

ATL
Aug 2018

CALENDAR OF EVENTS

WEDNESDAY, AUGUST 1

Transmission Meditation – 7:30pm. Do you want to help the world but don't know how? A potent, simple meditation requiring no previous experience. Introductory talk followed by meditation. Free. Sponsored by Share International USA Southeast Region. Friends House, 701 W Howard Ave, Decatur. 404-680-7423. Info-se@share-international.us. Share-International.us/se/upcoming_events.

FRIDAY, AUGUST 3

Sustainable Atlanta Roundtable – 7:30-9am. Seeks to engage metro Atlanta professionals, policy makers, and concerned citizens in an ongoing dialogue regarding sustainable development issues. Southface, 241 Pine St NE, Atlanta. Southface.org.

SATURDAY, AUGUST 4

Restorative Muscle Techniques: Lower Body – Aug 4-5. 10am-7pm, Sat; 10am-3pm, Sun. Learn and understand how to gently and simply restore muscle balance, whether not firing properly or responding in excess, bringing the body into balance. Heal Center Atlanta, 270 Carpenter Dr, Ste 500, Sandy Springs. 404-307-0004. HealCenterAtlanta.com.

Mindfulness Meditation – 11am-12pm. Join us for a guided meditation as we develop our mindfulness practice by maintaining a moment-to-moment relaxed awareness of our surrounding environment, bodily sensations, thoughts and emotions. All levels. The Open Mind Center, 1575 Old Alabama Rd, Ste 213, Roswell. 678-243-5074. TheOpenMindCenter.com.

SUNDAY, AUGUST 5

Summer Adventures Day – 12-4pm. Features our favorite activities of our previously popular Water Day and Outdoor Skills Day. Join us to celebrate the end of summer. Included with General Admission, free/members. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

MONDAY, AUGUST 6

Living Foods Institute Healthy Lifestyle Programs – Aug 6-20. 9am-4pm. 1-, 5-, 10-, 15- & 30-day programs as well as 5 Super Detox Day options available. Hands-on training in the raw and living foods recipe preparation, emotional and mental healing, cleansing and detoxification and more. Fee according to package selected; some scholarships available. Living Foods Institute, 1700 Commerce Dr, Atlanta. 404-524-4488. LivingFoodsInstitute.com.

TUESDAY, AUGUST 7

Organic Peanut Field Day – 8-10am. Learn about weed control in an organic peanut system. See an electric weeder demonstration. Connect with other interested organic growers and stakeholders. Free. Clark & Sons Organics, 526 Clark Farm Rd, Twin City. RSVP, Perri: 678-702-0400 or Perri@GeorgiaOrganics.org.

THURSDAY, AUGUST 9

Change Your Interiors, Change Your Life with Feng Shui – 6:30-8:30pm. With Roberta Grant. Join this informative, interactive and fun workshop to learn about the history, principles, bagua map, five elements, chi' enhancers, clutter clearing, and much more. \$25. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. Register: PhoenixAndDragon.com.

Open Poetry Reading – 7:30-8:30pm. The first 10 poets to sign up in advance by contacting ruth.windham@gmail.com may read for up to 5 mins. Free refreshments, parking and admission. Callanwolde Fine Arts Center, 980 Briarcliff Rd NE, Atlanta. 404-872-5338. Callanwolde.org.

FRIDAY, AUGUST 10

Intrepid Self: Entering the Beginning of Reconstruction 2018 – 7-9:30pm. With Marilyn DuMont. Progression movement of planets in this time tells of great ending of cycles. Come talk about how to tap in to your potential for a new path. \$15. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. Register: PhoenixAndDragon.com.

SATURDAY, AUGUST 11

Balancing the Shoulder Girdle: Injury Prevention and Rehab – Aug 11-12. 10am-7pm, Sat; 10am-3pm, Sun. Learn the anatomy of the shoulder girdle, assessment for muscular imbalances, rotator cuff orthopedic tests and a massage protocol for balancing the shoulder girdle. Heal Center Atlanta, 270 Carpenter Dr, Ste 500, Sandy Springs. 404-307-0004. HealCenterAtlanta.com.

WEDNESDAY, AUGUST 15

Sound Bath – 7-8pm. With Danielle Hall. The sounds interact powerfully with our bodies, cleansing and rejuvenating us at the deepest cellular levels; physically, emotionally, mentally and spiritually. Blocks and tensions are washed away. The Center for Love and Light, 1145 Zonolite Rd, Ste 10, Atlanta. More info & to register: WithLoveAndLight.com.

SUNDAY, AUGUST 19

Raw & Living Foods Banquet Feast & Graduation Party – 3:30pm. Delicious organic raw and living foods buffet and testimonies from students who have completed the Healthy Lifestyle Course. Open to the public. \$5-\$10 donation appreciated. Living Foods Institute, 1700 Commerce Dr, Atlanta. For reservations: 404-524-4488. LivingFoodsInstitute.com.

MONDAY, AUGUST 20

Raw & Living Foods Educational Seminar & Recipe Demonstration – 7pm. Learn how to reverse and slow aging, heal disease, increase energy, reach ideal weight and more. Enjoy recipe demo and taste delicious recipes. Get all your questions answered. Open to the public. \$5-\$10 donation appreciated. Living Foods Institute, 1700 Commerce Dr, Atlanta. Call & leave name & number in your party for reservations: 404-524-4488. LivingFoodsInstitute.com.

WEDNESDAY, AUGUST 22

Intro to Mastering Radical Self-Love and Forgiveness – 7-8:30pm. With Essence Turner. If you're ready to learn how to let go and forgive so you can love yourself more and be happy then this intro workshop is for you. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. Register: PhoenixAndDragon.com.

THURSDAY, AUGUST 23

The Nature Club Dine and Discover – 7-9pm. Join Sam Landis and Cornelia Cho of the Mushroom Club of Georgia as they introduce participants to multitudes of different fungi, their environments, their uses and their beauty. \$10/general public, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

SATURDAY, AUGUST 25

The Grand Columbus Whitewater Paddle – Record breaking whitewater rafting, zip-lining, live music and more. Columbus. More info: GeorgiaConservancy.org.

4th Annual Veggie Connection Event – 10am-4pm. Plant-based food, vendors, speakers, entertainment and more. \$5. 200 Village Green Cir SE, Smyrna. TheVeggieConnection@outlook.com. Tickets: TheVeggieConnectionGA4.eventbrite.com, TheVeggieConnection.com.

The Reappearance of the Christ – 2pm. The World Teacher, the Christ, Maitreya, is now in the modern world and is set to reappear to humanity. Join us for a video presentation featuring the late Benjamin Creme as he discusses the most momentous event in human history. Sponsored by Share International USA Southeast Region. Free. Smyrna Branch Library, 100 Village Green Cir SE, Smyrna. 404-680-7423. Info-se@share-international.us. Share-International.us/se/upcoming_events.

SUNDAY, AUGUST 26

Healthy Living Day – 1-5pm. Kids and adults can participate in a variety of free activities such as arts & crafts, dance classes, and healthy living seminars. Fun door prizes and a healthy living book fair. Free. Atlanta Ballet's Michael C. Carlos Dance Centre, 1695 Marietta Blvd NW, Atlanta. More info: AtlantaBallet.com.

Full Moon Ceremony – 5-5:30pm. With Maxine Taylor. Join us each month when the moon is full, for a simple and powerful ceremony in the Phoenix and Dragon Garden (weather permitting). Bring a list of intentions on how and where you would like your efforts to bear fruit in the next 2 weeks. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. Register: PhoenixAndDragon.com.

MONDAY, AUGUST 27

Transmission Meditation – 7:30pm. Do you want to help the world but don't know how? A potent, simple meditation requiring no previous experience. Introductory talk followed by meditation. Free. Sponsored by Share International USA Southeast Region. Phoenix & Dragon Annex (Clifford Steele Bldg), 5505 Roswell Rd, Atlanta. 404-680-7423. Info-se@share-international.us. Share-International.us/se/upcoming_events.

FRIDAY, AUGUST 31

Dragonfly Experience Women's Retreat: The Art of Letting Go – Aug 31-Sept 3, Dahlenega Spa Resort. Come and join like-minded women for this personal and spiritual retreat. We focus on deep inner work fusing in yoga, energy work, mediation to create lasting transformation. 919-523-8502, FeliciaGrant.com.

SATURDAY, SEPTEMBER 15

Touch for Health Hands-On Class – Sept 15-16. 9am-5pm. Learn the basics of Touch for Health including muscle tests for the 14 primary meridians and touch techniques to balance the body's energies for optimal health. TFH classes may qualify for CEs. Heal Center Atlanta, 270 Carpenter Dr, Ste 500, Sandy Springs. For info: 770-992-3914, Info@etouchforhealth.com, etouchforhealth.com.