

# calendar of events

While the overwhelming number of calendar submissions we receive each month reinforces our belief that this feature is a welcome tool in the community, it is also apparent that there are too many for us to handle for the space provided. Therefore, the calendars of events now feature only events submitted by the advertisers that make this magazine possible. However, everyone can input their calendar entry on-line for FREE at [natampa.com](http://natampa.com), click on the calendar tab. Create an account and follow directions.

## WEDNESDAY, FEBRUARY 1

**The Art and Science of Stress Management** – Exhausted? Trouble sleeping? Foggy thinking? Low libido? Weight gain, especially in the waist? If you are experiencing any of these symptoms this workshop is for you. Speakers Ron Shemesh MD, Chris Dziubinski, AP, DOM discuss and explore different techniques you can do at home to reduce stress and live a happier, healthier life. 6pm, Free, Mind Body Spirit Care, 3610 Madaca Lane, Tampa, Register 813-935-2273.

**Pranic Healing® Level 1** – (continues Feb 8, 15, 22) Heal yourself and others with this touch-free system that balances the energy body to promote natural healing. Hands-on workshop is fun and will get you healing immediately. 6:30-10pm, \$297 by Jan 25, Break Thru Living Center, 1531 N Dale Mabry Hwy, Ste 201, Lutz, Seats are limited, Register 813-435-5250, [www.breakthruiving.com/events](http://www.breakthruiving.com/events).

## THURSDAY, FEBRUARY 2

**Sound & Light Meditation** – (also Feb 16 & 23) with Patricia Nielsen, 6-7pm; Qigong 7-8 pm. Call for location and reservation, Patricia 813-442-0848 or Maria 813-334-7424.

**Awakening to Life** – (every Thurs through March 8) An Introduction to Mindfulness & Meditation offered by the Florida Community of Mindfulness, 7:30-9pm, \$60, Lotus Pond, 6201 Lynn Rd, Tampa, Info [www.floridamindfulness.org](http://www.floridamindfulness.org) or [nnatilson@cs.com](mailto:nnatilson@cs.com).

## SATURDAY, FEBRUARY 4

**Yogaday Tampa Bay** – a special day across the Bay with 7 yoga studios offering classes for free or reduced pricing. Classes offered range from Gentle to Meditation, Beginners, Family Yoga, Fit Yoga, Kundalini, Self-hypnosis, and Aromatherapy. Free classes and free chair massages with your donations to benefit the SPCA Tampa Bay. 2 classes per hour, 45 minutes each, arrive 15 minutes early, wear loose comfortable clothes. All levels welcome. 9am-3pm (last class begins), Yoga4All, 8836 Seminole Blvd, Seminole, [www.yoga4all.com](http://www.yoga4all.com).

**A Holistic Program for Eczema/Psoriasis** – facilitated by Rose Kalajian, Herbalist, twelve years in practice. She specializes in humans, cats, dogs and horses, promoting health through the use of herbs, movement and nutrition. 3pm, Free, Nature's Food Patch, 1225 Cleveland St, Clearwater, 727-443-6703, [www.naturesfoodpatch.com](http://www.naturesfoodpatch.com).

## MONDAY, FEBRUARY 6

**Weight Control Using Hypnosis & NLP** – Patricia V Scott teaches Mind-Body Cohesion© to control eating, change unwanted habits into healthy ones using the power of your Unlimited Mind with Hypnosis, NLP & more. 6:30-8:30pm, \$25 prepaid, \$35 same day, \$20 UPHI Members, materials included, UP Hypnosis Institute, 800 Tarpon Woods Blvd, Palm Harbor, 727-943-5003, 866-537-7746, [info@UPHypnosis.com](mailto:info@UPHypnosis.com), map: [www.UPHypnosis.com](http://www.UPHypnosis.com).

## TUESDAY, FEBRUARY 7

**Reiki I & II Usui System, Class Certification** – CEUs available for LMT, Provider MCE 50-13619, for Reiki credits. Rev Maria Antonieta Revello, member of ICRT. Reiki, Karuna & Qigong Master, NLP practitioner & instructor. Reiki I, Feb 7, 6-10pm; Reiki II, Thurs, Feb 9, RSVP Maria 813-334-7424, [reikishrine@gmail.com](mailto:reikishrine@gmail.com).

**Earth Healing Full Moon Fire Ceremony** – Experience the fire ceremony that unites the male and female forces (Shiva and Shakti) with Facilitator MaRa Eickermann. Behind Scout Hall, 5315 28th Ave S, Gulfport, 6:30-7pm, Free, [www.marawhitebuffalowoman.blogspot.com](http://www.marawhitebuffalowoman.blogspot.com).

## Shop with a Conscience at *Natural Awakenings'* New Webstore

As a leader in green and healthy living, it makes perfect sense for us to open a website that features items that support sustainability and natural health. You'll love our easy-to-navigate site. Shop by product categories that include beauty and skin care, home and office, books and music, fitness, clothing, cosmetics, kids and pets.

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Books & Music



Green Toys

natural awakenings



shopping for healthy living and a healthy planet



## WEDNESDAY, FEBRUARY 8

**Vivid Foods** – Chef Joseph Custer presents Raw & Living Foods Made Easy! Menu: Hearty Winter Soups, Carrot Ginger and Sweet Borscht, 6:30pm, Free, Nature's Food Patch, 1225 Cleveland St, Clearwater, 727-443-6703, www.naturesfoodpatch.com.

## THURSDAY, FEBRUARY 9

**Hormones: A Delicate Balancing Act** – Often overlooked are thyroid & adrenal hormones which play their part in the hormone balancing act in both men & women. Dr George Springer, LifeWorks Wellness Center, will explore how all hormones are inter-related and how their proper integration is key to optimum health. 6:30pm, Free, Nature's Food Patch, 1225 Cleveland St, Clearwater, 727-443-6703, www.naturesfoodpatch.com.

## Introduction to Conversations With God Course

– Rev Sara Urbina introduces upcoming nine-week course, based on principles of book by Neale Donald Walsch, which will take us on a journey of conscious awareness of spirit, as we learn to bridge the separateness of the personal self with the soul to create a life we truly deserve. 6:30-7:30pm, \$10, Reservations, 813-943-3666, www.GaiaSpiritualDoorways.com.

**Transcendental Meditation** – Free Intro Meeting, 7pm, 13920 58th St N, Ste 1003, Clearwater, RSVP jvuille@tm.org or 727-526-9233.

## FRIDAY, FEBRUARY 10

**Glimpses of Eternity with Dr Raymond Moody** – (also Feb 11) Join this Life after Death expert for a mental adventure that culminates in a significant advance toward proof of life after death. Hear what ancient philosophers have espoused for centuries about the existence of the soul and what this means for humanity; new research and findings about consciousness and our understanding of the afterlife in Dr Moody's new book Glimpses of Eternity. 7-9pm, Free talk and book signing, Donations; Workshop Feb 11, 10am-4pm, \$99 in advance, \$119/day

of event. Unity Campus, 4500 4th St N, St Pete, Reserve for Saturday Workshop, 727-522-6657 or purchase online WingsBookstore.com.

## Couples Valentines Celebration & Getaway Weekend

– Join Richard & Diana Daffner, authors of "Tantric Sex for Busy Couples". Bring greater joy, intimacy and passion to your relationship. Celebrate your love. Connect on a soul level. Transform your relationship into a love affair, Fri 7pm-Sun 2pm, \$650/couple, Siesta Key Beach, Sarasota, Info, other dates & locations, brochure, 1-877-282-4244.

## Global Association of Holistic Psychotherapy Certification Training Program

– (also Feb 11 & 12) In just a few months you can be trained and certified in the most in-demand modality – holistic psychotherapy or holistic coaching, giving you instant credibility with potential clients plus accelerating the growth of your clients and practice. Info and registration, www.gahpcertification.com, www.thegahp.com, Shelley, 1-877-346-1167.

## SATURDAY, FEBRUARY 11

### Learn to Play the Native American Flute with Douglas Blue Feather

– hands-on workshop with interactive practice and demonstration; basic techniques, scales, and creating songs will be the focus as well as adding embellishments to your playing. Flutes provided. Practice materials and a practice CD by Douglas Blue Feather to take home. 10am-Noon OR 2-4pm, \$20, Unity Campus, 460 46th Ave N, St Pete, Space is limited, Reservations, Wings Bookstore, 727-522-6657, www.WingsBookstore.com.

### Heart Based Restorative Yoga Practice

– Join Nancy & Susan and feel the love in the air. February session will open your heart allowing all the love and grace in your life to fill you to overflowing. Using blankets, bolsters and many other props, the body is allowed to surrender into the pool of love that will surround you. All are welcome, no yoga experience necessary. Limited enrollment, workshop fills early. 2-5pm, \$35/one; \$60/two, Yo-

ga4All, 8836 Seminole Blvd, Seminole, Register, Nancy 727-542-0116, Susan 727-804-6795, www.yoga4all.com.

## SUNDAY, FEBRUARY 12

**Yoga Nidra** – The deepest and most powerful of all meditations, known as "Yogic Sleep", Yoga Nidra forms a complete experience of deep relaxation, self healing and integration. It involves systematically relaxing the body, breath and mind as you enter a deep relaxed state much more intense than ordinary sleep. Yoga Nidra also refreshes the physical, emotional and mental bodies and creates a systemic release of stress and prepares the mind to receive the personal affirmations you develop in class. Suitable for ALL levels of practitioners; no experience necessary; wear comfortable clothes. 4:30-5:30pm, \$15 advance registration advised, Lotus Pond, 6201 Lynn Rd, Citrus Park, 813-961-3160, www.lotuspondyoga.com.

### Douglas Blue Feather LIVE in Concert

– internationally known songwriter and performer of both traditional and contemporary music featuring the Native American flute, Douglas Blue Feather is a multi music award winner, including the Native American Music Awards "Flutist of The Year". Don't miss this opportunity for an unforgettable LIVE Concert! 5-7pm, \$15 Love Offering, give as you are guided, Unity Campus, 460 46th Ave N, St Pete, www.WingsBookstore.com, 727-522-6657.

## TUESDAY, FEBRUARY 14

### Advance Reiki Training

– Rev Maria Antonietta Revello, member of ICRT. Reiki, Karuna & Qi-gong Master, NLP practitioner & instructor. Call for reservations, location and times, 813-334-7424 Maria, reikishrine@gmail.com.

## WEDNESDAY, FEBRUARY 15

### French Fantasy

– Chef Debby DeGraaff presents Vegetarian & Gluten Free! Menu: Vegan version of Bouillabaisse; also White Bean Cassoulet with Croutons. 6:30pm, Free, Nature's Food Patch, 1225

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Cleveland St, Clearwater, 727-443-6703, [www.naturesfoodpatch.com](http://www.naturesfoodpatch.com).

## THURSDAY, FEBRUARY 16

**Group Pranic Healing and Meditation** – in a supportive setting. While the group is meditating, Pranic Healer Rev Jason Borton will perform a group healing on all in attendance. 1:30-2:30pm, Love Offering, Break Thru Living Center, 1531 N Dale Mabry Hwy, Ste 201, Lutz, 813-435-5250, [www.breakthruiving.com/events](http://www.breakthruiving.com/events).

**Break Thru Living Meet & Greet** – connect with like minded people in the areas of spiritual/holistic living. Refreshments and food will be served. Reverend Jason Borton will lead a group meditation, and healthy living vendors will be on hand to discuss their products/ services. The first 20 people to arrive will receive a complimentary gift. 6-9pm, Free, Break Thru Living Center, 1531 N Dale Mabry Hwy, Ste 201, Lutz, 813-435-5250, [www.breakthruiving.com/events](http://www.breakthruiving.com/events).

**Conversations With God Course** – Join Rev Sara Urbina for this nine-week Spiritual Experience, a journey in conscious awareness of spirit where we learn to bridge the separateness of the personal self with the soul to create a life we truly deserve. Based on the principles of Conversations with God by Neale Donald Walsch. 6:30-8pm, \$10, Info and registration, 813-943-3666, [www.GaiaSpiritualDoorways.com](http://www.GaiaSpiritualDoorways.com).

**Reiki Share** – Reiki practitioner Chris Waltein facilitates this circle of Reiki practitioners and community members to welcome into your life this relaxing, restorative energy. No prior experience with or knowledge of Reiki necessary. Arrive early, doors close to honor sacred space, 7pm, Love offering, Wings Bookstore, 4500 4th St N, St Pete, [WingsBookstore.com](http://WingsBookstore.com), 727-522-6657.

**Chakra Workshop with Larissa Carlson** – Experience asana, pranayama, meditation and Bija mantra specifically chosen for each of the seven chakras, powerful energy centers in the body, each intimately connected with specific emotions (e.g. safety, creativity, power, open-heartedness). Through the challenges of life, we often unknowingly create physical and emotional blocks in these centers, closing ourselves off from feeling fully alive. Discover yogic techniques to open, enliven, purify, and strengthen each of the seven chakras. Bring a journal. 7:30-9pm, \$25, Lotus Pond, 6201 Lynn Rd, Citrus Park, 813-961-3160, [www.lotuspondyoga.com](http://www.lotuspondyoga.com).

## FRIDAY, FEBRUARY 17

**Gong Immersions** – (also March 9) Clear your mind and body of the week's stress by listening to the sound of the gong. The vibration it creates is said to cause all 30 trillion cells in the body to resonate so we can find fulfillment, harmony and love. The evening begins with a short yoga set and meditation. 6-8pm, Members \$13, Non-Mems \$15, Yoga Village of Clearwater, 2760 Daniel St, Clearwater, [www.ayogavillage.com](http://www.ayogavillage.com), 727-712-1475.

**Connecting with Your Soul Mate with Help from the Angels** – Join Emily Andrews, Angel Healer Practitioner, facilitator, and let your Angels help you maximize the universal laws of magnetic attraction. The Angels hold the perfect form of each relationship and can help you adjust your patterns of relating and expand your capacity to love so that you can experience maximum joy in your current and future connections. If your soul mate is not with you now, you'll learn to partner with the Angels to call in your perfect partner to complement your own unique qualities and gifts. 6-9pm, \$33, Wings Bookstore, 4500 4th St N, St Petersburg, Space is limited, Reservations 727-522-6657, [www.wingsbookstore.com](http://www.wingsbookstore.com).

**Couples Valentine's Celebration & Getaway Weekend** – Join Richard & Diana Daffner, authors

of "Tantric Sex for Busy Couples". Reignite your relationship, rekindle your passion. Celebrate your love, connect on a soul level. Transform your relationship into a love affair. Fri 7pm-Sun 2pm, \$650/couple, Siesta Key Beach, Sarasota. Info, other dates & locations, brochure, 1-877-282-4244.

**Global Assoc of Holistic Psychotherapy Certification Training Program for Healers, Coaches, Health Practitioners** – (also Feb 18 & 19) In just a few months you can be trained and certified in the most in-demand modality – holistic psychotherapy or holistic coaching, giving you instant credibility with potential clients plus accelerating the growth of your clients and practice. Info and registration, [www.gahpcertification.com](http://www.gahpcertification.com), [www.thegahp.com](http://www.thegahp.com), Shelley, 1-877-346-1167.

## SATURDAY, FEBRUARY 18

**Reiki Level 1** – Reiki is an ancient Japanese healing art that works to balance the whole person - body, mind and spirit, and works well with conventional methods of healing. Come join Sara Urbina, Reiki Master/Practitioner to learn this simple, natural method you can utilize all and in every aspect of your life. 10am-4pm, \$65, Info and reservations, 813-943-3666, [www.GaiaSpiritualDoorways.com](http://www.GaiaSpiritualDoorways.com).

**Cocina Vegetariana** – con Elvia. Aprenda a confeccionar deliciosos platos vegetarianos, fáciles y rápido, el martes 21 también, 11am-1pm. Reservas y mayores detalles, Elvia 813-850-2267.

**Your Brain on Yoga** – with Lisa Recchione MA, ERYT, KRI level one. Research shows yoga positively impacts the brain. In this workshop you will learn how yoga and meditation can improve and maintain brain health. Topics will include stress, memory, depression and anxiety, and insomnia. Learn how your yoga can keep your brain happy and healthy. 2-4pm, \$25/one; \$40/two, Yoga4All, 8836 Seminole Blvd, Seminole, Register Lisa 727-595-6036, [www.yoga4all.com](http://www.yoga4all.com).



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**Restorative Yoga: Back Into Balance, Right into Bliss** – presented by certified Restorative Yoga teachers Heather Mitchell, RYT500 and Nancy MacDonald, eRYT 500. Amidst the hustle and bustle of our daily lives, it's important to take some time to let go and reconnect with your center. Using blankets, bolsters, blocks & walls, your body will have the support it needs to relax and let go. The longer holds in these supportive poses allow time for the nervous system to reset and return the body & mind to a state of balance. Yoga Nidra meditation ends the class. 2-5pm, \$35, \$60/two people, Limited to 15 students, Register in advance, Lotus Pond, 6201 Lynn Rd, Citrus Park, 813-961-3160, [www.lotuspondyoga.com](http://www.lotuspondyoga.com).

**Foundational Belief Systems** – with facilitator Ron Hays. Through a regular meditation practice you can delve into Foundational Belief Systems™: God, Death, Material Security and Sexuality, and see how these beliefs are creating all your life experiences, bringing a new awareness that can transform your life if you choose. During this workshop you will explore meditation with the amazing Quartz Crystal Singing Bowls and through practical techniques & exercises. 3-6pm, \$45, \$55 day of workshop, Info & reservations, [www.theglobalpage.com](http://www.theglobalpage.com), [www.GaiaSpiritualDoorways.com](http://www.GaiaSpiritualDoorways.com), 813-943-3666.

### SUNDAY, FEBRUARY 19

**Energy Medicine & You** – join Joyce Claffin, Certified Eden Energy Medicine Practitioner, for instruction in Donna Eden's Energy Medicine, including "The Daily Energy Routine" to bring more wellness into your life with simple techniques that reduce stress and anxiety, strengthen the immune system, alleviate pain, and enhance your intellec-

tual processes. Bring writing materials and arrive early to ensure entry, 5pm, Love offering, Wings Bookstore, 4500 4th St N, St Pete, WingsBookstore.com, 727-522-6657.

### MONDAY, FEBRUARY 20

**Weight Control using Hypnosis & NLP** – Patricia V Scott teaches Mind-Body Cohesion© to control eating, change unwanted habits into healthy ones using the power of your Unlimited Mind with Hypnosis, NLP & more. 6:30-8:30pm, \$25 prepaid, \$35 same day, \$20 UPHI Members, materials included, UP Hypnosis Institute, 800 Tarpon Woods Blvd, Palm Harbor, 727-943-5003, 866-537-7746, [info@UPHypnosis.com](mailto:info@UPHypnosis.com), [www.UPHypnosis.com](http://www.UPHypnosis.com).

**Inspiring Your Journey** – Awaken to a new way of being during this session designed to ignite and inspire your full potential. Each session is guided uniquely by Spirit and facilitated by Andi Schenbeck, ThetaHealing Practitioner. A portion of the session will include ThetaHealing to assist you in releasing subconscious beliefs and energies that are no longer serving you. Arrive early as doors will be closed to ensure sacred space. 7pm, Love offering, give as you are guided, Wings Bookstore, 4500 4th St N, St Pete, WingsBookstore.com, 727-522-6657.

### WEDNESDAY, FEBRUARY 22

**Aesthetics & Anti-Aging Seminar** – Ron Shemesh MD, Michelle Golding, ARNP explore natural options to feeling and looking younger, without the stress of going under the knife. Options discussed will include Botox injections, Juvederm fillers, Acupuncture facelifts, and diet and lifestyle options to maintaining a more youthful you. Attendees re-

ceive a coupon towards first anti-aging and aesthetic services. 6pm, Free, Mind Body Spirit Care, 3610 Madaca Lane, Tampa, Register 813-935-2273.

### THURSDAY, FEBRUARY 23

**Attract Positive Relationships** – (Public welcome) Hypnosis & NLP Master Class with Patricia V Scott (3 CEUs) for educational purposes to expand skills with techniques, scripts & practice with attendees. 6-9pm, \$25 (UPHI Associates); \$30 (Members); \$35 (others-be a practice client & experience Hypnosis & NLP). UP Hypnosis Institute, 800 Tarpon Woods Blvd, Palm Harbor, 727-943-5003, 866-537-7746, [info@UPHypnosis.com](mailto:info@UPHypnosis.com), [www.UPHypnosis.com](http://www.UPHypnosis.com).

**The Beat of Your Heart; The Rhythm of Your Home** – Ann D Kawalec, BS, RN, will be speaking on a unique comparison of your heart & home: effects emotions have on your heart; how the function of the home reflects the beat of your heart; and simple steps to transform your home & heart for optimal health. 6:30pm, Free, Nature's Food Patch, 1225 Cleveland St, Clearwater, 727-443-6703, [www.naturesfoodpatch.com](http://www.naturesfoodpatch.com).

**Full Moon Gong Meditation** – The Gong has all the sounds and vibrations of creation within it. It cancels out thoughts and allows you to completely relax very deeply and quickly. The mind is overcome and relaxed by the gong so that a very deep state of meditation can be reached, in which deep healing occurs and awareness is heightened. Suitable for all levels, no experience necessary. Wear loose comfortable clothes. 7-8:30pm, \$15 or discounts with class pass, Yoga4All, 8836 Seminole

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**HU** You are invited to experience a *Community HU Song*

<b>Pinellas Park:</b>	<b>Tampa:</b>
Sunday, February 5, 11:00 am	Sunday, February 19, 11:00 am
Country Inn & Suites	The Tampa Eckankar Center
8050 US Hwy 19 North	5620 E. Fowler Ave.
(1 mile north of Gandy)	(1 mile west of I75)
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## Intro to the Power of Soul with Master Allan Divine Healing Hands Blessing

Sun., Mar. 4, 1:30-5 pm, Free

St. Petersburg Public Library, 3745 9th Ave. North, St. Petersburg

## Soul Healing Evening with Master Allan Divine Healing Hands Blessing

Mon., Mar. 5, 7:30-9:30 pm, \$10

Nature's Food Patch, 1225 Cleveland St., Clearwater, FL 33755

## Divine Healing Hands Training Program with Master Peter Hudoba

March 30-April 1, 9 am-9 pm, \$625

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**Successful Resolutions** – Make 2012 the year you keep your resolutions! In this fun and hands on workshop, entrepreneur and life coach Rev Jason Borton will give you the secrets he uses with his private clients to achieve great success. 7-9pm, \$20, Break Thru Living Center, 1531 N Dale Mabry Hwy, Ste 201, Lutz, or join us from home via live video stream. Seats are limited; Register 813-435-5250, www.breakthruiving.com/events.

### FRIDAY, FEBRUARY 24

**Couples Getaway Weekend & Workshop** – Join Richard & Diana Daffner, authors of “Tantric Sex for Busy Couples”; bring greater joy, intimacy and passion to your relationship. Celebrate your love. Connect on a soul level; transform your relationship into a love affair, Fri 7pm-Sun 2pm, \$650/couple, Hollywood, FL (Ft Lauderdale area), Info, other dates & locations, brochure, 1-877-282-4244.

**Yoga for ADHD and Autism** – (through Feb 26) Teachers and parents will learn leading edge yogic tools that can reach the hearts and minds of children with ADHD, Autism and other sensory processing differences. Shakta Kaur Khalsa, one of the top five Kundalini Yoga teachers in the world, and veteran occupational therapist Allison Morgan will share practical, hands-on techniques that can help these special children focus their mind, open their heart & strengthen their body. Available for CEU credits. \$395 until Feb 10; \$450 after, Yoga Village of Clearwater, 2760 Daniel St, Clearwater, www.ayogavillage.com, 727-712-1475.

**Temple of Sound Weekend** – (through Feb 26) Join Yogi Amrit Desai and Bhagavan Dass at Amrit Yoga Institute for three days of Kirtan and Nada Yoga. The profound Nada Yoga Temple of Sound Workshop with world-renowned Bhagavan Das is based on the purification and refinement of the chakras (subtle energy centers of the body) through the vehicle of sound. This workshop has proven transformational to thousands of people around the world. Tuition: \$495 includes kirtan, meals and accommodations; \$45 includes kirtan and meals, no accommodations; Feb 24 kirtan only \$30 at the door/open to the public, Space is limited, register early, www.amrityoga.org, email info@amrityoga.org or call 352-685-3001.

### SATURDAY, FEBRUARY 25

**Free Beginners Yoga Class** – If you are new to yoga or just want a brief review of the basics on how to sit, stand and breathe, join us for this free class, taught by different studio instructors so that you may have the opportunity to experience more than one teacher. Open to all levels. 10:30-11:45am, Yoga4All, 8836 Seminole Blvd, Seminole, Register in advance, Marty, 727-392-9642, www.yoga4all.com.

**Your Unlimited Mind: Intro to Self-Hypnosis** – Patricia V Scott, Internationally Certified Trainer of hypnosis, teaches how to discover untapped potentials, talents and abilities using the power of your Unlimited Mind. 1-4pm, \$35 prepaid; \$45 same day; \$25 UPHI Members, CD & materials included. UP Hypnosis Institute, 800 Tarpon Woods Blvd, Palm Harbor, 727-943-5003, 866-537-7746, info@UPHypnosis.com, map: www.UPHypnosis.com.

**Vivid Foods** – Chef Joseph Custer presents Raw & Living Foods Made Easy! Menu: Vegan Spinach Quiche with Sweet Pecan Crust. 4pm, Free, Nature's Food Patch, 1225 Cleveland St, Clearwater, 727-443-6703, www.naturesfoodpatch.com.

### SUNDAY, FEBRUARY 26

**Transcendental Meditation** – Free Intro Meeting, 7:15pm, 4925 S West Shore Blvd, Tampa, RSVP jvuille@tm.org or 727-526-9233.

### MONDAY, FEBRUARY 27

**Healing with The Masters** – Join Emily Andrews for an evening of connecting with Ascended Masters, Teachers and Guides as she intuitively shares their Divine messages and serves as a conduit for their healing energy. Connect to Divine Wisdom that lovingly and powerfully encourages us to expand, while giving us guidance on how to become the highest versions of ourselves. Join us for an evening of transformation, healing, and true understanding! Bring writing materials and arrive early as doors close to ensure sacred space, 7pm, Love offering, Wings Bookstore, 4500 4th St N, St. Pete, www.WingsBookstore.com, 727-522-6657.

## WEDNESDAY, FEBRUARY 29

**The Energetics of Foods** – Dr Paul Reynolds presents Seasonal Based Eating. Menu: To Be Determined based on fresh produce available. Learn how to use seasonal ingredients & the principles of Chinese medicine to prepare your favorite foods. 6:30pm, Free, Nature's Food Patch, 1225 Cleveland St, Clearwater, 727-443-6703, www.naturesfoodpatch.com.

# plan ahead

## FRIDAY, MARCH 2

**Krishna Das Retreat** – (through March 4) Experience Two Kirtans, Workshops, Hatha Yoga and Group Chanting, \$150. Hindu Temple of Central Florida, Casselberry, Details and tickets at www.krishnadas.com or 321-439-8353.

## SATURDAY, MARCH 3

**David Newman and Mira Kirtan Concert** – Join Celebrated Kirtan Artist David Newman (Durga Das) and vocalist/percussionist Mira for a sacred and soulful evening of call and response chanting and devotional music. Kirtan with Durga Das is a joyful and vibrational experience of the rhythms of traditional Indian and worldbeat music. Check out David's music at www.davidnewmanmusic.com. 7:30pm, \$20 in advance; \$25 at the door, Lotus Pond, 6201 Lynn Rd, Citrus Park, 813-961-3160, www.lotuspondyoga.com.

## WEDNESDAY, MARCH 14

**Weight Loss** – Tap into the resources of your Mind, Heart and Soul to return your body to a natural and healthy weight. 7-9pm, \$20, Break Thru Living Center, 1531 N Dale Mabry Hwy, Ste 201, Lutz, or join us from home via live video stream. Seats are limited; Register 813-435-5250, www.breakthruiving.com/events.

## FRIDAY, MARCH 9

**Kundalini Yoga Retreat** – (through March 12) Relax and connect with Mother Earth and the Divine on a 120 acre spiritual retreat. Enjoy an organic vegetarian diet and activities specifically created for Oneness blessing givers and Kundalini yoga practitioners. \$95 before Feb 10, \$125 thereafter, Ridge Manor, FL, Reservations, www.centerfordivinelyguided.com, paynema1@yahoo.com, 727-645-3585.

## THURSDAY, MARCH 15

**Group Pranic Healing and Meditation** – in a supportive setting. While the group is meditating, Pranic Healer Rev Jason Borton will perform a group healing on all in attendance. 1:30-2:30pm, Love offering, Break Thru Living Center, 1531 N Dale Mabry Hwy, Ste 201, Lutz, 813-435-5250, www.breakthruiving.com/events.

**Introduction to Buddhism** – (Thursdays through April 19) 6-week course on the history and teachings of Buddhism offered by The Florida Community of Mindfulness. We will survey the life and teachings of the historical Buddha, and the subsequent development and current diversity of Buddhism. We will strive for a broad perspective that reflects the tradition of contemporary Vietnamese Zen master Thich Nhat Hanh. Lotus Pond, 6201 Lynn Rd, Tampa, Details and registration www.floridamindfulness.org.

## SATURDAY, MARCH 17

**Yoga for Nurses** – (through Mar 18) RNs, LPNs, CNAs and PCTs, learn the importance of and practical tools for a regular yoga practice as a foundation to being a strong caregiver. RN Annette Tersigni will teach her "Sacred Remedy" of breath and yoga, and share how it can be applied to patients of all kinds, including those in cardiac and stroke rehab. Annette is a best-selling author, speaker, and seminar leader and last taught Yoga for Nurses at the Kripalu Center for Yoga and Health. \$215 until March 1; \$235 after (lunch \$10 add'l each day), Yoga Village

of Clearwater, 2760 Daniel St, Clearwater, www.ayogavillage.com, 727-712-1475.

**Immersion into Ayurveda Workshop** – with Dr Suhas Kshirsagar BAMS, MD (Ayurveda) who has served as personal physician to the Maharishi Mahesh Yogi, shared the stage with Deepak Chopra, Tony Robbins and Wayne Dyer and is recognized internationally as a lead educator and physician in Ayurvedic Medicine. Info and registration, www.agendadetails.com.

## THURSDAY, MARCH 22

**Learn Amazing Secrets You Can Do** – for your body, for your loved ones, for those who want to live a long, happy life. A discussion on simple and detailed techniques on what to do for your mind, your head/memory, your face/eyes, shoulder/upper back... down to your feet, such that longevity is encouraged. 6:30-7:45pm, Nature's Food Patch, 1225 Cleveland St, Clearwater, Info and reservations 727-331-0086.

## FRIDAY, MARCH 23

**Pranic Healing® Level 1** – (through March 24) Heal yourself and others with this touch-free system that balances the energy body to promote natural healing. Hands-on workshop is fun and will get you healing immediately. Fri 6:30-9:30pm, Sat 9am-7pm, \$297 by Jan 10, Break Thru Living Center, 1531 N Dale Mabry Hwy, Ste 201, Lutz, Seats are limited, Register 813-435-5250, www.breakthruiving.com/events.

## SATURDAY, APRIL 28

**Yoga for Addictions** – (through April 29) Struggling with an addiction to caffeine, alcohol, drugs and/or food? SuperHealth® is a cutting-edge behavioral health & addiction therapy system. Led by Dr Mukta Kaur Khalsa, students will learn and practice Kundalini Yoga kriyas & meditations and incorporate nutrition/ other healing modalities to integrate the teachings, creating an overall plan for ending addictions. \$260 until April 14; \$285 after, Yoga Village of Clearwater, 2760 Daniel St, Clearwater, www.ayogavillage.com, 727-712-1475.

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