

CALENDAR OF EVENTS

SATURDAY, JUNE 1

National Trails Day on the Atlanta Beltline – 8:45am-12:30pm. REI Atlanta is partnering with Park Pride and the Atlanta Beltline Partnership for a stewardship project on the Atlanta Beltline. More info: ParkPride.org.

Flying Colors Butterfly Festival – June 1-2. 10am-3pm, Sat; 12-5pm, Sun. Live butterfly releases, and encounters. Includes garden and plant tours, live entertainment, face painting and much more. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. ChattNatureCenter.org.

MONDAY, JUNE 3

Living Foods Institute Healthy Lifestyle Programs – June 3-17. 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, JUNE 5

Sound Healing – 6:45-8pm. With Danielle Hall. A sound immersion to help you relieve stress, reduce pain, and deepen your meditation practice. The Center for Love and Light, 1145 Zonolite Rd, Ste 10, Atlanta. More info & to register: WithLoveAndLight.com.

The Women's Hour – 7-8:30pm. With Andrea Cajuste. If you are unsure or know exactly what drives you, come join an intimate women's group discussion. Explore and share your thoughts and inspirations to discover your true feelings. Push beyond your limits and receive the message your higher self is longing for. \$10. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

FRIDAY, JUNE 7

Sustainable Atlanta Roundtable – 7:30-9am. Topic: Female Engineers and Developers. Home Depot Training Center, 241 Pine St NE, Atlanta. Southface.org.

SATURDAY, JUNE 8

Conasauga River Day Snorkel – 8am. Get the chance to experience one of the most biologically-diverse sections of river in North America. Cisco. More info: GeorgiaConservancy.org.

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.

Farms in Living Color Tour – 10am-12pm. Guides participants through urban farms and gardens via the Atlanta BeltLine Westside trail. Engage in a robust conversation on topics such as: farming, gardening, food access, the BeltLine, healthy food, citizen engagement and many more. Free. Fulton County Central Training Facility, 425 Langhorn St SW, Atlanta. Tinyurl.com/y3smmeyn.

Roswell Lavender Festival – 10am-5pm. A celebration of all things lavender and will feature the many varieties, uses and folk remedies associated with this ancient plant. Includes shopping, eating, lavender and plant demonstrations, live music, children's activities, crafts, yoga and meditation, and a return to the Enchanted Fairy Hollow to craft your own fairy house. Barrington Hall, 535 Barrington Dr, Roswell. 770-640-3855. RoswellGov.com.

Using Your Food as Medicine Cooking Demo – 12-2pm. By Dr. Katherine Igah-Phillips and Dr. Natasha Brewley. A cooking demo coupled with education around the medicinal powers associated with plant-based eating. Includes creation of a completely plant-based meal, with a special focus on cooling summertime food. \$8. Mind Body Spirit Wellness Center, 2480 Windy Hill Rd SE, Suite 405, Marietta. Tinyurl.com/y59s2ayq.

1 Minute EFT (Tapping): Miracles Can Happen – 3-4pm. With Terrie Stieferman. What is one thing you would change today if you could? Come expecting healing for your own special needs. Living Foods Institute, 1700 Commerce Dr, Atlanta. 404-524-4488. LivingFoodsInstitute.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. \$10. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

SUNDAY, JUNE 9

Atlanta Streets Alive: Cross-City– 4-8pm. Free entertainment and activities for all ages. Combining our Eastside and Westside routes into one; activating DeKalb Ave and Decatur St all the way to Marietta St and Howell Mill Rd. The City of Decatur will launch its first Open Streets by adding West Howard Ave to the mix, bringing the newest edition to almost 10 miles. AtlantaStreetsAlive.com.

TUESDAY, JUNE 11

ReVive and Thrive – 7-8:30pm. With Christina Alexis. This bi-weekly session has the potential to help transform relationships, inspire action, build self-love and elevate compassion for those participating and for the people they interact with and influence and more. \$10. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

THURSDAY, JUNE 13

Healing Night – 6:45-8:30pm. Varied healing modalities represented. Each healer at The Love & Light Institute will have their own station where they will do their healing work and where guests may sit and observe other sessions (if needed, privacy provided). \$10. The Center for Love and Light, 1145 Zonolite Rd, Ste 10, Atlanta. More info & to register: WithLoveAndLight.com.

SATURDAY, JUNE 15

A Taste of Raw – 9am-1pm. A great way to learn some of our favorite recipes guaranteed to help you feel great. Living Foods Institute, 1700 Commerce Dr, Atlanta. 404-524-4488. LivingFoodsInstitute.com.

Meet Our Team of Experts – 11am-4pm. Doug Wichman, MD, Cleansing and detoxification: what it is, and why we need it. Robert Dallas, PhD, Counseling Psychology: Release anxiety, boost self-esteem and improve relationships. Paula Branson: her incredible story of moving from “permanently disabled” to fully healthy. Living Foods Institute, 1700 Commerce Dr, Atlanta. 404-524-4488. LivingFoodsInstitute.com.

SUNDAY, JUNE 16

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, JUNE 17

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. 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, JUNE 18

Reflexology Certification – 10am-1pm or 7-10pm. 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, JUNE 19

Spiritual House Cleaning – 7-8:30pm. With Jasmine Alexis. Learn about the techniques she uses to remove low energies in the home, as well as keeping it a positive space and share a few pointers on some of the most tedious house cleaning tasks and the importance of decluttering your mind and energy field by maintaining a clean space. Free. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

WEDNESDAY, JUNE 26

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, JUNE 27

The Nature Club Dine and Discover – 7-9pm. Join us as we learn all about Lake Lanier from a park ranger with the U.S. Army Corps of Engineers. \$10/general public, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

FRIDAY, JUNE 28

A Hug from Amma: Mata Amritanandamayi Visiting Atlanta – June 28-29. All day programs. Come experience true compassion and love, listen to spiritual discourses, soul stirring music and being in Amma's divine presence, a world-renowned humanitarian who has hugged 37 million people. Free. Hilton Atlanta, 255 Courtland St NE, Atlanta. 770-609-4860. Click "Meeting Amma": Amma.org.

SATURDAY, JUNE 29

Share International Exhibition – 12-5pm. Join us for an exhibition featuring information on the return of The World Teacher, The Christ, Maitreya. The most momentous event in human history is about to take place. Sponsored by Share International USA Southeast Region. Free. Phoenix & Dragon Bookstore, 5531 Roswell Rd, Atlanta. 404-680-7423. Info-se@share-international.us. Share-International.us/se/upcoming_events.

TUESDAY, JULY 9

Journey Into Awakening – Experience a profound Shift in Consciousness. Intensive for Deep Personal Transformation. Igniting the inward journey for living a more Awakened & Happy life. Taught by Awakened teachers, mystical processes, ancient sacred practices, meditations. Powerful changes to every aspect of life. Life-altering mindset realignment. [journeyintoawakening.events](#). (Scroll down to “GA-Atlanta.”)