

**ATL**  
**July 2018**

## **CALENDAR OF EVENTS**

### **SUNDAY, JULY 1**

**Free Yoga at Piedmont Park** – 1-2pm. Join RacQuel of YungYogi and POISE, Incorporated as she takes you on a journey through an invigorating yoga practice. All levels. The Meadow at Piedmont Park, Charles Allen Dr NE, Atlanta. [Tinyurl.com/y7k9w5es](http://Tinyurl.com/y7k9w5es).

### **MONDAY, JULY 2**

**Living Foods Institute Healthy Lifestyle Programs** – July 2-16. 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](http://LivingFoodsInstitute.com).

### **WEDNESDAY, JULY 11**

**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](mailto:Info-se@share-international.us). [Share-International.us/se/upcoming\\_events](http://Share-International.us/se/upcoming_events).

### **THURSDAY, JULY 12**

**Change Your Interiors, Change Your Life with Feng Shui** – 6-8pm. 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](http://PhoenixAndDragon.com).

**Open Poetry Reading** – 7:30-8:30pm. The first 10 poets to sign up in advance by contacting [ruth.windham@gmail.com](mailto: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](http://Callanwolde.org).

### **SATURDAY, JULY 14**

**Health and Wellness Reggae Musik Festival** – 12-9pm. A fresh, motivating, and exciting festival that will showcase arts and crafts activities, healthcare presenters, poets, dancers, live reggae music and much more. \$10. The Wren's Nest, 1050 Ralph David Abernathy Blvd, Atlanta.

### **SUNDAY, JULY 15**

**10th Annual Attack of the Killer Tomato Festival** – 1-5pm. A benefit for Georgia Organics. Enjoy tomato-based treats from dozens of chefs and mixologists and live music. Westside Provisions District, 1100-1210 Howell Mill Rd, Atlanta. [KillerTomatoFest.com](http://KillerTomatoFest.com).

**Old is Not a Four Letter Word** – 1-2:30pm. With Gail Fore. Take part in this discussion designed to bring joy to growing old with conscious intention. A supportive environment to create change, starting with valuing ourselves. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. Register: [PhoenixAndDragon.com](http://PhoenixAndDragon.com).

**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](http://LivingFoodsInstitute.com).

## **MONDAY, JULY 16**

**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](http://LivingFoodsInstitute.com).

## **THURSDAY, JULY 19**

**Aromatherapy Certification Begins** – 10am-1pm or 7-10pm. A 16-wk Certification Course with Roz Zollinger, certified Aromatherapist and Instructor. Learn key elements of this increasingly popular natural therapy. A fascinating world of essential oils together with their wide-ranging therapeutic benefits. Course designed to introduce to the novice all the key elements of this increasingly popular natural therapy. Heal Center Atlanta, 270 Carpenter Dr, Ste 500, Sandy Springs. 404-307-0004. [HealCenterAtlanta.com](http://HealCenterAtlanta.com).

**Compassionate and Effective Communication** – 6:30-8:30pm. With Sonali. Learn to hone and practice your empathy, deep listening, clean expression, and authentic sharing skills using empowering language that is both healing and supportive to building intimacy and connection. \$15. The Center for Love and Light, 1145 Zonolite Rd, Ste 10, Atlanta. [WithLoveAndLight.com](http://WithLoveAndLight.com).

## **SATURDAY, JULY 21**

**Etowah River Day Paddle** – Join the Georgia Conservancy and Coosa River Basin Initiative (CRBI) for a day paddle on the beautiful Lower Etowah River. Beginning in the town of Euharlee, located between Rome and Cartersville, the 9-mile paddle is perfect for a relaxing summertime exploration of North Georgia's Etowah. More info: [GeorgiaConservancy.org](http://GeorgiaConservancy.org).

## **MONDAY, JULY 23**

**Shaman Sound Series: Gongs** – 7-9:30pm. With Don Simmons. Open to all levels of education and awareness. There is power in the smallest of sounds when it comes from a gong. When played properly, the body, mind and spirit come alive with health, vitality and ancient wisdom. \$30. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. Register: PhoenixAndDragon.com.

## **TUESDAY, JULY 24**

**Reflexology Certification** – 10am-1pm. A 14-wk Certification Course with Roz Zollinger, Certified Reflexologist and Instructor. Based on Roz Zollinger's BodySystems Method of Reflexology. A comprehensive training program designed to provide all the necessary skills and knowledge to practice this established and popular natural healing art. Heal Center, 270 Carpenter Dr, Ste 500, Sandy Springs. 404-307-0004. HealCenterAtlanta.com.

## **THURSDAY, JULY 26**

**Wisdom and Healing Through Shamanic Journeys** – 7-8:30pm. With Vicki Evans. No experience with shamanic journeying is needed to come and participate in the group. All are welcome. \$15. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. Register: PhoenixAndDragon.com.

**The Nature Club Dine and Discover** – 7-9pm. Topic: The Cleanup Response to the Deepwater Horizon Oil Spill. The case has been settled and Mark Ray of Ray Ecological Applications can now share his experience as well as some briefing maps and documents from the 2011 disaster. . \$10/general public, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: [ChattNatureCenter.org](http://ChattNatureCenter.org).

**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](mailto:Info-se@share-international.us). [Share-International.us/se/upcoming\\_events](http://Share-International.us/se/upcoming_events).

## **SATURDAY, JULY 28**

**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. Peachtree Branch Library, 1315 Peachtree St NE, Atlanta. 404-680-7423. [Info-se@share-international.us](mailto:Info-se@share-international.us). [Share-International.us/se/upcoming\\_events](http://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.