

CALENDAR OF EVENTS

WEDNESDAY, MAY 1

Wild Mercy: The Wisdom of the Feminine – 7-8:30pm. With Mirabai Starr. In this gathering we engage in contemplative readings from the mystics, group reflections, evocative writing exercises, inter-spiritual chanting and silent sitting, weaving these luminous elements into a basket of awakened community. \$10. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

SATURDAY, MAY 4

Ogeechee River Day Paddle – Join the Georgia Conservancy for a 12-mile paddle down the beautiful blackwater Ogeechee River from Morgan's Bridge to the Savannah Ogeechee Canal. Richmond Hill. More info: GeorgiaConservancy.org.

International Educator Certification in Ageless Grace – May 4-5. 9am-6pm. Be a part of the movement featured in movie *Your Fantastic Brain* sponsored by GPTV in partnership with Emory Brain Center. Learn how you can help increase healing through neuroplasticity in conditions such as Parkinson's, brain trauma and more. All levels and conditions. \$390. Living Foods Institute, 1700 Commerce Dr, Atlanta. 404-524-4488. LivingFoodsInstitute.com.

Soil Festival 2019 – 1-5pm. Includes a host of exciting opportunities for school gardeners, community gardeners, backyard gardeners, urban farmers, educators, beginning gardeners and children. This year, unveiling a brand new Community Compost Learning Lab. Free. Truly Living Well, Collegetown Farm, 324 Lawton St, SW, Atlanta. FoodWellAlliance.org.

MONDAY, MAY 6

Living Foods Institute Healthy Lifestyle Programs – May 6-20. 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.

FRIDAY, MAY 10

Sustainable Atlanta Roundtable – 7:30-9am. Topic: Attainable Housing and Equitable Neighborhoods. The Gathering Spot, 384 Northyards Blvd NW, Atlanta. Southface.org.

SATURDAY, MAY 11

6th Annual Bicycle Festival – May 11-17. Bike rides, classes, parties and fun for a whole week. Various Atlanta locations. More info: AtlantaCyclingFestival.com.

Westside Tree Talk – 10am-12pm, talk; 12-1pm, guided hike. Learn about the scheduled review and update of the City of Atlanta's Tree Protection Ordinance and how you can help protect your community's trees. Cascade Springs Nature Preserve, 2852 Cascade Rd SW, Atlanta. ParkPride.org.

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. \$150; hold place with a \$50 deposit. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

Tiny House Festival – May 11-12. 10am-6pm. Includes tours of 20+ tiny houses, shipping container homes, school bus homes, a tiny travel area, kid's interactive area, food trucks and more. Atlantic Station, Atlanta. TinyHouseFestival.com.

The Reappearance of the Christ – 2pm. In these chaotic, 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. Sponsored by Share International USA Southeast Region. Free. Peachtree Branch Library, 1315 Peachtree St NE, Atlanta. 404-680-7423. Info-se@share-international.us. Share-International.us/se/upcoming_events.

Rockin' at the River – 6:30-9:30pm. Enjoy an evening of food, music, drinks and dancing on the beautifully lit grounds of the Chattahoochee Nature Center. Live and silent auctions. All proceeds support CNC. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. ChattNatureCenter.org.

SUNDAY, MAY 12

CNC's Mother's Day Special – 12-5pm. Visit the nature center on Mother's Day and moms get in free. Bring a picnic, enjoy our programs, walk the Wildlife Walk or walk the trails. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. ChattNatureCenter.org.

THURSDAY, MAY 16

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.

SATURDAY, MAY 18

Alive! Expo – May 18 & 19. The only Green Living Event in Atlanta and the South East. Interactive demos, live health lectures and kids activities. Learn how to integrate natural products and green living into daily life. \$5/day per car. Cobb Galleria Centre, Two Galleria Pkwy, Atlanta. AliveExpo.com.

SUNDAY, MAY 19

Midtown Garden Stroll – 12-5pm. A self-guided walk through some of Midtown's most impressive private gardens. Free. More info: MidtownAtlanta.org/gardenstroll.

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, MAY 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 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, MAY 22

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](http://Share-International.us/se/upcoming%20events).

THURSDAY, MAY 23

The Nature Club Dine and Discover – 7-9pm. Join author John Thompson, co-founder and chief content officer of the EcoAction Factory, as he explains the seven main human impacts on the planet and his proposed solutions to limit further ecological damage. \$10/general public, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

FRIDAY, MAY 24

Exploring the Magik of Crystals: Book Signing & Talk – 7-8:30pm. With Linda Thomas. This program will serve as an introduction to crystal healing as well as tapping into the magik associated with the stones. How are the crystals and stones able to help us heal? Free. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

SUNDAY, MAY 26

Center for Spiritual Awareness Meditation Seminar – 2-4pm. With Clifford Rosen, New CSA President, and Ron Lindahn, Senior Minister. Practice easily, enjoyably and effectively with prayer, affirmation, breath awareness, mantra, pranayama, analytical contemplation and transcendence. Donation. Atlanta Marriott Century Center Hotel, Continental Room A,B,C, 2000 Century Blvd NE, Atlanta. 706-782-4723. CSA-Davis.org.

Getting Started with Herbal Home Remedies – 4-6pm. With Mary Gleason. Learn the basics of making teas, decoctions, tinctures, glycerites, oils, infused honey, syrups, salves and more. You will make at least one remedy during class to take home. \$50. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. Must register by May 23: 404-255-5207. PhoenixAndDragon.com.

THURSDAY, MAY 30

EarthShare Georgia Celebrates Party – 5-8pm. Evening honors the dedication of our business and environmental communities and includes music, food and beverages. The Roebuck Room at Ponce City Market, 675 Ponce De Leon Ave NE, Atlanta. 404-873-3173. EarthShareGA.org.

***The Book of Help: A Memoir in Remedies* Book Signing** – 7-8:30pm. Join Megan Griswold for a reading and discussion about her new book. *The Book of Help* is a heartbreakingly vulnerable and tragically funny memoir-in-remedies a 6 continent, worldwide quest for self-healing. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

SATURDAY, JUNE 1

Touch for Health Kinesiology Class: Sat. & Sun. 9-5 pm. Learn the basics of Touch for Health including the muscle tests for the 14 primary meridians and touch techniques to balance the body's energies for optimal health. 15 CEs. Heal Center Atlanta. 770-992-3914. www.etchforhealth.com

SATURDAY, JUNE 8

Asheville Angel Pets Conference – 8am-5pm. 45+ vendors specializing in services and products for pets, senior pet care needs, end-of-life, caregiver support, grief healing and other pet supportive topics. Select featured vendor presentations throughout the day. \$5 admission. Renaissance Hotel, 31 Woodfin St, Asheville, NC. AngelPetsExpo.com.