

CALENDAR OF EVENTS

TUESDAY, JANUARY 1

New Year Mantra Meditation – 11am-12pm. In this guided practice, use gentle stretches and breathing exercises to awaken your body, followed by group chanting and singing of yogic mantras and sacred sounds to release your mind. Free. Pure Motion Yoga, 1174-B Zonolite Pl NE, Atlanta. 678-777-6827. PureMotionYoga.com.

FRIDAY, JANUARY 4

An Expression of Love: Book Signing & Talk with Laura Phoenix Power – 7-8:30pm. Whether it's divorce or separation, all couples who have kids and are breaking apart face similar challenges. This book will help with those challenging moments by providing a framework of language based on compassion and respect. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

SUNDAY, JANUARY 6

The White Stone Ceremony – 9-10am & 11:15am-12:30pm. Claim your freedom, accept your true nature and be blessed by this ancient ritual of empowerment. Unity North Atlanta, 4255 Sandy Plains Rd, Marietta. 678-819-9100. UnityNorth.org.

Burning Bowl and White Stone Ceremony – 10-11:30am. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Ste A, Atlanta. 404-417-0008. SLC-Atlanta.org.

Vision Board for 2019 – 10am-12pm. With Candace Apple. Join in on the fun to envision the energy of 2019 and create a visual image of pictures on poster board to set the intention and move the energy out into the Universe for manifestation. Bring magazines or other materials to use in your personal vision board. Free. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

MONDAY, JANUARY 7

Living Foods Institute Healthy Lifestyle Programs – Jan 7-21. 9am-4pm. 1-, 5-, 10-, 15- & 30-day programs as well as Super Detox Days. Hands-on training in the raw and living foods recipe preparation, emotional/mental healing, cleansing/detoxification and more. Fee according to package; some scholarships available. Living Foods Institute, 1700 Commerce Dr, Atlanta. 404-524-4488. LivingFoodsInstitute.com.

WEDNESDAY, JANUARY 9

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.

THURSDAY, JANUARY 10

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.

FRIDAY, JANUARY 11

3-Day Whole Health Reboot – Jan 11-13. Detox, lose weight and get your life back. Includes classes, spa therapies (up to 4 daily), and all nutrients (organic, raw, vegan). Mention *Natural Awakenings* for special pricing. Living Foods Institute, 1700 Commerce Dr, Atlanta. 404-524-4488. LivingFoodsInstitute.com.

SATURDAY, JANUARY 12

Reiki Level One – 10am-3pm. With Susan Rushing. Learn the art of energy healing in the traditional Usui Shiki Ryoho and Essential Reiki methods with Traditional and Essential Reiki Master Susan Rushing. Limited to 8 students. \$150. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. Register: PhoenixAndDragon.com.

SATURDAY, JANUARY 19

Family Meditation – 12:15-12:45pm. Children learn by example and having the whole family involved in meditation can help build a strong foundation and a deep sense of connection to our thoughts, feelings, and emotions. \$5. Open Mind Center, 1575 Old Alabama Rd, Ste 213, Roswell. 678-243-5074. TheOpenMindCenter.com.

SUNDAY, JANUARY 20

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.

Free Introduction to The Shamanic Path to Awakened Living – 7-9:30pm. With Don Simmons. Come with a curious mind and experience the Shamanic Path to Awakened Living. Get a glimpse of this highly successful and life altering journey from those who have experienced the class and are now making it a part of their daily lives. Free. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. Reservations required: 404-255-5207 or PhoenixAndDragon.com.

MONDAY, JANUARY 21

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 questions answered. Open to the public. \$5-\$10 donation appreciated. Living Foods Institute, 1700 Commerce Dr, Atlanta. For reservations: 404-524-4488. LivingFoodsInstitute.com.

Transmission Meditation – 7:30pm. A dynamic process that serves the world and is a hothouse of spiritual growth for participants. Groups draw down stupendous cosmic energies so that humanity may absorb them and transform the world. Perfect for beginners or practiced meditators who wish to serve. Sponsored by Share International USA Southeast Region. Free. Phoenix & Dragon Annex, Clifford Steele Building, 5505 Roswell Rd, Atlanta. 404-680-7423. Info-se@share-international.us. Share-International.us/se/upcoming_events.

TUESDAY, JANUARY 22

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.

WEDNESDAY, JANUARY 23

Transmission Meditation – 7:30pm. A dynamic process that serves the world and is a hothouse of spiritual growth for participants. Groups draw down stupendous cosmic energies so that humanity may absorb them and transform the world. Perfect for beginners or practiced meditators who wish to serve. Sponsored by Share International USA Southeast Region. Free. Friends House, 701 W Howard Ave, Decatur. 404-680-7423. Info-se@share-international.us. Share-International.us/se/upcoming_events.

THURSDAY, JANUARY 24

The Nature Club Dine and Discover – 7-9pm. Topic: Pine Snakes. Bryan Hudson will focus on the overall ecology and conservation of Northern Pine Snakes across north Georgia, and how this scales up applying to the species range-wide. \$10/general public, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

SATURDAY, JANUARY 26

Community Health Fair – 10am-2pm. An opportunity for people to access expert help, get useful tips that can inspire them to take the first step towards a better lifestyle, and free health screenings. Free. Exousia Lighthouse International, 2562 Bond St, Lithonia. 404-452-5594. Tinyurl.com/y9x89v3v.

The Reappearance of the Christ – 2pm. In these turbulent times, we all desire peace and harmony for our beleaguered world. Join us for a video presentation featuring the late Benjamin Creme as he discusses the most momentous event in human history which is about to take place, the return of the Christ, Maitreya. Sponsored by Share International USA Southeast Region. Free. East Roswell Library, 2301 Holcomb Bridge Rd, Roswell. 404-680-7423. Info-se@share-international.us. Share-International.us/se/upcoming_events.

SATURDAY, FEBRUARY 2

Hand Reflexology Workshop – Feb 2-3. 10am-5pm. Based on the Zollinger BodySystems Method of Reflexology. A comprehensive weekend seminar designed to offer: study of the basic structure and physiology of the hand and wrist; common problems of the hand and wrist; proficiency in the BodySystems approach; self-help techniques. 12 CEs. Heal Center, 270 Carpenter Dr, Ste 500, Sandy Springs. 404-307-0004. HealCenterAtlanta.com.

Illuminate Savannah – 11am-6pm. Enjoy the finest of local holistic wellness practitioners, products and amazing artisans. Shop, sample and delight your senses. Practitioners offer mini-sessions. Try an intuitive reading. Explore energy-enhancing crystals, essential oils and natural spa products. Find jewelry, gifts and select from beautiful art choices. Admission includes hourly free workshops. Savannah State University, Coastal Georgia Center, 305 Fahm St, Savannah. IlluminateFestivals.com/savannah.