

CALENDAR OF EVENTS

FRIDAY, MARCH 1

Sustainable Atlanta Roundtable – 7:30-9am. Topic: Learning from the Kendeda Living Building. Southface Campus, Home Depot Foundation Training Center, 241 Pine St NE Atlanta. More info: Southface.org.

SATURDAY, MARCH 2

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 practice levels welcome and supported. Open Mind Center, 1575 Old Alabama Rd, Ste 213, Roswell. 678-243-5074. TheOpenMindCenter.com.

Kabbalah/Tarot Monthly Mastermind – 7:30-9pm. With Linda Horton. This monthly gathering is for those, beginner and advanced alike, who want to work with these two ancient paths. Each session will look at particular Kabbalistic energies (with corresponding tarot cards) for the upcoming lunar cycle. \$15. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

MONDAY, MARCH 4

Living Foods Institute Healthy Lifestyle Programs – Mar 4-18. 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, MARCH 6

The Women's Hour – 7-8:30pm. With Andrea Cajuste. Sisters, join us as we gather together in a safe environment to be the best version of ourselves. Engage in thought provoking conversation regarding the challenges that women are facing today. \$10. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

FRIDAY, MARCH 8

ChantLanta Sacred Music Festival – Mar 8-10. A charity benefit for Camp Cadi, a summer camp for young girls traumatized by childhood sexual abuse. A unique and joyous event, celebrating the power of music, service, community, and practice. Free; donations accepted. Church at Ponce & Highland, 1085 Ponce de Leon Ave NE, Atlanta. More info: ChantLanta.org.

26th Annual Organic Growers School Spring Conference – Mar 8-10. For healthy eaters, home growers and farmers of all scales. 150+ practical, affordable, regionally-appropriate

workshops on organic growing, homesteading, farming, permaculture. Trade show, seed exchange, special guests. Mars Hill University, 100 Athletic St, Mars Hill, NC. 828-214-7833. OrganicGrowersSchool.org.

SATURDAY, MARCH 9

Vegan Food Tour at Whole Foods – 11:30am-12:30pm. Learn about plant-based options available including vegan “cheeses,” plant-based “meats” and other options like tempeh, tofu as well as healing probiotic foods. Free. Whole Foods Market, 650 Ponce De Leon Ave NE, Atlanta. Tinyurl.com/ybtnehnc.

SATURDAY, MARCH 16

Volunteer in Jennie Drake Park – 9am-12pm. Projects include clearing harmful invasive plant species (such as ivy and privet) and mulching the trails. Meet in the driveway of 681 Waterford Rd NW, Atlanta. ParkPride.org.

Daffodil Day – 10am-2:30pm. See flowers, shop for plants, hear talks, and take garden walks, with kids’ activities. Free. Historic Oakland Cemetery, 248 Oakland Ave SE, Atlanta. 404-688-2107.

Banff Mountain Film Festival – 7pm. This year’s tour features a collection of the most inspiring and thought-provoking action, environmental and adventure mountain films. Georgia Tech’s Ferst Center for the Arts, 349 Ferst Dr NW, Atlanta. More info: GeorgiaConservancy.org.

SUNDAY, MARCH 17

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, MARCH 18

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.

WEDNESDAY, MARCH 20

Transmission Meditation – 7:30pm. A dynamic process that serves the world and is a hothouse of spiritual growth for participants. 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.

THURSDAY, MARCH 21

Reset & Recenter – 7-8:30pm. With Dr. Tequilla Hill. A great way to end your workday with gentle movements, stretching and deep relaxation. This practice helps to calm your hyper-alert nervous system and bring a sense of calmness to the mind and body. Max of 20 participants. \$10. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

SATURDAY, MARCH 23

Eat Well, Guilt Free, and Enhance the Quality of Your Life – 10-11:30am or 2-3:30pm. What if you could ditch upsetting habits, tap into your internal guidance system, and maintain a healthy, happy weight, naturally? \$10. Keller Williams, Ron Minton Training Center (in back), 3650 Habersham Rd NW, Atlanta. Tinyurl.com/y99hev4d.

WEDNESDAY, MARCH 27

Transmission Meditation – 7:30pm. A dynamic process that serves the world and is a hothouse of spiritual growth for participants. 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, MARCH 28

The Nature Club Dine and Discover – 7-9pm. Monthly potluck and mingle with folks with similar interests. Topic: Bats with Mark Ray. \$10/general public, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

FRIDAY, MARCH 29

Spring Native Plant Sale – Mar 29-30. 10am-5pm. Also Apr 5-6. Over 120 species of plants available, and horticulturists and knowledgeable volunteers on site to help you plant the garden of your dreams. Herbs and veggies for the edible garden and more. Free admission. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

Mirror, Mirror: The Power of Thought and Transformation – 7-8:30pm. Who is the fairest? Often in life we forget that all that we want, need and desire is already within us. Join Psychic Medium Leo Brown, as he takes you on a powerful journey of mental and spiritual insight. Along with several modalities that will empower your life. \$20. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

SATURDAY, MARCH 30

Shamanic Workshop One-Day Intensive: Sacred Healing Tools – 9am-5pm. Expand your spiritual toolkit using methods inspired by Shamanism. Deepen your relations with spirit guides and mend old wounds. Host Gailie Spirit Weaver. \$100/person. Heron House Sanctuary, 102 Russell Rd, Mountain Park. To register: 770-609-5852 or Gailktate@ZevaStudio.com. More info here: ZevaStudio.com.

Nourished Festival – Mar 30-31. 10am-3pm. Sample and purchase products from 100 vendors (formerly Gluten Free & Allergen Friendly Expo). Cobb Galleria Centre, Exhibit Hall D, Two Galleria Pkwy, Atlanta. More info: NourishedFestival.com/expos/atlanta.

The Reappearance of the Christ – 2pm. In these turbulent times, everyone desires peace and harmony. Join us for a video presentation featuring the late Benjamin Creme as he discusses the most momentous event in human history that will change our world forever and which is about to take place - the Reappearance of the Christ, Maitreya. Sponsored by Share International USA Southeast Region. Free. Milton Branch Library, 855 Mayfield Rd, Atlanta. 404-680-7423. Info-se@share-international.us. Share-International.us/se/upcoming_events.

FRIDAY, APRIL 5

Meditation: The Source of Lasting Joy – 8pm. Presented Brother Jayananda, a monk of the Self-Realization Fellowship Monastic Order. Free lecture plus guided meditation. Unity North Atlanta, 4255 Sandy Plains Rd, Marietta. 770-434-7200. SRFAtlanta.org.