

## CALENDAR OF EVENTS

### MONDAY, OCTOBER 1

**Living Foods Institute Healthy Lifestyle Programs** – Oct 1-15. 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, OCTOBER 3

**Share International Exhibit** – 12-5pm. Featuring information surrounding the imminent return to the world of the World Teacher, The Christ, Maitreya, including historical background, Ageless Wisdom teaching, miracles and more. The most momentous event in human history is about to occur. Free. Sponsored by Share International USA Southeast Region. Phoenix & Dragon (inside the bookstore), 5531 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).

**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).

### FRIDAY, OCTOBER 5

**Sustainable Atlanta Roundtable** – 7:30-9am. Topic: Voting for the Future of Recreation in Georgia. Georgians have long sought a dedicated funding source for conservation land acquisition, and voters will finally have a chance to make their voices heard this November. Southface Campus, Home Depot Foundation Training Center, 241 Pine St NE Atlanta. More info: [Southface.org](http://Southface.org).

**Atlanta International Night Market** – Oct 5-7. 5pm-12am, Fri & Sat; 12-9pm, Sun. Family-friendly event celebrates diversity, culture, cuisine and community. Open-air night market featuring independent vendors selling art, food and drink, and featuring music and cultural performances on multiple stages. North Point Mall, 1000 North Point Cir, Alpharetta. [AtlNightMarket.org](http://AtlNightMarket.org).

### TUESDAY, OCTOBER 9

**Growing Your Spiritual Business** – 7-8:30pm. With Erin Newman. This group is for those who are looking to start or grow a business of any kind, with special emphasis on spiritual entrepreneurs; light-workers, healers, body workers, coaches, shamans. \$10. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. Register: [PhoenixAndDragon.com](http://PhoenixAndDragon.com).

## **THURSDAY, OCTOBER 11**

**Conscious Communication Workshop** – 6:30-8:30pm. With Sonali Sadequee. Learn to hone your empathy, deep listening, and authentic sharing skills using empowering language that is healing and supportive. Build intimacy, trust, connection and navigate challenging conversations. \$15 suggested donation. Center for Love & Light, 1145 Zonolite Rd NE, Ste 10, Atlanta. Sustainable-Wellness.com.

## **SATURDAY, OCTOBER 13**

**Muscle Testing for Massage Therapists: Level II** – Oct 13-14. 9am-6pm, Sat; 9am-1pm, Sun. An opportunity to review and refine your muscle testing skills, as well as expanding your treatment options for pain relief and muscle balancing. Also explores the relationship between muscles and the body systems. Heal Center, 270 Carpenter Dr, Ste 500, Sandy Springs. 404-307-0004. HealCenterAtlanta.com.

**Chakra Meditation** – 6-7pm. With Frank Badia. This monthly meditation offers a wonderful opportunity to journey through and open up each one of your chakras. All levels of meditators welcome. Chairs & cushions provided. Every 2nd Sat. \$10. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. Register: PhoenixAndDragon.com.

## **SUNDAY, OCTOBER 14**

**Harvest on the 'Hooch** – 1-4pm. A unique Farm to Table Garden Fest complete with tastings prepared by our favorite local restaurants and caterers. Enjoy samplings of local craft beers and wine, bluegrass music, games, alpacas and other surprise farm guests. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. ChattNatureCenter.org.

**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, OCTOBER 15**

**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, OCTOBER 17**

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

## **FRIDAY, OCTOBER 19**

**Sapelo Island Service Weekend** – Oct 19-21. Join the Georgia Conservancy for a weekend on Sapelo Island that combines natural beauty, outdoor recreation, African-American cultural heritage and service work. More info: [GeorgiaConservancy.org](http://GeorgiaConservancy.org).

## **SATURDAY, OCTOBER 20**

**Greener Good Day at Collier Park** – 9am-12pm. This is a family-friendly volunteer event with opportunities for all ages. Costumes encouraged to get into the Halloween spirit. Collier Heights Park, Bolton Rd & Collier Dr, Atlanta. [ParkPride.org](http://ParkPride.org).

**Faerie House Making** – 10am-12pm. With Candace Apple. Entice the faeries into your world with a mystical, magical faerie cottage. Children are welcome with an accompanying adult. Hot glue guns are involved. Please mention parent/child combo at the time of registration. \$35. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. Register: [PhoenixAndDragon.com](http://PhoenixAndDragon.com).

**Alive! Festival** – 10am-6pm. A community family festival featuring local vendors, an artist market, live music, food, a family fun zone with activities for children of all ages and everyone's favorite, Taste of BBQ. Suwanee Town Center Park, 330 Town Center Ave, Suwanee.

## **WEDNESDAY, OCTOBER 24**

**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).

## **THURSDAY, OCTOBER 25**

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

**The Nature Club Dine and Discover** – 7-9pm. Topic: Hidden Waterfalls and Lesser Known Hikes in Georgia. Mark Oleg Ozboyd has discovered and documented 4 waterfalls during his exploration of the Appalachians. \$10/general public, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: [ChattNatureCenter.org](http://ChattNatureCenter.org).

**Women in Leadership: Developing Emotional Intelligence** – 7:15-8:45pm. Topic: Presenter: Roberta Attanasio, professor, Georgia State University. Emotional intelligence is a key driver of meaningful interpersonal relationships and effective leadership. Copper Coin Coffee, 400 Chambers St, Woodstock. More info & register: [GreenCS.org](http://GreenCS.org).

## **SATURDAY, OCTOBER 27**

**Sound Journey** – 11:30am-12:30pm. Attain the deep relaxation and inner peace that meditation provides while receiving the benefits of sound healing. Incorporates Tibetan singing bowls, wind chimes, wind gongs, and rain-sticks, along with some spoken word or guided meditation. The Open Mind Center, 1575 Old Alabama Rd, Ste 213, Roswell. 678-243-5074. [TheOpenMindCenter.com](http://TheOpenMindCenter.com).

## **SUNDAY, OCTOBER 28**

**Raw & Living Foods Holiday Recipe & Staying Healthy Workshop** – 1-6pm. Learn new holiday and party recipes and how to stay healthy during the holidays and all year long with good nutrition, herbs essential oils and superfoods. Over \$7,000 in raffle prizes will be given away. \$90/advance, \$120/at door. \$25 special price when you use the code NA1018 and pre-register by Oct 15 + bring a friend with you for free. Living Foods Institute, 1700 Commerce Dr, Atlanta. For reservations: 404-524-4488. [LivingFoodsInstitute.com](http://LivingFoodsInstitute.com).

## **PLAN AHEAD**

## **TUESDAY, NOVEMBER 6**

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

## **FRIDAY, DECEMBER 7**

**A Winter Weekend Retreat at Elohee Center in the N GA Mountains** – Dec 7-9. Joy is not something we create; it is already here! Come to relax and remember with mindfulness practices, forest bathing, silence, yoga nidra meditation and restorative yoga. More info, Linda L. Davis, MSW: 706-878-0036 or [LindaLDavis.net/retreats](http://LindaLDavis.net/retreats).