

Even More Moab Events

Oct 18 Back of Beyond Bookstore Author Event- 7pm at Star Hall, 159 E. Center. Join Utah & Colorado writers Craig Childs, Zak Podmore, & Amy Irvine in discussion about defending the beloved & contentious landscapes of the modern American West through art, conversation, personal/political action, and beyond. For info: 435-259-5154

Oct 19 Castle Valley Gourd Festival- bring the family to see & buy gourd art, tractor parade, kids' tent, adult hands-on gourd decoration. Bring a dish to share at the potluck. Puppet show & face painting plus silent auction. Free admission. Starts at 10am with parade at 11am; closing by 3pm. Please, no dogs. For info: gourdfestival.blogspot.com.

Oct 21 Canyon Country Discovery Center- Uranus 7-8pm. Come learn about the furthest planet in our solar system. For info: 435-587-2156. See ad pg

Oct 24-27 Moab Ho Down- Come celebrate the sport of mountain biking. Event is 100% non-profit & benefits the Moab Bike Park. Bike Riding, Enduro Racing, Jump Jamming, Partying, & Bike Movie Watching! Sign up early to make sure you get a spot. Presented by the Chile Pepper Bike Shop. For info: moabhodown.com

Oct 27 Day of the Dead or Festival del Día de Muertos is a deeply meaningful celebration of life which honors the spirits of loved ones who have passed away. Per some people's cultural beliefs, it is when those spirits return to earth to visit the living. MVMC's festival falls on the Sunday closest to the actual holiday (Nov. 1 and 2) & features brightly decorated altars as well as a kid tent, traditional Latin cuisine, live mariachi, & folk art galore. Starts at 10am at Moab Valley Multicultural Center.

Oct 27- Nov 1 Moab Folk Camp- experience a community of music & song in the spectacular red rock country of southeastern Utah. We offer a supportive environment where adults can experience the joy of making music & learning new skills in a caring environment. Songwriting • Beginning Guitar • Blues Guitar • Banjo • Voice • Glee Club • Ukulele • Mandolin • Intermediate Blues Guitar • Swing Guitar. Music Theory • Survival bass • Band Lab • Outdoor Art • and more! For more info visit moabfolkcamp.com or call 603-731-3240.

Oct 31 Pop Up Roller Rink! 6-9pm at the Old Spanish Trail Pavilion, 3641 S. Highway 191. FREE for locals on final Fridays of the month! Out-of-towners, just \$5 for a skate rental. Disco ball? Check. Dance Music? Check. Classic suede rental skates & roller blades? We've got those too! (Bring your own skates if you got 'em). Skate mate walkers & instruction available. Follow Skate Moab on social media to learn more. This is an all-ages, family-friendly event in collaboration with the annual Trunk-or-Treat.

Oct 31 Trunk or Treat- 4pm to 7pm at the Old Spanish Trail Arena, 3641 S. Hwy. 191. Sponsored by the Family Support Center at The Christmas Box House. If you would like to donate or sponsor a trunk call 435-259-1658

"West Meets East"

Sheng Zhen Moab certified teachers, Lisa De Rees and Don Leathers are invited to demonstrate Sheng Zhen Meditation at the Fourth World Tai Chi Cultural Tourism Festival in Sanya, south China's Hainan Province, October 26 -30th, 2019, with the guest of honor Master Li Jun Feng, world renown martial arts coach.

Master Li achieved international fame as a popular film actor, action director, and head coach of the Beijing Wushu team in China. At the height of his career his success brought him in contact with a spiritual master who taught him a simple but profound meditation technique called the Union of Three Hearts. His meditation practice, like Qi Gong, subsequently led him to life-changing events that planted the seeds of Sheng Zhen Meditation in his heart. In order to share this meditation process, Master Li traveled from China in 1991 to teach a message of unconditional love throughout the world for self-healing.

Master Li's invitation to his home of origin to demonstrate Sheng Zhen to China and the world, is a testament to the purity of the practice and its deep-rooted cultural influence at home and beyond. Certified Sheng Zhen Teachers from around the world have been invited to demonstrate the self-healing forms with Master Li with hopes of China recognizing its value and merit. Over 14 countries will be represented and Moab will have two teachers attending.

Both Lisa and Don have been practicing Sheng Zhen together since 1998. Don was first certified in 2001 and Lisa's certification followed in 2006, both renewing their certifications every other year. The Sheng Zhen practice is great for the physical and emotional body, while unknowingly the body naturally heals from a broken heart, with this moving and non moving meditation.



Sanya and Nanshan Mountain hosted the First World Tai Chi and Health Conference 18 years ago. This pioneering event demonstrated the strength and healing benefits of Tai Chi, to the international community, a form of traditional martial arts.

At the preliminaries during the festival, Tai Chi masters from across China will challenge each other at rings set up in the scenic areas. The top two from each preliminary event will compete with winners of this year's national and international Tai

Chi competitions.

Lisa and Don will host additional classes by donation, between September 10th and October 22nd to help cover transportation costs for this rare opportunity to attend, when the west meets the east.

Watch for a new schedule of Sheng Meditation Classes or call to schedule a well-being class for your organization!

Sheng Zhen Moab 435-260-9678 or email: Lisaderees@gmail.com

MOAB PRIDE FESTIVAL

SEPTEMBER 25 - 28, 2019

CELEBRATING 50 YEARS OF STONEWALL

ALASKA IS A DRAG WEDNESDAY, 6:30PM
A FREE FILM SCREENING @ STAR HALL

WORKSHOPS! THURSDAY & FRIDAY
@ THE MARC

SPIT LOVE! FRIDAY, 6PM
A QUEER POETRY SLAM @ STAR HALL

ORANGE PARTY! FRIDAY, 9PM
@ WOODY'S

VISIBILITY MARCH! SATURDAY, 1PM
@ SWANNY PARK

GAY-LA! SATURDAY, 12:30-5PM
@ SWANNY PARK

MOTH CLOSET SATURDAY, 8PM
@ THE MARC



MOAB SHOWDOWN

49 HOUR
SHORT FILM
COMPETITION

The Moab to Monument Valley Film Commission's
70th Anniversary

49-hour Short Film Competition

Join us in historic Moab, UT!

ROUND UP YOUR POSSE

AND WE'LL SEE YOU AT THE SHOWDOWN!

November 7 - November 10, 2019

Sign up for updates

www.filmmoab.com/moabshowdown

Team registration begins September 2019

