

CALENDAR OF EVENTS

FRIDAY, SEPTEMBER 6

Sustainable Atlanta Roundtable – 7:30-9am. Topic: The Challenges and Trade-Offs of Regenerative Design. Listen to our expert panel discuss the balance between cost, efficiency, health and reused materials in the built environment. Southface Institute, 241 Pine St NE, Atlanta. Southface.org.

SATURDAY, SEPTEMBER 7

Jekyll Island Day Paddle – Join the Georgia Conservancy for a paddle in the tidal creeks, marshes and intracoastal waterway. More info: GeorgiaConservancy.org.

Visceral Technique – Sept 7-8. A system of procedures designed to invigorate the internal organs. These procedures have been used to help individuals with various conditions. Heal Center Atlanta, 270 Carpenter Dr, Ste 500, Sandy Springs. 404-307-0004. HealCenterAtlanta.com.

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

TUESDAY, SEPTEMBER 10

Affirmative Prayer Circle – 7-8:30pm. With Debra Mazer. Come receive channeled Affirmative Prayer, a non-denominational energy shift, using words. Individuals will share “conditions” or challenges you would like to transform, and/or intentions you would like to charge with powerful positive energy. Free. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

THURSDAY, SEPTEMBER 12

Meditation Practice Group – 6-7:30pm. Special guest speaker, Ajili Hodari. Learn how to shut everything off and just sit in silence. The secret is meditation. It’s your private retreat from the problems of the world. All welcome. Free. Sevananda Community Room, 467 Moreland Ave NE, Atlanta. Cindy: 770-363-8935 or Cindykyker@gmail.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.

SUNDAY, SEPTEMBER 15

Back to Your Roots Farm Fair – 12-4pm. Get back to your roots and get down in the dirt. Meet live farm animals, bring a picnic, and be sure to plan to spend the day with us for all the fun activities. Included with general admission, free/CNC members. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. ChattNatureCenter.org.

Son of Chicken Qabalah – 2-4pm. Join Lon Milo DuQuette as he talks about his new book, *Son of Chicken Qabalah*. This simultaneously funny and serious book provides the easiest, fastest way for readers to painlessly attune themselves to the mysteries of the Hebrew alphabet and immerse themselves in the fundamentals of practical Qabalah. \$10. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

WEDNESDAY, SEPTEMBER 18

Open Your Third Eye with Ascended Master Horus – 7-8:30pm. Also held Sept 30. Join Jessica Valor to connect with Ascended Master Horus to learn how to open and activate your Third Eye by seeing the world with your Divine Truth and Higher Self's eyes. \$20. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

THURSDAY, SEPTEMBER 19

The Re-Emerging Ancestor Altar – 7-8:15pm. With Coach APOP. Ancestors will walk with you, as well as work behind the scenes to accomplish your wish, dream/desire. But first, you must invite them to participate in your life. \$11.11. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

FRIDAY, SEPTEMBER 20

Myofascial Release and Breathwork to Heal the Upper Body – Sept 20-21. Build a firm foundation of anatomy and kinesiology of the upper back, apply skills to decrease pain, improve functional mobility, and prevent injury. Heal Center Atlanta, 270 Carpenter Dr, Ste 500, Sandy Springs. 404-307-0004. HealCenterAtlanta.com.

SATURDAY, SEPTEMBER 21

Brownwood Bike Rally – 8am-2pm. Includes street bike races and a bike safety rodeo for kids, a “fun race” and more challenging crit-CX courses for adults, a health fair, a food court and a festival area featuring family-friendly activities. Brownwood Park, East Atlanta. BrownwoodBikeRally.com.

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

The Veggie Taste – 12-6pm. A vegan, raw, plant-based food tasting event. A family fun-filled day with nutritional speakers, artisan marketplace, music, product samples and much more. Free admission. 1444 Lucile Ave SW, Atlanta. TheVeggieTaste.com.

WEDNESDAY, SEPTEMBER 25

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, SEPTEMBER 26

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.

SATURDAY, SEPTEMBER 28

Woofstock – Sept 28-29. 11am-7pm, Sat; 11am-6pm, Sun. Fun for the whole family. Enjoy over 50 nonprofit and rescue groups. Admission free. Smyrna Market Village, Smyrna. WoofstockAtl.com.

Transmission: A Meditation Workshop for the New Age – 2pm. A dynamic process that serves the world and is a hothouse of spiritual growth for the participants. Perfect for beginners or practiced meditators. Introductory talk followed by meditation. 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.

SUNDAY, SEPTEMBER 29

Atlanta Streets Alive: Southwest – 2:30-6:30pm. Free entertainment and activities for all ages. Bring your friends and family, and share in the experience of enjoying our city streets as public space. Connecting 7 neighborhoods spanning from Cascade Ave along Ralph David Abernathy Blvd to Georgia Ave. AtlantaStreetsAlive.com.

MONDAY, SEPTEMBER 30

Open Your Third Eye with Ascended Master Horus – 7-8:30pm. See Sept 18 listing. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

SUNDAY, OCTOBER 6

Pause to emPower – 4:30-6pm. With Deborah Garrard. A conversation for interfaith leaders around the topics of food and faith, wellness and wholeness. Free. The Gathering Room, Lutheran Church of the Resurrection, 4814 Paper Mill Rd SE, Atlanta. RSVP: [Bit.ly/PauseToemPOWER](https://bit.ly/PauseToemPOWER).