

# Community Calendar

Listings in red are held in Fairfield County

## Saturday, October 1st

**Reiki level I** \$150.00. Reiki level II, \$200.00 Sunday October 2nd; Reiki Level III \$250.00 Sunday October 30th; Reiki Master \$750.00 Sunday November 13th. All classes run from 10a.m. to 6p.m. and are located at Sacred Rivers Yoga 2934 Main St, Glastonbury, CT. Facilitated by Jill Cole RMT, KRM: 860-836-2413 or cole.jill@sbcglobal.net for detailed description of each class and to register go to [www.reikihealingnewengland.com](http://www.reikihealingnewengland.com).

**Psychic Saturday.** 10:00 a.m. – 4:00 p.m. \$20.00 for a 20-minute reading. Stop by or pre-schedule a private reading with Intuitive and Angel Therapy Practitioner® Priscilla Bengtson. Receive guidance from your angels, spirit guides and loved ones. Pre-scheduling is highly recommended. Held at The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. To pre-schedule an appointment, please call Priscilla at 860.301.1468 or email [appointment@healinginharmonycenter.com](mailto:appointment@healinginharmonycenter.com).

## Sunday, October 2nd

**Reiki I.** 9:00 a.m. – 5:00 p.m. \$125.00. Attune to the universal energy in this Level I Usui Reiki class. Participants will learn traditional hand positions, how to give a full body session and receive attunements to the universal Reiki energy for self-healing and healing others. Participants receive a manual, book and certificate. Held at The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. To register, please call 860.301.1468 or email [registration@healinginharmonycenter.com](mailto:registration@healinginharmonycenter.com).

**Exploring Tantric Intimacy.** 2–5pm. \$68. With Pam Margaritis. Use the three keys of Tantra; breath, movement and sound to move energy and stimulate our pleasure. You will be introduced to exercises that will become the foundation of your deeper Tantric practice. Please pre-register. Visit [www.sacredriversyoga.com](http://www.sacredriversyoga.com) for more information. Sacred Rivers Yoga, 2934 Main Street, Glastonbury 860.657.9545.

## Monday, October 3rd

**Common Ailments Treated with Safe, Traditional Chinese Herbs.** 6:30- 8:30 PM. \$32.00. Discussion on formulas to treat common disharmonies like ab-

dominal distress, arthritis, back pain, trauma. You will learn where to purchase these formulas & herbals. Connecticut Institute for Herbal Studies, 900 Wells Road (RT. 175), Wethersfield. 860-666-5064. [www.ctherbschool.com](http://www.ctherbschool.com).

## Tuesday, October 4th

**Business Skills for Holistic Practitioners.** 6:30pm. – 8:30pm. \$225.00 (Payment plan available). Class runs five consecutive Tuesdays. Whether you are just starting out in business or you've been practicing for awhile, this class will help you focus your business and develop a plan for success. The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. To register, please call 860.301.1468 or email [registration@healinginharmonycenter.com](mailto:registration@healinginharmonycenter.com).

## Wednesday, October 5th

**Abundance/Manifestation.** 5 session series, 6:30-8:30pm. Cost \$97. Also Oct. 12, 19, 26. Free yourself up to let your wishes come true! Learn how focus your intent and energy to create and manifest abundance in all its forms. Discover the keys to open your gates to allow and accept that which is rightfully yours. 36 Cheshire Rd, Wallingford. Contact Gayle @203-265-2927, [sunnispirit@sbcglobal.net](mailto:sunnispirit@sbcglobal.net), or [www.return2love.com](http://www.return2love.com).

## Thursday, October 6th

**Safe Haven Wildlife Rehabilitation Center's "Wild & Caring" Silent/Live Auction.** 6pm -9pm. \$30. Hosted by Scot Haney to celebrate Safe Haven's 5th year anniversary! Admission includes hors d'oeuvres, chance to win door prizes, ability to bid on unique silent/live auction items. Cash bar available. Birch Meadow Banquet Facility, 76 East Dudley Town Rd., Bloomfield CT. For more information and tickets, visit [www.safehavenrehab.org](http://www.safehavenrehab.org) or [www.safehavenwildandcaring.eventbrite.com](http://www.safehavenwildandcaring.eventbrite.com). **The Truth About Cholesterol.** 7pm. Free. With Dr. Lilly-Marie Blecher, ND, Lac of Natural Health Associates. Thyme and Season Natural Market, 3040 Whitney Ave. Hamden. 203-407-8128. [www.thymeandseasonnatural-market.com](http://www.thymeandseasonnatural-market.com).

## Friday, October 7th

**First Friday Crystal Bowls Sound Healing.** 7 - 8:30 pm. \$15. Edie Jemiola, RMT, facilitates this monthly offering. Sound used with intention can shift the

energy in and around the body to help reestablish physical, mental, emotional, and spiritual wellbeing. Experience the purity and passion of Edie's voice and quartz crystal bowls. Bring a mat, pillow and blanket. Spirit Matters, 19 Piney Street/Rt. 286, Ellington, CT, [www.spiritmattersct.com](http://www.spiritmattersct.com). Register with Edie: 860-933-8145.

**Reusi Dat Ton with David Wells.** 9am-5pm & Oct 8, 9am-4pm. \$250. Reusi Dat Ton is the foundation of Traditional Thai Massage and consists of Breathing, Self Massage, Joint Mobilization, Yoga Postures, and Meditation/ Visualization Exercises. Visit [www.sacredriversyoga.com](http://www.sacredriversyoga.com) for more information. Continuing Education Credits available for RYT and NCBTMB. Space is limited, pre-register by contacting Sacred Rivers Yoga, 2934 Main Street, Glastonbury, 860.657.9545.

**Essential Oils for Your Health.** \$25. 6-8pm. Come learn about the healing properties of essential oils and how they can be integrated into your daily life. Oils can lift your mood, boost the immune system and relieve pain in addition to many other benefits. Create your own vegan lotion using a selection of therapeutic grade oils. Carleen Wells & Erin McGuire 46 Lebanon Rd, Bozrah, CT. Register at [www.meiklemkiln-works.com](http://www.meiklemkiln-works.com) or call 860.886.8562.

**Creating the Healthy Self.** 6:30 p.m. – 8:00 p.m. \$35.00. The truest sense of well-being comes from within and is created through a process of balancing all the elements of your life. Learn how to awaken your natural abilities and reconnect to an inner wisdom of healing. Held at The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. For more information, please call PJ Harder at 860.729.1843 or email [registration@thehealthyself.net](mailto:registration@thehealthyself.net).

## Saturday, October 8th

**Bishops Corner Celebrates National Costume Swap Day.** 12:00pm-2:00pm. Bring in your gently used Halloween costumes and swap it for something new to you! National Costume Swap day is part of a larger movement to create a greener Halloween. Swapping half of the Halloween costumes that kids wear reduces annual landfill waste by 6250 tons! Whole Foods Market, Bishops Corner, 340 North Main Street, West Hartford, CT 06117. Tel: (860) 523-7174.

## Sunday, October 9th

**Women's Yoga Retreat.** 2:30-5:30 pm. Pre-register prior to October 7, only \$30. \$35 after Oct 7. Join Dori Sargent and learn how to find and feel your power center; stand confident while balancing compassion and grace; heal and clear physical and emotional blocks with breath releases in poses. Play, sweat, and empower yourself and others with strength and femininity. Visit [www.sacredriversyoga.com](http://www.sacredriversyoga.com) for more information. Contact Sacred Rivers Yoga, 2934 Main Street, Glastonbury, 860.657.9545

**Fuller Yoga Open House.** 10-1pm. Our staff will be on hand to answer any questions you may have about yoga, pilates, massage thai massage cupping and Ayurveda Healing, health benefits and where to begin! Free Chair Massage, Tea and Healthy Snacks. Fuller Yoga Pilates & Massage, 2450 Main St. Glastonbury, CT 860-430-9642, [www.fulleryoga.com](http://www.fulleryoga.com).

## Tuesday, October 11th

**The Hero's Journey - A Healing Path Begins.** 7:00 – 9:00pm. \$20. Join Jan Loomis for an introduction to what it takes to become a healer in your own life or in the lives of others. This experiential workshop is for people who are interested in exploring alternative therapies as a way to heal. Please pre-register. Visit [www.sacredriversyoga.com](http://www.sacredriversyoga.com) for more information. Contact Sacred Rivers Yoga, 2934 Main Street, Glastonbury, 860.657.9545.

## Wednesday, October 12th

**Wholistic HCG Weight Loss Program Seminar.** 6-7pm. \$20. Also Oct. 26th. The Weight Loss Program Nobody Believes! No Hunger, no needles or painful injections. Lose 10 -30 pounds in a month, help reset your metabolism. Learn new, healthy eating habits for life. Learn how to maintain your desired weight. Weight loss results may vary. Call 860-657-4105 to register for the seminar. Glastonbury Naturopathic Center, 18 School Street, Glastonbury.

**Healing in Harmony Night.** 5pm. – 7pm. FREE. This is a drop-in healing service. Participants will receive an 8 – 10 minute healing from a healer. You will be served in the order in which you enter the center. Held at The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. For more information, please contact 860.301.1468 or visit

## Thursday, October 13th

**The Alexander Technique.** Free Lecture: Michaela Hauser-Wagner. All are welcome, no reservations required. Free. 7:00pm at Thyme & Season Natural Market, 3040 Whitney Ave, Hamden, 203-407-8128. www.thymeandseason-naturalmarket.com.

## Friday, October 14th

**Awakening the Healer Within.** 6:30 pm. – 8:pm. \$35.00. Learn to activate your healer within and learn simple self-care practices such as Qigong, Meditation and Tai Chi Easy™. The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. For more information, please call PJ Harder at 860.729.1843 or email registration@thehealthyself.net.

## Saturday, October 15th

**Introduction to Medical Intuition.** 10am–4pm. \$90.00. Have you ever wondered how a medical intuitive works? In this program you will learn the basics of medical intuition, understand energy and how it impacts our physical health as well as how we function in the world. You will learn a simple tool to help you begin the process. Held at The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. To register, please call 860.301.1468 or email registration@healinginharmonycenter.com.

**Your Integrative Health for Joy and Balance.** 9:30am- 12:30pm. Also Oct. 22nd. A workshop designed to guide each participant toward creating a personalized health plan for a lifetime of joy and balance. We'll explore a variety of approaches, including the Circle of Life exercise, understanding the food pyramid, Tai Chi and yoga basics, vision boards, diet and healthy food basics and metabolic types while considering each person's unique health and nutritional needs. Manchester Community College, Maura O'Connor at moconnor@mcc.commnet.edu or 860-512-2692. Visit www.awakenedhealthnow.com.

**Find Your Perfect Partner.** 9am-noon. Fee: \$35.00 Catherine Ewing, LCSW, MDiv, leads this popular class which will help men and women alike to identify the ways in which they may be unconsciously sabotaging themselves from attracting the love they so very much want. Come and learn the steps to truly becoming magnetic to love. Manchester Community College, Bldg. GPA GP142; to register call 860-512-3232 or online at http://mycommnet.edu.

## Sunday, October 16th

**Lunar Flow Yoga.** 5 – 7 pm. With Erika Halford. Pre-register/pre-pay for \$20 or \$25 at the door. Celebrate the full moon with a candle-lit, restorative practice that includes gentle backbends and hip-opening, forward bends and twists, inversions and special lunar meditation and ritual offering. Visit www.sacredriversyoga.com for more information. Space is limited so please pre-register by contacting Sacred Rivers Yoga, 2934 Main Street, Glastonbury, 860.657.9545.

**Shamanic Journeying Beginners' Intensive.** 1 – 5 pm, \$40. Dr. Marian Vitali, DC. An introduction to shamanic journeying, to help you connect to spiritual wisdom for your own transformational growth and health. Bring a drum or rattle, eye cover, notebook. Spirit Matters, 19 Pinney St/Rt. 286, Ellington. Register with Dr. Marian Vitali, DC at 860-918-8703 www.wholelifewellnessshaman.com.

**Herbs For Healthy Living.** 4:30PM \$7. Join Northern Connecticut Vegetarians' Potluck with Nancy Correa, as the featured presenter. Nancy is a Nationally Certified Chinese Herbologist. She will speak on utilizing save herbs for the good of the body and to improve our wellbeing. Bring a healthy vegan dish to share along with your recipe and your name. Also, please bring your place setting. Children are free. Carniglia Senior Center, 41 Oak Street, Windsor Locks is the location. For more information, see www.northctveg.org or email Harry at veggyharry@aol.com.

**Reiki I for Self Healing.** \$150. 10-4pm. Gentle and non-invasive, Reiki is a simple, natural means to relieve stress, and promote balance and wellness. Level I training will include history, principles, benefits and uses, the chakra system, self-treatment and Level I attunement. Give yourself the gift of self-healing! Carleen Wells, RMT 46 Lebanon Rd, Bozrah, CT. Register at www.meiklemkilnworks.com or call 860.886.8562.

**Pilates for Pink.** 10:00am - 11:30am \$10 Donation. Learn why correct breathing in Pilates will help you flatten your abs, how a strong core can add years to your life, and what muscles need to be stretched and strengthened in order to keep your posture strong and confident. Suggested donation \$10. Proceeds benefit the Susan G. Komen Foundation. Fuller Yoga Pilates & Massage, 2450 Main St. Glastonbury, CT 860-430-9642, www.fulleryoga.com.

## Monday, October 17th

**Meditation with Spirit World and Nature Allies Series.** 7 - 9 pm, \$15 ea class. Monthly Mondays: Oct 17, Self healing and Shamanism: emptying imprints of wounded stories. Nov 14, Invisibility and Shamanism: the hollow bone. Dec 12, Power of nature and Shamanism: connecting to the web of life. Spirit Matters, 19 Pinney St/Rt. 286, Ellington. Register with Dr. Marian Vitali, DC at 860-918-8703 www.wholelifewellnessshaman.com.

## Thursday, October 20th

**Menopause, Free Lecture:** Dr. Amanda Levitt, ND of Whole Health. All are welcome, no reservations required. Free. 7:00pm at Thyme & Season Natural Market, 3040 Whitney Ave, Hamden, 203-407-8128. www.thymeandseason-naturalmarket.com.

**Inner Source Meditation.** 6:30pm-8:30pm \$20. Strengthen your connection to your inner source-your spark of all knowing Divine Light. Access on many levels of vibration that will help your intuitive "knowing" and light. 36 Cheshire Rd, Wallingford. Contact Gayle @203-265-2927, sunnispirt@sbcglobal.net, or www.return2love.com.

## Friday, October 21st

**Gallery Night.** 6:30pm. – 8:30pm. \$45.00. Enjoy an intimate evening of learning about angels and guides and experiencing intuitive readings with medium and certified Angel Therapy Practitioner®, Priscilla Bengtson. Everyone in attendance will receive a message. Seating is limited and pre-registration is required. Held at The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. To register, please call 860.301.1468 or email registration@healinginharmonycenter.com.

**Megalithomania USA 2011.** \$155.00 Full Weekend Ticket + Film, \$425.00 Full Weekend Ticket + Workshop + Film + 3 Tours. Through Oct. 26th. The Ultimate Annual Conference on the Megalithic Arts & Sciences. Three days of tours visiting Balanced Rock in North Salem NY, Megalithic Chambers in Patterson NY, America's Stonehenge, Gungywamp Complex. www.megalithamerica.com.

## Saturday, October 22nd

**Finding Calm.** 10am–11:30am. \$35.00. Experience a natural way of dealing with fear, anxiety and worry. Release habitual patterns of negative, energy

draining thoughts and balance your emotional state of being. Held at The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. For more information, please call PJ Harder at 860.729.1843 or email registration@thehealthyself.net.

**Book Signing.** 1pm. – 3pm. FREE. New Jersey author, Karen Noe, discusses her newest book Through the Eyes of Another. Karen draws on her experience as a medium and lets readers know that you don't have to wait until you cross over to go through your life review. The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. For information, please call 860.301.1468 or visit www.ThroughTheEyesofAnother.com.

**Qi Gong for Practitioners.** 9:30am – 3:30pm. Also Oct. 23rd. Learn Chinese Qi Gong fundamentals and exercises for immune system strengthening, marrow and organ cleansing, energy balancing and Qi cultivation. Class approved for CE Hours by The Nat'l Cert Board for Therapeutic Massage & Bodywork and the CT Chiropractic Assoc. CT Institute for Herbal Studies, 900 Wells Rd Wethersfield – Presented by George Hoffman, Silver Dragon Tai Chi & Qi Gong. Fee: \$159. Call (860) 742-5892 by Oct 19 to register.

## Sunday, October 23rd

**Women's Empowerment Meditation.** 10am. – 12pm. \$25.00. We invite in our angels and guides to help us release those things that keep us stuck. The energy of the group helps us to release those things that no longer serve our highest good and allow us to live an empowered life. Held at The Healing in Harmony Center, 99 Citizens Drive, Glastonbury. To register, please call 860.301.1468 or email registration@healinginharmonycenter.com.

## Monday, October 24th

**Group Past Life Regression.** 6:30pm-8:30pm \$20. Through exploration of your past lives, learn some of the reasons you are repeating patterns, why you were born into your particular family or why you have certain behaviors. 36 Cheshire Rd, Wallingford. No previous experience necessary. To register or for more information please contact Gayle Franceschetti @203-265-2927 203-265-2927 email sunnispirt@sbcglobal.net, or visit www.return2love.net.

## Thursday, October 27th

**Vibrational Healing Meditation.** 7-8:30 pm. \$15. Lisa Burch, LCSW, RMT & Marna Walter, RN, RMT, facilitate. Relax with this blend of guided imagery and sound healing with the Tibetan

singing bowls, drumming included. Release what no longer serves you. Reiki offered as time allows and Spirit guides. Bring a mat, pillow and blanket if you wish to lie down. Spirit Matters, 19 Pinney Street/Rt. 286, Ellington, www.spiritmattersct.com. Register with Lisa: 860-871-9295 x2.

**Friend and Foe: Mold, Fungus, Yeast, and Mushrooms.** Free Lecture: Dr. Anne Mitchell, ND of Advanced Allergy Research. All are welcome, no reservations required. Free. 7:00pm at Thyme & Season Natural Market, 3040 Whitney Ave, Hamden, 203-407-8128, www.thymeandseasonnaturalmarket.com.

## Saturday, October 29th

**The Passion Test.** 1-5pm. \$45.00 for 1 or \$40.00 each for 2 or more. Catherine Ewing, LCSW, MDiv teaches a simple process for discovering the things that you are most passionate about and discovering the path to your purpose and destiny. Many people have used this method to rediscover old dreams or create new ones, moving themselves into a life of greater passion, purpose and authenticity. Held at Heaven on Earth, Pembroke, MA. Click here to register.

**Green Halloween.** 12:00pm-2:00pm. Join us for a scary sampling of delicious Halloween treats! Suzanne from the Little Green Tambourine will be here with her amazing vegan and gluten free pumpkin cupcakes!! Get in the spooky spirit with pumpkin painting and face painting! Whole Foods Market, Bishops Corner, 340 North Main Street, West Hartford, CT 06117. Tel: (860) 523-7174

## Saturday, November 5th

**Halloween Candy Swap.** 12:00pm-2:00. Are your kids in a candy coma? Bring in your left over Halloween candy and swap it for healthy treats and fun stuff. We will be sampling healthy and fun kid-friendly treats! Whole Foods Market, Bishops Corner, 340 North Main Street, West Hartford, CT 06117. Tel: (860) 523-7174

# Monthly Ongoing Events

## SUNDAY

**Spiritual Cinema Circle.** 7pm. Independent, spiritual filmmakers are creating inspirational movies with heart and soul. First Sunday of every month, movie followed by discussion of the film. Free. Bring popcorn and an open mind. Move2Wellness located at Stonehouse Commons, 635 Danbury Road, Ridgefield. 203-403-2522 or www.move2wellness.com.

**Meditation Sunday Evenings.** 7pm. The 3rd, 4th, 5th Sunday every month. Meditation led by a different practitioner every week. Experience different techniques and styles for your own practice. Free. Move2Wellness is located at Stonehouse Commons, 635 Danbury Road, Ridgefield. 203-403-2522 or www.move2wellness.com.

## MONDAY

**Tong Ren Healing Class:** 7-8pm. \$10. each class. Instructor, Ming Wu Ph.D., a doctor of Chinese Medicine, studied Tai Chi in China and US for 40 years, he received the authentic Yang Style teaching from his Sifu Grandmaster Gin Soon Chu, disciple of Yang Sau Chung. He studied Tong Ren Healing with Master Tom Tam since 1994. Wu Healing Center, 45 South Main St., Suite 100, West Hartford, CT. 800-990-9332. www.wuhealing.com. Tel: 978-461-2168 (Office) 978-790-8888 (Cell).

**Morning Yoga.** Monday thru Friday @ 9:30am. Class Cards, Drop Ins and Monthly Memberships apply. Class will begin with a warm up that utilizes variations of Sun Salutation. Then we will cultivate strength and awareness in the core, and later apply that awareness to standing postures and balancing. Cool down will consist of twists and forward folds. Fuller Yoga Pilates & Massage, 2450 Main St. Glastonbury, CT 860-430-9642, www.fulleryoga.com.

**Yoga Power.** Mondays and Wednesdays 6:15-7:30pm, Class Cards, Drop Ins and Monthly Memberships apply. Find more Energy, Strength and Power in your life with the healing detoxifying benefits of Yoga Power. With focused breathing and intense holding of postures you will break through the resistance that keeps you from achieving success. Fuller Yoga Pilates & Massage, 2450 Main St. Glastonbury, CT 860-430-9642, www.fulleryoga.com.

**Belly Dance Fusion with Naima Provo.** 7-8:30pm \$20/ class, 10 classes for \$170. No experience necessary! Learn movements focusing on muscle isolation, core strength, and correct posture. Practice movements with drills & stretches to all types of music. Come wiggle & giggle with us! Move2Wellness is located at Stonehouse Commons, 635 Danbury Road, Ridgefield. 203-403-2522 or www.move2wellness.com.

## TUESDAY

**Three Principles Therapy.** 7:30-9:00pm. A support group for people who are intrigued by the idea of learning how your thoughts can maintain or change the story of your life, forever. This is an ongoing group in which participants learn from each other's insights, stories and experiences. Facilitated by Lori Carpenos, LMFT. \$30 per session or \$150 for 6 sessions. Call 860-561-1919.

**A Course in Miracles.** 7-8:30pm. Love Offering. The Course is a self-study curriculum which aims to assist its readers in achieving spiritual transformation. Release your mind and free yourself! Unity Center, 3 Main St., Norwalk 06851 (above the Ford dealership). Unitycenterps.org 203-855-7922.

**All Levels Vinyasa.** 5:45-6:45pm. \$16 drop in, class cards available. Maeve Ryan combines the stretching and relaxation of gentle yoga with the heat-building core and balance work of vinyasa flow yoga. All are welcome. Visit www.sacredriversyoga.com for more information. Sacred Rivers Yoga, 2934 Main Street, Glastonbury, CT. 06033. 860.657.9545.

**Deep Restorative Yoga.** 7:30pm, Class Cards, Drop Ins and Monthly Memberships apply. The postures are specifically designed for when you are feeling fa-

tigued, weak, stressed from daily life or when you just want to experience stillness. They are equally beneficial to alleviate depression, reduce chronic pain, migraines and the symptoms of insomnia, asthma and to help recover from childbirth. Fuller Yoga Pilates & Massage, 2450 Main St. Glastonbury, CT. 860-430-9642, www.fulleryoga.com.

## WEDNESDAY

**Yoga for Runners.** 7 – 8pm. With Paula Scopino. \$10 per person. Join the Glastonbury River Runners in a weekly yoga class designed specifically to stretch and strengthen the areas of the body that are affected by running. Visit www.sacredriversyoga.com for more information. Sacred Rivers Yoga, 2934 Main Street, Glastonbury, CT 06033. 860.657.9545.

**A Course in Miracles.** 12:00-1:30pm. Love Offering. The Course is a self-study curriculum which aims to assist its readers in achieving spiritual transformation. Release your mind and free yourself! Unity Center, 3 Main St., Norwalk 06851 (above the Ford dealership). Unitycenterps.org or 203-855-7922.

**Dynamics for Living with Rev. Shawn.** starting 9/14. Compilation of Charles Fillmore's writing. Instruction on how to live by Unity principles. Dynamics for Living provides an easy reference to Charles Fillmore's most influential teachings and combines three decades of writing in one book. It has been a reliable cornerstone for the spiritual growth of hundreds of thousands of people. These revelations he generously shared with all who studied in his classes or pondered over his writings. Prayer opened this man's human consciousness to the dynamics of Spirit. "What is "new" about this book is the arrangement in which this compilation is offered. Its purpose is to present the basic substance of Charles Fillmore's writings in a manner that will invite an expanded study of what he taught." This book explains Unity teachings in the easiest most practical way to think and live. Unity Center, 3 Main St., Norwalk (above the Ford dealership). Unitycenterps.org or 203-855-7922

# Natural Nutmeg Magazine's "Empowering Me...Naturally"

WELLNESS CONFERENCE

November 11 & 12th, 2011, Connecticut Convention Center

For Tickets go to [www.empoweringmenaturally.eventbrite.com](http://www.empoweringmenaturally.eventbrite.com)

## THURSDAY

**The Bars Process.** 7pm. Love Offering. The "Bars" is part of Access Consciousness, which is a set of tools and processes that are designed to facilitate more consciousness for everyone. There are 32 bars of energy that run through and around your head. They store the electromagnetic component of all the thoughts, ideas, attitudes, decisions and beliefs that you have ever had about anything. There are Bars for healing, body, control, awareness, creativity, power, aging, sex and money, just to name a few. Each thought, idea, attitude, decision or belief that you have fixed in place solidifies the energy and limits your capacity to be generative in that area and to have something different show up in your life with ease. Simply put, the "Bars" is like reflexology on your head. Unity Center, 3 Main St., Norwalk 06851 (above the Ford dealership). [Unitycenterps.org](http://Unitycenterps.org) 203-855-7922.

**Qi Gong with Dr. Anne Mitchell.** QiGong is a healing practice similar to Tai Chi. The form you will be learning is simple and powerful. Qi Gong qualifies as weight bearing exercise and will help osteopenia and osteoporosis. It will strengthen your core muscles and stabilize your spine. It will help you find

peace and quiet within yourself. Common Benefits of Qi Gong are serenity, clarity of mind, focus, strength pain relief. Classes are Thursday at 5:30pm in our 2 Broadway, North Haven location Call to sign up and reserve a spot. 203-239-3400. \$10 cash per person, Bring a friend and you each get 1/2 your first visit.

**Kundalini Yoga & Meditation.** 7- 8:30 p.m. Cost \$25. Kundalini Yoga is a sacred technology that awakens the spirit, energizes the body & relaxes the mind. Everybody can do this regardless of age, size and fitness level. It's "90 minutes that can change your life." Call or email to reserve. Move2Wellness at Stonehouse Commons, 635 Danbury Road, Ridgefield. 203-403-2522 or [www.move2wellness.com](http://www.move2wellness.com).

## FRIDAY

**Morning Yoga.** 9:30am. Class Cards, Drop Ins and Monthly Memberships apply. See full description under Wednesday class Fuller Yoga Pilates & Massage, 2450 Main St. Glastonbury, CT 860-430-9642, [www.fulleryoga.com](http://www.fulleryoga.com).

**Deep Restorative Yoga.** 6:15pm, Class Cards, Drop Ins and Monthly Memberships apply. Fuller Yoga Pilates & Massage, 2450 Main St. Glastonbury, CT 860-430-9642, [www.fulleryoga.com](http://www.fulleryoga.com). The postures are specifically designed for when you are feeling fatigued, weak, stressed from daily life or when you just want to experience stillness. They are equally beneficial to alleviate depression, reduce chronic pain, migraines and the symptoms of insomnia, asthma and to help recover from childbirth.

## SATURDAY

**Tai Chi Class.** 9-11am. Instructor, Ming Wu Ph.D., a doctor of Chinese Medicine who studied Tai Chi in China and US for 40 years, he received the authentic Yang Style teaching from his Sifu Grandmaster Gin Soon Chu, disciple of Yang Sau Chung. He teaching Tai Chi in US for over twenty years. Mention this ad for first month free Tai Chi class on Monday (\$60) or Saturday (\$80) Exp Oct 1, 2011. Wu Healing Center, 45 South Main Street, Suite #100, West Hartford, CT. 800-990-9332. [www.wuhealing.com](http://www.wuhealing.com).

**Healing Prayers.** 7pm. 3rd Thursday of every month. Love offering. Heal yourself through prayer with Karen Mitchell. Unity Center, 3 Main St., Norwalk (above the Ford dealership). [Unitycenterps.org](http://Unitycenterps.org) or 203-855-7922.

**Reiki.** 7pm. Healing energy work with Hilda Swaby. 4th Thursday of every month Unity Center, 3 Main St., Norwalk (above the Ford dealership). [Unitycenterps.org](http://Unitycenterps.org) or 203-855-7922.

**Tea Ceremony and Meditation.** 8-9am with Dr. Ming wu. Free, 45 South Main St., Suite 100, West Hartford. 978-790-8888. [wuhealing.com](http://wuhealing.com).

**Tong Ren Healing Class:** 11am - 12pm. \$10. each class. Instructor, Ming Wu Ph.D., a doctor of Chinese Medicine, studied Tai Chi in China and US for 40 years, he received the authentic Yang Style teaching from his Sifu Grandmaster Gin Soon Chu, disciple of Yang Sau Chung. He studied Tong Ren Healing with Master Tom Tam since 1994. Wu Healing Center, 45 South Main St., Suite 100, West Hartford, CT. 800-990-9332. [www.wuhealing.com](http://www.wuhealing.com). Tel: 978-461-2168 (Office) 978-790-8888 (Cell).