

ongoing events

sunday

Beginners Mind Zen Group Meditation - Free every Sunday morning. Instruction, 7:30am, sitting meditation, 8am. Lotus Room Yoga Studio, 1101 W. Kennedy Blvd., Tampa. 813-254-6777. www.yogalotusroom.com.

Body Work Open House – (first Sun monthly) experience the body work of Irma, Neuromuscular Massage Therapist by St John Method, hands on approach in resolving soft tissue pain in the body, and Jeremiah, a Natural Therapeutic Specialist focusing on the subtle energetics of the body using Core Synchronism, Polarity Therapy and Reflexology; open to the public to spread awareness of natural medicine; healthy snacks and drinks served, 9am-5pm, Equilibrium, 2325 Central Ave, St Pete, 727-565-0915, equilibriumnmt.com.

Celebration Sunday Service – Come change your thinking and change your life through an hour of uplifting music, affirmative prayer & meditation and an inspiring message with Rev Alan Vukas. Talk series for December is “Designing a Wonderful Life”, where we will use the holiday classic to explore spiritual truths to empower us to have our own wonderful life. All are welcome. 10:30-11:30am, Suncoast Center for Spiritual Living, Tampa Westshore Marriott, 1001 N Westshore Blvd, Tampa, Info www.suncoastcsl.org, 813-384-8162.

Mindfulness Meditation and Buddhist Teaching – in the spirit of Thich Nhat Hanh with Fred Eppsteiner. Mindfulness practice helps one to cultivate compassion, develop inner peace and experience joy

in daily life. 6:30-8:30 pm, Yoganis Studios, 1112 W Platt St, Tampa, Info tampa-updates@floridamindfulness.org or visit www.floridamindfulness.org.

monday

Coaching Circle w/Coach Dianne Kipp - (4th Mon. monthly) “Keeping Success Alive.” Activate “The Secret” in your life. Create strategies for success in every aspect of life. Contact Coach Dianne for details at 727-481-1646. 2-hour meeting in person or via telephone. \$30/person (3-month commitment required). Institute for Courageous Living, 1500-9th St. No. (Dr. MLK), St. Petersburg. www.followyourheartjourneys.com.

Free Yoga! – Join Val for Stress Relief Yoga Classes! 6:30-7:45pm, Lotus Pond, 6201 Lynn Rd, Tampa, 813-961-3160, www.lotuspondyoga.com.

Gain & Share Herbal Wisdom - Host an interactive lecture in your home on herbs that address specific health concerns. 727-384-HERB (4372). Visit www.HerbalWise.us.com for more information. Click on Home Lecture Series in left navigation bar.

Herbs that Address Special Health Concerns -Host an interactive information session in your home. Call for available topics & dates. 727-384-HERB (4372). Visit www.HerbalWise.us.com for more information. Click on Home Lecture Series in left navigation bar.

Hypnosis for Healthy Body - Weight! - Mind-Body Cohesion© System developed by Patricia V. Scott combines Hypnosis, NLP, Pivotal Response Conditioning & more – Healthy habits, confidence, exercise motivation. 6 Mondays (6:30-9:00 pm). See

website for full details. UP Hypnosis Institute, 800 Tarpon Woods Blvd., #A-1, Palm Harbor. 727-943-5003, 866-537-7746, Info@UPHypnosis.com. For map @ www.UPHypnosis.com.

Prenatal Yoga Classes – with Heather Mitchell, Lotus Pond, 6201 Lynn Rd, Tampa, 6-7:15pm; also Thurs 10:30-11:45am; First class Free! Info 813-961-3160, www.lotuspondyoga.com.

Qi Gong classes - Sign up now to learn Fire Qi Gong; gentle movements for health & fitness. Classes are held from 5:30 pm - 6:30 pm at 2838 Beach Blvd. S., in Gulfport. Cost is \$40/month, walk-ins \$12/class. Call 727-327-4111 to reserve a spot, www.shivadharm.com.

Raindrop Therapy - A wonderful technique to remove pain & tension, improve circulation & digestion, detoxify, increase mental alertness, relieve stress & more. Mon-Sat, Noon-5pm, D-Stress Center, Alt 19 N, Palm Harbor. Call Dawn 727-485-4812 or visit healinglotusaromatherapy.com.

Yoga for Stress Relief – facilitator Val Spies, 6:15-7:30pm, Donations accepted, Call 813-961-3160 or visit www.lotuspondyoga.com.

tuesday

Acupressure Training - (1st & 3rd Tues. monthly) Acupressure and acupuncture treatment can help improve results. Hands on training with Dr. Yali Fan, MD, professor in China, author of six Chinese Medical books, 23 yrs. teaching/clinical experience, Tuina, acupressure. \$20 (bring one or two guests, no charge if friend or family member 15 years or

**Beyond Organic Foods
Delivered
Right to Your Home**

www.GetMoreOrganic.com

Stasia's Organic Element Salon
2510 S MacDill Ave
Tampa, FL 33629

813-375-9526

Are you sick and tired of being sick and tired?

HOLISTIC ENERGETIC AND RESULTS THERAPY

Relaxation/NeuroMuscular Massage Therapy
BodyTalk™ Healing System and Scalar Wave Cold Laser
(FDA-Registered for Joint Pain and Muscular Relaxation)



Harvey Pearlman
More than 30 years of professional experience.

727-259-8232
3530 1st Ave. North, Suite 114
St. Petersburg, FL 33713
(Cross Pointe Plaza)

www.HarveyPearlman.com • quantumhealer@earthlink.net

*Carry laughter
with you
wherever you go.*

~Hugh Sidey




**Buddhist Teachings
& Meditation Practice
in the Spirit of
Thich Nhat Hanh**

Dharma Teacher Fred Eppsteiner

<p>Orientations offered one hour before the last meeting of every month.</p>	<p>St. Petersburg U.U. St. Pete 719 Arlington Ave. N. Wed. 7- 8:45 pm</p>	<p>Tampa Yogani Studios 1112 W. Platt St. Sun. 6:30 - 8:30 pm</p>
--	--	--

www.floridamindfulness.org

older). 7-8pm. 5905 Webb Road, Tampa. Limited seating. RSVP at 813-882-8373.

Basic Intro to Yoga - (starting 1st Tue. monthly) This 4-week program teaches the basic postures of yoga combined with helpful explanations of yoga philosophy & tips on feeling comfortable in the classroom. \$55/4-week program. 7-8:15pm. The Lotus Room Yoga Studio, 1101 W. Kennedy Blvd., Tampa. 813-254-6777 and 7:15-8:30pm. The Lotus Pond, 6201 Lynn Rd., Tampa. 813-961-3160. www.yogalotusroom.com.

Creating Change - Katie Coffin, Certified Hypnotherapist & NLP Master Practitioner, guides you through a program of self-discovery and personal transformation. 2 Tuesdays monthly (7-9 pm): \$105 prepaid 5 days ahead; then \$125 (must pre-register) includes workbook & handouts @ UP Hypnosis Institute, 800 Tarpon Woods Blvd., #A-1, Palm Harbor. 727-943-5003, 866-537-7746, Info@UP-Hypnosis.com. For map: www.UPHypnosis.com

Introduction to Yoga - 4 week workshop, learn basic postures of yoga combined with explanations of yoga philosophy and tips on feeling comfortable in the classroom. Starts first Tues each month, 7:15-8:30pm, Lotus Pond, 6201 Lynn Rd, Tampa; 7-8:15pm, Lotus Room, 1101 W Kennedy, Tampa, \$55, www.yogalotusroom.com.

Pre-Natal Yoga Class - Learn how to bring comfort into your pregnancy and prepare your body for delivery with certified pre-natal instructor Carla Jimenez. Expectant moms learn the importance of relaxation, breath work and flexibility through yoga. \$14/class or 5 classes for \$55. 5:30-6:45pm. FMI, contact Yoga at the Lotus Room, 1101 W. Kennedy Blvd., Tampa. 813-254-6777. www.yogalotusroom.com.

Reiki I & II Usui System - Class Certification and CEUs available for LMT, Provider #MCE 50-77, for

Reiki credits. Rev. Maria Antonieta Revello, Reiki, Karuna & Qigong Master. Reiki I, Tue., Reiki II, Thu., 6-10pm. 12718 Casey Rd., Tampa. RSVP at 813-334-7424 Maria or 813-932-0996.

Trigger Point Tuesdays - Up to 5 trigger point injections for \$75. Trigger Point Injection (TPI) may be an option in treating pain for some patients. It is a procedure used to treat painful areas of muscle that contain trigger points, or knots of muscle, that form when muscles do not relax. Orthomolecular Nutrition & Wellness Center, 9225 Ulmerton Rd, Ste 312, Largo, 727-518-9808.

Twin Hearts Meditation and Pranic Healing Clinic - experience the power of meditation and Pranic Healing®. The meditations are simple and increase your vitality, focus and overall energy. No experience necessary, Free Pranic Healing sessions after the meditation, 7pm, Love offering, Pranic Healing Center of Tampa, 1531 N Dale Mabry, Ste 201, Lutz, 813-435-5250, www.PranicHealingTampa.com.

wednesday

Applying Nutritional Balances - such that your body performs its greatest potential, and resolving allergies & body deficiencies, facilitated by Dr Grace Pampo, DOM, CYT, 5:40-6:45pm, \$20, Healing-trust Acupuncture & Wellness Center, 28870 US Hwy 19N, Ste 351, Clearwater, Seating limited, Reservations, 727-331-0086, www.Healingtrust.com.

Drum Circle at the Boba Café - (first Weds monthly) with Heather DeRigo, Drum Circle Facilitator. Join in your community, meet new friends; drumming naturally relieves stress & releases en-

dorphins and serotonin (feel good neurotransmitter) in the brain. All Drums are provided, no experience needed, all ages welcome, 7:15-8:15pm, \$10, 2764 University Sq Dr, Tampa, 813-866-8569, Heather 813-770- 8313.

Fundamentals of Yoga -5:30-6:45PM. \$15, Not sure if you are in alignment? This class is designed to deepen your understanding of the yoga postures, develop greater flexibility and strength and to awaken the mind body connection with meditation. Come open your heart to Yoga. Aromatherapy will also be offered in this class. yoga4all, 8836 Seminole Boulevard, Seminole, 33772. Contact Nancy MacDonald, RYT 727-542-0116 www.shantivinyasa.com

Mindfulness Meditation & Practice - in the spirit of Thich Nhat Hanh. Mindfulness practice helps to cultivate compassion, develop inner peace and experience joy in daily life. 7-8:45pm, UU St Pete, 719 Arlington Ave N, St Petersburg, Info stpete-updates@floridamindfulness.org or visit www.floridamindfulness.org.

Prayer & Healing Service - A sacred space of prayer, meditation and quiet music. Chaplains available for individual prayers and hands-on healing by request. 6:30pm. First Unity, 460-46th Ave. North, St. Petersburg. 727-527-2222 x101 or www.firstunity.org.

Reiki Treatments - 10am-4pm, Call for appointments & location 813-334-7424 Maria or 813-425-2596 Dr Marta Alarcon.

thursday

164 Pages - This Alcoholics Anonymous group meets 10am every Thursday. First Unity, 460-46th

PERSONALITY TESTING

The Ybor Test Center
offers for a limited time, free intelligence and personality testing.
Your IQ, personality and aptitude determine your future.
Know them. No obligations.

1300 E. 8th Avenue
Tampa, FL 33605
Phone: (813) 872-0722

WHAT IS SCIENTOLOGY?

GET THE FACTS, FIND OUT FOR YOURSELF

Available Daily:

- Tours & Information
- Lectures
- Films
- Personality & IQ Testing

SCIENTOLOGY.ORG

Mon-Fri 10am - 10pm	Sat & Sun 10am - 6pm	1300 E. 8th Ave. (813) 872-0722
------------------------	-------------------------	------------------------------------

©2012 CSTPA. All Rights Reserved. SCIENTOLOGY is a trademark and service mark owned by Religious Technology Center and is used with its permission. Printed in USA.

acupuncture • aromatherapy • chiropractic • reflexology
reiki • holistic practitioners • hypnosis • magnetic therapy
massage therapists • supplements • nutritional drinks
...NATURAL HEALTH



Healthy Living EXPOS

9th Annual

Saturday, February 25th
10am-4pm
Crowne Plaza, Indialantic
Near Melbourne on A1A

Opportunities for Exhibitors & Sponsors

Caring for your health and the environment

321-777-6433  FREE Admission
www.HealthyLivingExpos.com



Ave. N., St. Petersburg. Register at www.unitycampus.org or call 727-527-2222 x101.

A Course In Miracles - A modern day expression of the demonstrations and teachings of Jesus. The course focuses on letting go of thoughts and pictures in our minds that cause us to suffer as the path to happiness, love and joy. \$5 donation. 7pm. First Unity, 460-46th Ave. N., St. Petersburg. 727-527-2222 x101 or FirstUnity.org.

Free Meditation - from 6:00 pm - 6:30 pm. Call 727-327-4111 to reserve a spot. 2838 Beach Blvd. S., in Gulfport. Instructor Can San Trantow - www.shivadharm.com.

Free Yoga - Join Val for these stress relief yoga classes. 7-8:15pm. The Lotus Room, 1101 W. Kennedy Blvd., Tampa. 813-254-6777. www.yogalotusroom.com. (Also see Tuesday listings for more Free Yoga with Val.)

Free Yoga by Candlelight for Beginners - Explore the healing potential of yoga basics, breath and the power of relaxation all done in the beauty of candlelight. 5:30-6:45pm, Yoga4All, 8836 Seminole Blvd, Seminole, Free for new students, by donation all others. Register, call Heather 727-480-3004, heather@WakeUpMyBody.com or Marty 727-392-9642, marty@yoga4all.com, www.yoga4all.com.

Hypnosis & NLP Class - Int'l. Assoc. Counselors & Therapists/Hypnosis Education Assoc. Chapter Master Class for professional development (3 ceu's). Expand skills with scripts & practice last Thursday monthly. Different topic each month. \$25 (UPHI Associates); \$30 (Members); \$35 (others-practice clients). 6-9 pm @ UP Hypnosis Institute, 800 Tarpon Woods Blvd., Palm Harbor. 727-943-5003, 866-537-7746, Info@UPHypnosis.com. Map: www.UPHypnosis.com

Introductory Talk on Sant Mat - a practical spiritual path based on meditation on inner Light and Sound, ethical values, service to others, and love for all creation, 7pm, Free, Largo, Call 1-877-MEDITATE or visit www.santmat.net.

Kundalini Yoga -7-8:30PM. \$15 drop-in. Kundalini Yoga is called the Yoga of Awareness. This yoga benefits overall health and vitality and is said to be particularly beneficial for the endocrine (glandular) and neurological systems. yoga4all, 8836 Seminole Boulevard, Seminole, 33772. Contact Lisa Recchione, eRYT 727-595-6036 www.yoga4all.com

Medical Qi Gong Seminars - (1st & 3rd Thu. monthly) Dr. Yali Fan, MD & Professor in China, has taught Qi Gong for over 20 years. 7-8pm. 5905 Webb Road, Tampa. 813-882-8373.

Weight loss Seminars - (2nd & 4th Thu. monthly) Lose weight quick & have great health. With Dr. Yali Fan, MD & Professor in China who has practiced Chinese Medicine for over 22 years. 7-8pm. 5905 Webb Road, Tampa. 813-882-8373.

friday

Couples Beach Retreat & Workshop - (Fri. @ 7:30pm - Sun. @ 1:45pm) Transform your relationship through sacred intimacy and conscious loving. Discover Tantra. \$595/couple. Richard & Diana Daffner, Siesta Key Beach, Sarasota. www.IntimacyRetreats.com. For dates, other locations, brochure, call 1-877-282-4244.

Community Acupuncture Healing Sessions - patients sit quietly together in comfortable recliners and benefit from the synergistic healing energy of a group. The more people in the group session, the better; bring your friends and family, 10am-3pm, Payment is made anonymously, based on honor system, Suggest \$20-\$45, cash only, Mind Body Spirit Care, 3610 Madaca Ln, Tampa, Call to reserve space 813-969-1311.

Integral Tai Chi with Kim Le - Soothing and relaxing; strengthen bones, improve equilibrium, prevent falls and feel great. 6:30-8:30pm, Free, Call for location 813-334-7424 Maria, 813-495-5318 Kim.

Yoga Mix - Relax into your weekend with a special class at regular pricing. Students will enjoy techniques from Hatha, Hot, Kundalini, Restorative and more, 6-7:30pm, Cost included with Membership, Walk-ins \$15, Yoga Village of Clearwater, 2760 Daniel St, Clearwater, www.ayogavillage.com, 727-712-1475.

saturday

Fit Yoga4All - Heather Brandt, CPT & RYT200, shares her knowledge of fitness and yoga. First half hour group fitness class with full body workout & energetic music then transitions to an active, relaxing yoga class; last 15 mins are spent in a well deserved savasana. Open to all levels, wear athletic shoes & bring towel. 10:30-11:45am, \$15/class Yoga4All, 8836 Seminole Blvd, Seminole, Heather 727-480-3004, www.yoga4all.com.

Integral Tai Chi with Kim Le - Soothing and relaxing; strengthen bones, improve equilibrium, prevent falls and feel great. 6:30-8:30pm, Free, Call for location 813-334-7424 Maria, 813-495-5318 Kim.

Laser Therapy for Pain & Acupuncture - Learn how quickly (from the first treatment \$50) you can permanently reduce & heal pain. We combine 2 therapies resulting in fast results. Free evaluation. 1 Hr. Hot Stone Deep Tissue Massage \$25, Vitamin Injection \$25 Facials. Lumina Healing Center, 2903 Dr. MLK St. N., St. Petersburg. Limited space, so call 727-898-5900 or visit GoLumina.com.

Reiki Sharing - (2nd Sat every month) Experience the most profound, powerful & gentle relaxation

classifieds

Fee for classifieds is \$60 for three months. 25 words per listing. Email content to dwilson@natampa.com. Deadline is the 10th.

FOR SALE

THE BLESSINGS OF 11:11:11 CD, \$22, a cutting-edge meditation/energy infusion from METATRON & CAROL MAY, Angel Lady www.thegoddesstree.net or call 904-697-7744

PROFESSIONAL SERVICES

GET YOUR BUSINESS ONLINE - Generate New Leads/Stay in Contact with Your Customers. Site & Hosting \$37 per month. www.LeadGen-Websites.net.

technique; you will feel renewed and lighter. It helps re-establish healthy frequencies to cells and atoms bringing back health to cells and tissues. Complements any form of therapy. 10am-3:30pm, Call 813-334-7424 Maria or 813-425-2596 Dr Marta Alarcon.

YOGA con Bernardo y Luz Marina Trujillo - magnificos instructores, con muchos años de experiencia. 9-10:30am, Llame a Luz Marina al 813-335-3517 para mayores detalles de sitio.

Your Unlimited Mind: Intro to Self Hypnosis - Patricia V. Scott, Internationally Certified Master Trainer of hypnosis, teaches how to discover untapped potentials, talents and abilities using the power of your Unlimited Mind. \$35 prepaid or \$45 (CD/materials included) 1-4 pm (Last Saturday monthly) @ UP Hypnosis Institute, 800 Tarpon Woods Blvd., Palm Harbor. 727-943-5003, 866-537-7746, Info@UPHypnosis.com. For map: www.UPHypnosis.com.

SHARE YOUR LOVE
FOR
WHOLE TRADE®

WHOLE TRADE GUARANTEE

WHOLE FOODS MARKET

AVENTURA • BOCA RATON • CORAL GABLES • CORAL SPRINGS • FORT LAUDERDALE
JACKSONVILLE • NAPLES • PALM BEACH GARDENS • PHILLIPS CROSSING • PINECREST
PLANTATION • SARASOTA • SOUTH BEACH • TAMPA • WELLINGTON • WINTER PARK

©2012, Whole Foods Market IP, L.P.