

CALENDAR OF EVENTS

FRIDAY, AUGUST 2

Cloudland Canyon Adventure – Aug 2-4pm. A weekend of caving, hiking, camping, live music and all-around outdoor adventure. Dade County. More info: GeorgiaConservancy.org.

Sustainable Atlanta Roundtable – 7:30-9am. Topic: Diversity and Inclusion in Sustainability. Southface Institute, 241 Pine St NE, Atlanta. Southface.org.

SATURDAY, AUGUST 3

Clarity Fitness Summer Experience – 10am. Free outdoor group exercise class. Bring towel, mat, water. 1 W Court Sq, Decatur. Tinyurl.com/yyhgga3a.

SUNDAY, AUGUST 4

Summer Adventures Family Fun Day – 12-4pm. Enjoy crafts, face painting, and games, discover water science and conservation and more. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

MONDAY, AUGUST 5

Living Foods Institute Healthy Lifestyle Programs – Aug 5-19. 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, AUGUST 9

Dirty South Yoga Fest – Aug 9-11. A weekend yoga festival featuring 50 classes + local yoga instructors, vendors, food trucks, wellness brands, spa treatments, energetic work, conscious shopping. The Loudermilk Center, 40 Courtland St NE, Atlanta. DirtySouthYogaFest.com.

SATURDAY, AUGUST 10

Family Night Hike – 8-10pm. Explore the sounds and sights of the forest and wetlands. Listen for the calls of owls, as well as experience an animal encounter and a warm campfire. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

SUNDAY, AUGUST 11

Dirty South Yoga Fest Wellness Bazaar – Presented by *Natural Awakenings*. Includes spa treatments, live entertainment, ACRO Jams, local makers market, photobooths, energetic work, education, parties, conscious shopping and more. The Loudermilk Center, 40 Courtland St NE, Atlanta. DirtySouthYogaFest.com.

TUESDAY, AUGUST 13

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.

THURSDAY, AUGUST 15

Aromatherapy Certification – 10am-1pm. A 16-wk Certification Course with Roz Zollinger, certified Aromatherapist and Instructor. Learn key elements of this increasingly popular natural therapy. Heal Center Atlanta, 270 Carpenter Dr, Ste 500, Sandy Springs. 404-307-0004. HealCenterAtlanta.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.

SATURDAY, AUGUST 17

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.

Clarity Fitness Summer Experience – 10am. Free outdoor group exercise class. Bring towel, mat, water. 1 W Court Sq, Decatur. Tinyurl.com/yyhgga3a.

SUNDAY, AUGUST 18

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.

Beside Still Waters: Book Signing with Chanell Angeli – 4-6pm. The book is a sacred attempt to define aspects of love and gives appreciation to the intrinsic way that relationships often craft our reality. A self-discovery journey for Chanell Angeli and an untold story in many people’s lives. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

MONDAY, AUGUST 19

The Shaman Sound Series: Crystal Bowls – 7-9pm. With Don Simmons. Considered to be the “Magic Carpet” of sound, the quartz crystal bowls resonate to a vibration generally associated with the upper chakras. The sound becomes a visionary teacher, both wise and insightful. \$30. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

WEDNESDAY, AUGUST 21

Meditate with Me – 6:30pm. Learn the basics of various meditation styles in a peaceful outdoor environment from a licensed meditation instructor. Free. Historic Fourth Ward Skatepark, 830 Willoughby Way NE, Atlanta. Tinyurl.com/yy6lpj89.

THURSDAY, AUGUST 22

Wisdom and Healing Through Shamanic Journeys – 7-8:30pm. With Vicki Evans. Shamanic journeys are an opportunity for healing and direction. Use the journeys to ask about all areas of your life, not just the spiritual side. Spirit loves to help you live the best life possible. \$15. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

The Nature Club Dine and Discover – 7-9pm. Gordon Rogers of the Flint Riverkeeper will present on the restoration and protection of our rivers. \$10/general public, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

FRIDAY, AUGUST 23

Family Yoga – 10am. Bring your own yoga mat, or borrow a mat from our instruction team. All ages. Included with general admission, free/CNC members. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

SATURDAY, AUGUST 24

Woodland Restoration Project – 1-4pm. Come help us restore the woodlands. Register at least 1 wk prior. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

Language of Compassion Workshop – 2-5pm. Learn to stay connected to the best in you during challenging times. Free. Clarice L. Belcher, 3109 Boxwood Dr, Atlanta. 770-934-8725. Clarice33@bellsouth.net.

WEDNESDAY, AUGUST 28

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.

FRIDAY, AUGUST 30

Embody Divine Truth with Ascended Master Moses – 7-8:30pm. Join Jessica Valor to connect with Ascended Master Moses to learn how to embody your divine truth, breaking you free of the noise and limitations in your life and the 3D world around you. \$20. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

SATURDAY, AUGUST 31

5th Annual Veggie Connection – 10am-5pm. Vendors, partners and sponsors will showcase a wide range of products, services and resources to help attendees discover why eating a plant-based diet and choosing plant-based foods is one of the best ways to help protect your health, the planet and animals. Smyrna Community Center, 200 Village Green Cir SE, Smyrna. TheVeggieConnection.com.

SATURDAY, SEPTEMBER 7

Manifesting Your Soul's Purpose: Discover How to Live Your Life on Purpose – 10am-12:30pm. Experience the tranquility of a sensory sound bath. Discover 5 practical steps to move in the direction of passion and purpose, learn to better manage sabotaging beliefs and old patterns, and learn to create a vision for your life from your future self. \$75 by Aug 15, \$95 after. The Open Mind Center, 1575 Old Alabama Rod, Ste 213, Roswell. Tickets: Tinyurl.com/y5twvlpa.