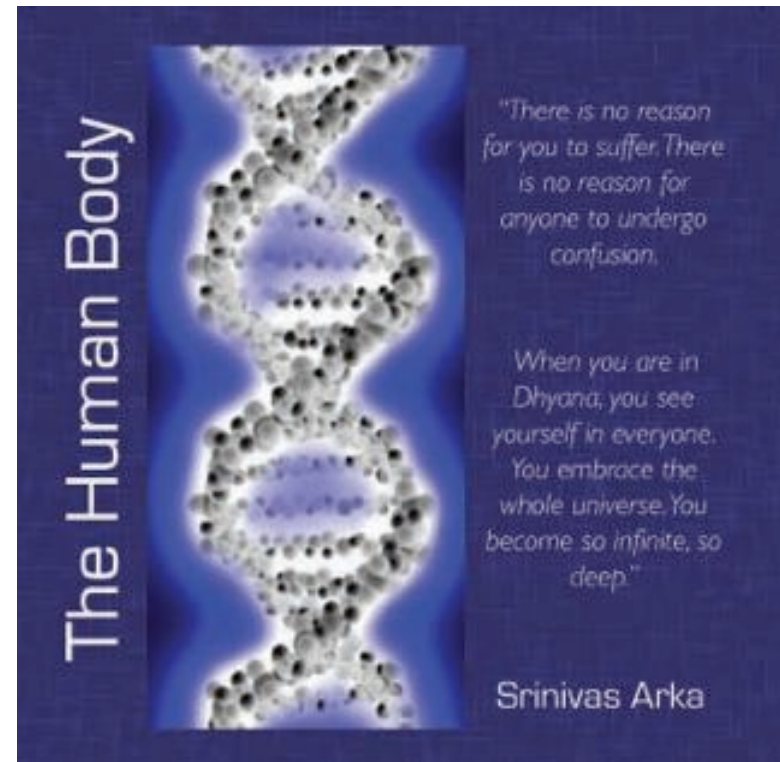
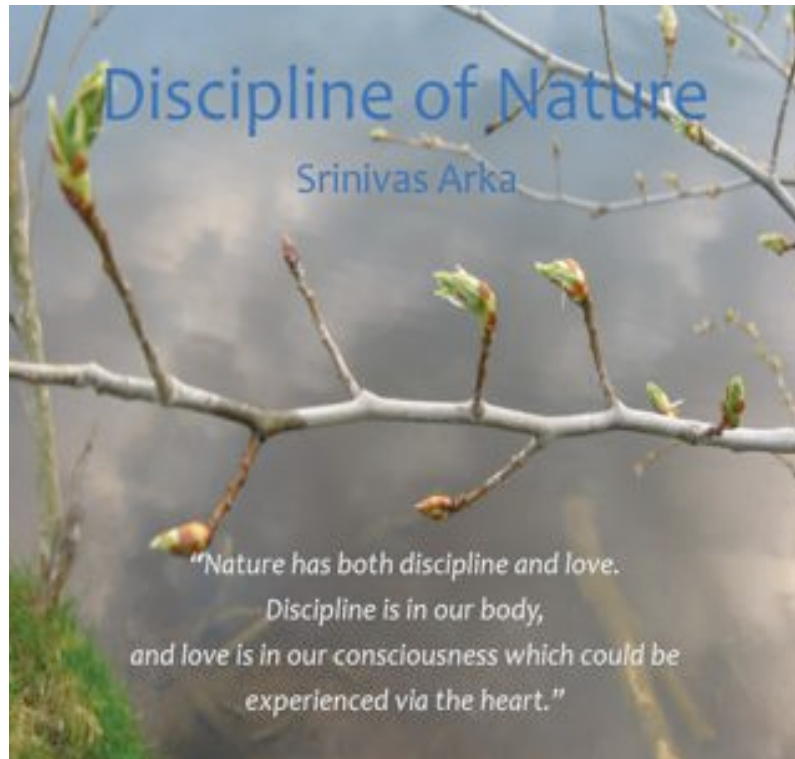
August 23, 2009



- Outdoor activities included hot potato, soccer, badminton and volleyball. Later, as the clouds rolled in, the fun continued indoors with a competitive, yet friendly game of Family Fued.

CD RELEASE

September 27, 2009



ARKA DHYANA TEACHER CERTIFICATES

September 27, 2009



YWCA WOMEN'S SHELTER DRIVE

October 25, 2009



- We collected 140 lbs of food which included; baby food, pasta, baby items, clothing and over \$100 in gift cards. All items were collected and donated to the YWCA Women's Shelter. The YWCA has over 40 programs and services which help women and girls escape violence and rebuild healthy lives. Thanks to everyone for their kind and generous donations!

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ARKA DHYANA MASTERS LEVEL NEW TEACHERS



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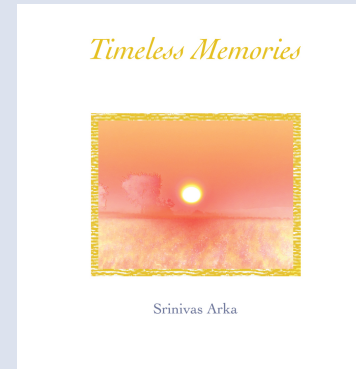
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Current Projects

- Charity Application
- Review of Master level topic
- CD Talks and Music project



- Transcription and Editing of talks to provide content for future literature
- Web application for storing & retrieving information

Future Projects & Plans

- Yoga Show
– March 26-28, 2010
- Tree Planting with Evergreen
- April to June
- Launch of Beginner Arka
Dhyana courses - May
- Ongoing sessions for
Beginner - June and onwards
- Fundraising Picnic - July

Future
Projects
& Plans
cont'd...

- Retreat - August (to be determined)
- Dinner event – Nov/Dec (to be determined)
- Relief of Poverty activities eg. Food Bank and YWCA (throughout the year)
- Continue Masters Level courses