

Ananda Scoop

Class Schedule

TaiChi/Qigong

Sunday
5:30 – 7 PM
Tuesday
7 – 8:30 PM

Belly Dance

Wednesday
6:30 – 7:30 PM
(Some Saturdays
9 – 10 AM)

Yoga

Monday
7:15 – 8:30 PM
(April Only)

Stretch & Relaxation

Thursday
7:30 – 8:45 PM

About The Ananda Center

The Ananda Center is a non-profit organization created in February of 2005.

We are working to become a resource for local artists of all genres to teach, learn, network, and celebrate the arts in Massillon.

Our Mission:

The Ananda Center is a creative arts and holistic health center providing classes and services that foster community wellness and personal growth in body mind and spirit.

An Ananda Center Publication

Special Announcement



The Ananda Center will now be housed at The Lion's Lincoln Theatre in downtown Massillon! Under the leadership of new Executive Director, Nicole Garlando Berens, our non-profit organization is moving in an

Arts-focused direction. Our Board of Director's has approved a trial partnership with the Lion's Club.

We are excited to work with the Lion's Lincoln Theatre to create a cultural center in Massillon where, together, we can serve the community supporting the performing and visual arts, especially as they involve our local artists and the youth of our community. Ananda Center classes and workshops will be held on the second floor,

accessible by the stairs in the far left entrance, and in the main theatre.

We will offer our Creative and Performing Arts and Meditative and Internal Martial Arts classes including Belly Dance, TaiChi, Stretch and Relaxation, African Healing Dance, and Intermediate Yoga.

Call 330-327-5482 or visit our website, www.theanandacenter.org for class times and updates.

Ananda Metamorphosis

The Ananda Center continues to collaborate with holistic health practitioners to enrich our community through body, mind and spirit.

Please visit our friends at the Massillon Recreation Center and Two Visions Harmony Center.

Massillon Recreation Center

The majority of our Yoga classes will be housed at The Massillon Recreation Center, class times are listed in the Parks and Recreation Newsletter. Shelly Chatterelli, Bob and Cheryl Goerke, and

Cindy Patterson will continue on as teachers.

Please call The Massillon Recreation Center to register for classes. Any questions may be directed to Bob at 330-412-3695.

Two Visions Harmony Center

"Tapping into the body's ability to heal itself"

Located at 2500 Wales Road, Two Visions offer Reiki, Massage Therapy, Acupuncture, and other holistic medicines.

Two Visions conducts **FREE** 20 minute Caring Hands Reiki sessions every third Thursday of the month from 6 – 7:30 PM.

Caring hands Reiki is for people with cancer or other medical problems or anyone who would like to experience Reiki. Donations support The Ananda Center.

Please call Anne McFeely at (330) 704-2789 for more information or to set up an appointment.

The Ananda Center

PO Box 1265
Massillon, Ohio 44648

E-MAIL:

nicole@theanandacenter.org

We're on the Web!

Visit us at:

www.theanandacenter.org

Visit the website frequently for updates on workshops and other exciting activities coming to Ananda.

Calling all Musicians, Artists, Dancers, and Actors!

Would you like to teach a class or workshop at The Ananda Center?

Support the arts in the community, set your own fees, adult and youth classes welcome!

The Ananda Center invites you to join our registry of local artists for booking, networking, collaboration, and learning.

If you would like to be included in The Ananda Center Registry, email your bio and contact information to Nicole Garlando Berens at:

Nicole@theanandacenter.org.

Special Events Coming to Ananda



Saturday, April 28 2-4 PM

African Drumming Workshop

Ananda is pleased to bring you African Drummer and Dancer **Sogbety Diomande** from the Ivory Coast.

Sogbety will be teaching an African Drumming Workshop on the 2nd floor at the Lincoln Theatre.

All are welcome, **Cost is \$10**. If you have your own djembe, bring it with you!

Friday and Saturday, June 8th and 9th

Massillon Relay for Life

The Ananda Center joins the Hunter's Team in the fight against Cancer.

Everyone has a reason to Relay; join us at Paul Brown Tiger Stadium June 8 & 9.

Coming July 28th, ARTSYCUS



Local Artists of all genres come together for ARTSYRCUS, the Ananda Center's annual circus-themed art gallery and stage production.

Held at the Massillon Middle School, local artists will display and sell their work in the Art Gallery with small performances of music, dance, theatre, or performance every ½ an hour. We will end the

evening with a Big Stage Production at 7:00 PM.

This year's event will be extra special with the involvement of Massillon City School students. Students will have the opportunity to participate as interns, street teams and theme selection. Because of our community involvement, Arts in Stark has generously awarded The Ananda Center a grant for

\$4,000 especially for ARTSYRCUS 2007.

Auditions will be held on the second floor of the Lincoln Theatre Friday, May 11; 4 – 9 PM and Saturday, May 12; 12-6 PM. Check the website for details or call Nicole at (330) 327-5482 for more information. For a sneak peak of ARTSYRCUS, visit www.myspace.com/artsyrcus.

Don't Miss the Raja Group Belly Dance Hafla!

**Saturday, April 28
5-8 PM**

**Massillon YMCA
Gymnasium**

Are you interested in Belly Dance? Join The Ananda Center's own, Irene Gray and The Raja Group for

The Raja Group Belly Dance Hafla Saturday, April 28 from 5 – 8 PM at the Massillon YMCA Gymnasium.

Guest will be treated to belly dancing, a 50/50 drawing (winner will be called) and a lot of fun.

See something you like? – Dance wear will be on hand to purchase.

Food and Drinks will also be available to purchase.

Admission is \$5.00 per person, no children under 5, please.