

# August 2009

## THIS IS SPIRITUALITY

Meditation, among other practices, has contributed to an increased interest in “workplace spirituality.” Sarah teaches meditation techniques to people from all walks of life, including corporate professionals, either by traveling to their location or hosting them at her Sedona, Arizona, home. Participants report benefits of better self-esteem, higher levels of focus, and greater peace of mind.

- |    |  |    |  |
|----|--|----|--|
| 1  | Confederation Day<br>- SWITZERLAND, Emancipation Day<br>TRINIDAD & TOBAGO, Lughnasadh (or Lammas Day)<br>CELTIC, PAGAN | 15 | ✓ Assumption of the Virgin Mary<br>CHRISTIAN Brazzaville<br>CONGO, Independence Day<br>INDIA<br>✓ Korea Liberation Day, NORTH<br>AND SOUTH KOREA |
| 2  | Illinden (or National Day)<br>MACEDONIA  | 16 | Restoration of the Republic<br>DOMINICAN REPUBLIC  |
| 3  | ✓ Independence Day JAMICA,<br>NIGER, Summer Bank Holiday,<br>IRELAND, REPUBLIC OF<br>✓ Verslunamannaheigi ICELAND      | 17 | Proklamasi Kermerdekaan<br>INDONESIA   |
| 4  | 🍎 Shab-e-Barat (sundown)<br>ISLAMIC  | 21 | ✓ 🍎 Ramadan (sundown)<br>ISLAMIC   |
| 5  | 🍎 Independence Day BURINA<br>FASO, Shab-e-Barat, ISLAMIC   | 22 | ✓ 🍎 * Ramadan ISLAMIC  |
| 6  | Independence Day BOLIVIA   | 23 | Ganesh Chaturthi HINDU   |
| 9  | National Day SINGAPORE   | 24 | Independence Day UKRAINE   |
| 10 | Independence Day ECUADOR   | 25 | Independence Day URUGUAY   |
| 11 | Independence Day CHAD  | 26 | Women’s Equality Day U.S.  |
| 13 | Independence Day CENTRAL<br>AFRICA REPUBLIC,<br>* O-Bon JAPAN  | 27 | Independence Day MOLDOVA   |
| 14 | 🍎 Independence Day PAKISTAN,<br>Janmashtami HINDU, V-J Day<br>U.S.   | 30 | Victory Day TURKEY   |
|    |  | 31 | ✓ Independence Day TRINIDAD<br>& TOBAGO Merdeka (Freedom)<br>Day MALAYSIA Solidarity Day<br>POLAND, Summer Bank<br>Holiday U.K.                  |

- ✓ Scheduled Consideration
- \* U.S. Federal Holiday
- 🍎 Dietary Consideration
- \* Multiple Days