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Rhode Island Edition

July 2009



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*Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.*

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# letterfrompublisher



Nothing says 4<sup>th</sup> of July like a parade. My father has marched with the Colonial Navy of Massachusetts, a fife and drum corps, for most of my life. Growing up, I had the privilege of attending a parade most every weekend (often times more than one) and have many fine memories. Parades are a great, inexpensive family outing. Often centered around historic

events, they instill a sense of community, patriotism, and pride in the participants and the parade goers.

Cookouts are also a great Independence Day tradition, bringing friends and family together to share in the bounty of our summer harvest. For those who prefer to stick to raw foods, the health benefits are many. According to Lisa Turner in "Healing Foods" on page 20, the payoff makes it worthwhile. We are loosing valuable protein, vitamins and minerals in the cooking process. She gives some great, practical ideas to incorporate raw foods into our lives. While not for everyone, it is getting easier to do. Some restaurants such as The Garden Grille (see page 10) offer raw food specials, and many local health food stores offer tasty choices as well.

Certainly fresh foods are in abundance during this time of year. A spring full of rain will surely reward us with a summer full of tomatoes. I am lucky enough to have a husband who likes to play in the dirt and we have a wonderful garden. Every year, I think it will never be full and by August you can't walk through it. In the summer, what we don't grow ourselves, we can get from one of the many farmers that bring their garden to the market. I love a farmers market partly because of the fresh food but also because of the sense of community you get when you are there. Last year, one of our enterprising neighbors brought a farmers market to Rhode Island College, the Fruit Hill Farmers Market, across the street from my house. It's been an amazing experience to meet neighbors and make new friends, while supporting local farmers. Natural Awakenings lists markets across the state, along with the dates and times. This month find them on page 32.

Sometimes, it may seem that fresh produce is the only thing plentiful these days. Certainly many, if not most of us, are feeling the effects of a global recession. It is interesting to note how individuals approach this scarcity. Are we angry and hoarding or are we grateful and charitable? In his article, "Creating Prosperity" on page 18, Normand Rene Poulin discusses how we might look at prosperity in a new way and how to manifest it in our lives.

Enjoy this great month in Rhode Island. Celebrate, eat healthy, and be well.

Peace,  


Maureen Cary, Publisher



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Subscriptions are available by sending \$25 (for 12 issues) to the above address.

*Natural Awakenings* is printed on recycled newsprint with soy-based ink.





Jeff Gellman

## New Dog Training Radio Show in Rhode Island

Jeff Gellman of Solid K9 Training now hosts his own dog training radio show on AM 790. *What Would Jeff Do?* airs Saturday mornings from 7 to 8 a.m.

The show covers Gellman's no-nonsense training philosophy and techniques, current events in the canine world, views of leading experts and real world experiences and obstacles in dog training. Gellman bases his talks on four cornerstones: behavior modification, obedience training, household management, and exercise and nutrition. The call-in show helps dog owners develop the

skills and confidence needed to effectively handle and comfortably live with their canine companions.

To have questions answered on-air, call 401-437-5000 or 1-888-345-0790. Email [Jeff@WhatWouldJeffDo.com](mailto:Jeff@WhatWouldJeffDo.com). See ad page 15.

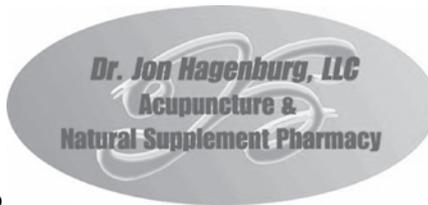
## Local Acupuncturist Launches Web Site

Dr. Jon Hagenburg of Acupuncture & Natural Supplement Pharmacy recently launched the new medicinal supplement web site [NaturalSupplementPharmacy.com](http://NaturalSupplementPharmacy.com).

"You can expect high quality and effective results from our products," says Hagenburg. "We differ from other sites because we won't have just any supplements on our site. These products are safe and they work."

Hagenburg is a practitioner of oriental medicine and acupuncture. He has studied in the United States and China. Hagenburg's office is located at 5835 Post Road, Suite 214, Plaza II in East Greenwich.

For more information visit [DrHagenburg.com](http://DrHagenburg.com) or [NaturalSupplementPharmacy.com](http://NaturalSupplementPharmacy.com).



Mary DiSano

## Connect to a Perfect Blueprint of Health and Wellbeing

Healing Hearts now offers reconnection healing sessions with Mary DiSano of Divinely Touched, whose form of healing involves manipulating unique energy frequencies. Healing Hearts is a center for spiritual renewal and healing, and is located at 1542 Main St., in West Warwick.

"Reconnection allows healings to take place on whatever level the universe, God, or source has intended for our being from the physical to the spiritual," says

DiSano, who studied with Dr Eric Pearl, the author of *The Reconnection*.

Visit [DivinelyTouched.com](http://DivinelyTouched.com) or call 401-263-8828. See ad page 31.

## The Essence of Healing

Years ago, chiropractor Eric Pearl discovered he had an extraordinary gift. Trained in traditional Western medicine, his patients began reporting miraculous healings when he simply held his hands near them.

Pearl will discuss the remarkable story of how this energy, light and

information first came to him during his presentation, *The Essence of Healing*, sponsored by the Learning Connection. Two sessions are scheduled: July 29 from 6:30 to 9:30 p.m. at the Radisson Harbor Hotel, 220 India Street, in Providence; and July 30 from 6:30 to 9:30 p.m. at Whites of Westport, 66 State Road, in Westport, MA. The seminar will include live demonstrations with questions from the audience to follow.

Pearl has appeared on numerous television programs worldwide. He has spoken by invitation at the United Nations, has presented to a full house at Madison Square Garden, and has been featured in various publications including the NY Times.

Cost is \$49.00 for non-members and \$39.00 for Learning Connection members. To sign up, visit [LearnConnect.com](http://LearnConnect.com) or call 401-274-9330. See ad page 13.



## Summer Cookouts go Gluten Free

Healthy Haven of Tiverton now offers a wide variety of gluten free hot dog and hamburger buns for summer cookouts. The store also carries hoagie rolls, white sandwich bread, cinnamon raisin bread, and sandwich rolls in many flavors. The store, located at 80 Main Road, in Tiverton, specializes in gluten free foods and vitamins.



Visit [healthyhavenRI.com](http://healthyhavenRI.com) or call 401-816-5844. See ad page 15.



## New Map to Cycle the Ocean State

An updated version of the Guide to Cycling in the Ocean State map is now available in print or electronically through the Rhode Island Department of Transportation (RIDOT). The map shows the location and parking lots for Rhode Island's six major bike paths. RI has more than 50 miles of open off-road bike paths and more than 90 miles of signed bike routes.

The Narragansett Bay Wheelmen Bicycle Club (NBW) donated \$10,000 to help cover the cost of printing 37,500 copies of the new map. "The Department

is extremely grateful for the generosity of the Narragansett Bay Wheelmen," RIDOT Director Michael P. Lewis said. "Without their assistance, RIDOT would not have had the funds to produce printed copies of the map.

NBW, the largest cycling club in Rhode Island, is an all-volunteer community organization dedicated to the support and encouragement of recreational cycling.

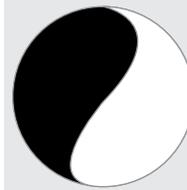
Copies of the map are available at [DOT.RI.Gov/BikeRI](http://DOT.RI.Gov/BikeRI) or call 401-222-4203 Ext. 4033.

## Cooking Class and Wine Pairing

Master Chef Sanjiv Dhar is holding a cooking class specializing in Indian cuisine and wine pairing seminar July 13 at Rasoi restaurant, 727 East Avenue, in Pawtucket. Rasoi features regional Indian cuisine with many vegetarian and vegan options. The class includes a demonstration of two vegetarian dishes, two meat dishes and a rice dish. After the cooking demonstration, participants will enjoy a full dinner with wine pairings for each course.



Cost is \$40 per person, not including gratuity. Reservations required. 401-728-5500. [Rasoi-Restaurant.com](http://Rasoi-Restaurant.com). See ad page 23.



## Learn Shiatsu to Improve Quality of Life

Healing Choices now offers shiatsu therapeutic sessions and patient education sessions with trained shiatsu therapist Elaine M. Grant. Shiatsu is a Japanese form of bodywork based on traditional Chinese medicine and western constructs of anatomy and physiology. Its purpose is to establish and maintain physical, mental and emotional health by balancing the state of Ki (chi).

Students learn the locations of specific accupoints as well as makk-ho stretches through the patient self-care program so they can administer Shiatsu to themselves. "The self-care program is a more affordable option instead of coming for weekly Shiatsu sessions," says Keith W.L. Rafal, MD, MPH, the medical director of the Rehabilitation Hospital of Rhode Island.

Healing Choices is located at 116 Eddie Dowling Highway, in North Smithfield. Contact 401-766-0800 Ext. 5519 or [Healing-Choices.net](http://Healing-Choices.net). See ad page 31.

## Radio Station Sponsors Arts Fair

1380 WNRI AM presents the Healing Touch Arts Fair Sunday July 26, a multi-vendor event for artists, crafters and practitioners in the mainstream and holistic fields. Demonstrations and art displays will be featured.

On site jewelry making will be available as well as Reiki samplers and spiritual angel, tarot, palm and psychic readings. Vendor booths are still available.

The event will take place at the Ivy Garden, 272 Cowesett Ave. (Rte. 3,) in West Warwick.

More info at 401-338-1338 or [HealingTouch100@gmail.com](mailto:HealingTouch100@gmail.com) See ad page 23.



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## Art and Music Converge at Four Corners



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FESTIVAL

Free art and entertainment is on the agenda at the 22nd annual Tiverton Four Corners Arts & Artisans Festival July 18 at the Mill Pond Area of Tiverton Four Corners at the Junctions of Routes 77 and 179.

This year's entertainment will include Gary Fish, Gina Cimmelli and Kim LaMothe as well as a troupe of local belly dancers led by Barbara Donahue. Also performing will be the renowned Noora of New York. Local and regional artists will display and sell pottery, jewelry, wood working, water-colors, glass, photography and more. Coastal Roasters and The Black Goose Cafe are providing gourmet coffee and food for this event. Admission is free.

Visit [TivertonFourCorners.com](http://TivertonFourCorners.com).

## Wellness Center Celebrates One-Year Anniversary

The Wellness Center at Gold Plaza, home to Heavenly Hugs and Angel Whispers Rhode Island, celebrates its first anniversary this month. Adriene Smith and Gladys Alicea offer a variety of services and workshops for those who want to improve their quality of life, reduce stress and gather with like-minded people. To celebrate, Smith and Alicea will offer new clients a special introductory rate on select services.

"We strive to provide individual and group support in this challenging world," say the local practitioners whose success is based on love, support and friendship.

The Wellness Center is located at 917A Warwick Ave., in Warwick.. Visit [Heavenly-Hugs.com](http://Heavenly-Hugs.com) and [AngelWhispersRI.com](http://AngelWhispersRI.com). See ads pages 13 & 17.



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## Magnetic Therapy Restores Skin

A new form of skin restoration therapy, using magnets and organic plant pulps, is now being offered at Spa Shanti. Magnetic skin therapy was developed by Ilike Organic Skin Care and the treatment can be used on both the face and the body.

"Ilike's philosophy is that skin cells re-align themselves and work optimally with the magnetic force of the earth," said Holly Johnson-Riel, esthetician at Spa Shanti. "New technologies and buildings are interfering with realignment. Magnetic skin therapy is designed to allow cells to promote healing and increase blood and lymphatic circulation." They are offering clients a 10 percent discount off their first magnetic therapy facial.

Spa Shanti is located at 267 Greenville Ave, in Johnston. Visit [SpaShanti.com](http://SpaShanti.com) or call 401-349-0050. **See ad page 17.**



We should look for someone to eat and drink with before looking for something to eat and drink...

—Epicurus

## New Offerings, Holistic Spa Days at Smithfield Market

Foodworks Natural Market in Smithfield will host Holistic Spa Day July 15 from 11 a.m. to 3 p.m. Therapists from Healing in Harmony Spa will offer free mini-facials, chair massage, reflexology and, of course, raffles and samples.



Every Saturday, arriving straight from the farm, visitors can shop the aisles to find fresh local and organic produce from Wishing Stone Farm in Little Compton. Also new is the grab n' go section that includes sandwiches, salads, dumplings, noodles and sushi (all vegan and macrobiotic).

Foodworks is located at 9 Cedar Swamp Road, in Smithfield. Hours are Monday through Saturday from 9 a.m. to 8 p.m. and Sunday from 10 a.m. to 6 p.m.

More info at 401-232-2410

## Edible Gardens Provide Beauty and Fresh Food

There's no time like summer time for an edible garden. Landscape architect David de Smit of Artful Gardens, who specializes in kitchen gardens, says he has noticed the growing trend toward these landscapes.

"More and more people are embarking on an edible gardening adventure," says de Smit, noting the economic crisis has certainly inspired some of the trend toward more home gardening.

A kitchen garden is the most obvious edible garden but many people have begun to incorporate annual vegetable crops as well as perennial food crops into their decorative landscaping, says de Smit. For example, rainbow chard has gorgeous large, deep green, luscious leaves that grow on brilliant, multicolored stems and, says de Smit, "it is marvelously tasty and nutritious."



Call 401-831-2142 or email [ddeSmit1@gmail.com](mailto:ddeSmit1@gmail.com). Visit [TheWayOfTheGarden.blogspot.com](http://TheWayOfTheGarden.blogspot.com).

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Source: University of Michigan, 2009



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## garden grille **cafe**

By Beth Davis

### *Serves Up Healthy Vegetarian Fare*

**Robert Yaffe describes the Garden Grille, a popular vegetarian restaurant he owns in Pawtucket, as an act of love disguised as a restaurant.**

For nearly 14 years, the Garden Grille has served up healthy and delicious vegetarian fare to the community. But, Rob says, the inspiration for the restaurant dates back to the early 1940s when his grandmother, Reggie, turned to a strictly vegan/vegetarian diet and eventually a raw food diet in an effort to improve her health. Her daughter, Erna (his mother), continued on the same path and opened one of New England's earliest natural food markets, The Golden Sheaf, in 1970.



"I am constantly inspired by this family legacy dedicated to health and wellness beginning with my grandmother and continuing through both my parents," says Yaffe. "Natural foods and vegetarian living seems almost genetic to me, like a calling of sorts."

While in college, Yaffe helped his mother at The Golden Sheaf. They set up the first juice bar in Providence in the back of the store with only five seats at the counter serving fresh organic juices, salads and some sandwiches. Creating a sense of community based around a healthy and somewhat

alternative lifestyle was always a big motivation for Yaffe, so as the market continued to grow, wellness practitioners would hold lectures and classes in an upstairs center. After his mother died suddenly, Yaffe ran the market from 1980 until it closed in 1990.

He then spent some time working in the national foods industry on a national level. One of his clients was Paul Wenner, the creator of the original Garden Burger. Wenner inspired Yaffe to open up a fast food veggie burger, smoothie and salad café, which was the original intention when the Garden Grille opened in 1996.

"As the years progressed it became evident that the community needed a more creative and sophisticated vegetarian offering," explains Yaffe. "Thanks to many great chefs, cooks, wait staff and dishwashers, our menu developed very spontaneously to become what it is today—an eclectic mix of vegan, vegetarian and our newest offering, raw foods."

Recent additions to the already diverse menu include a full bar featuring craft beers and wine, as well as delicious martinis and margaritas made from fresh squeezed juices. Also in development is a mouth-watering Sunday Brunch serving



free range eggs, tofu "bacon," vegan cinnamon rolls, eggs with vegan hollandaise sauce and more.

Yaffe says after almost 14 years, their two best selling items are "Grandma Reggie's Raw Heaven Salad," and their signature "Roasted Butternut Squash Black Bean Avocado Quesadilla with Pepperjack Cheese," also available with vegan cheese. The infamous Grandma Reggie's salad is comprised of avocado slices, mango and red grapefruit served over arugula with cashew and sesame gomasio and topped with beet-ginger infused jicama.

Although the restaurant is a vegetarian establishment, the food truly is for everyone. "I would say a majority of our customers are not vegetarian," notes Yaffe. "Our menu is designed for everyone, whether you are a strict vegan or someone who eats meat and is just curious—there are plenty of options."

The restaurant business is known for being one of the toughest around, but Yaffe says it is the challenge that keeps him motivated. "Even though we do well, a restaurant has to constantly grow and evolve, otherwise people move on." They are working on incorporating more raw foods, which Yaffe sees as becoming more and more of an influence in vegan/vegetarian cuisine. Once a week, under the guidance of Shura Baryshnikov, a local raw foods chef, the staff gets trained in new raw

food recipes, including desserts.

"When we do run our raw specials, they almost sell out, so that tells me people are willing to try new things," he says. "I think to a great degree it's because after almost 14 years, they trust us to put out a delicious plate of food." Taste is the most important factor he says, because then guests are open to try almost anything.

Over the years, Yaffe has seen the shift in awareness and consciousness about eating healthier and more "alternative." He says with so much more information available about how diet and food choices affect the environment, people are more drawn to food that is healing personally and environmentally. "A vegan diet consumes so much less resources than a meat-based diet and, let's face it, it's always a good thing to eat in a more compassionate way."



"I have been serving carrot juice to the community for 39 years, but I still enjoy it," laughs Yaffe. "I think of a quote I always loved from Ben and Jerry: 'If it's not fun, then why do it?' I try to make the restaurant a fun place to work for everyone and hopefully that comes through to our guests".

The Garden Grille is located at 727 East Ave in Pawtucket and is open seven days a week. For information call 401-726-2826 or visit [GardenGrilleCafe.com](http://GardenGrilleCafe.com).

***It's difficult to think anything but pleasant thoughts while eating a homegrown tomato.*** – Lewis Grizzard

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## healthbriefs

### Cherries to the Rescue



For the estimated 27 million Americans who suffer from osteoarthritis, relief may come from a sweet summer fruit, report researchers at the Baylor Research Institute. Tart

cherries, in concentrated pill form, they say, may be a promising pain reliever for this debilitating form of arthritis. It's especially good news, because current treatments largely focus on controlling pain through the use of over-the-counter acetaminophen or prescription drugs that can have detrimental side effects, and have not been shown to alter the history or the course of the disease.

In a recent pilot study, more than half of the enrolled patients suffering from osteoarthritis of the knees experienced significant improvement in pain and function after taking the cherry pills for eight weeks. The pill is made from whole Montmorency tart cherries, ground up and sold as a soft gelatin capsule under the brand name Cherry-Flex®.

Because of the promising results, the Baylor Research Institute and Arthritis Care & Research Institute are currently enrolling patients in a second, related study.



### Do vegetarians eat animal crackers?

— Unknown Author



Dr. Steve & Dr. Jenn

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# Creams Can Dry Skin

Sometimes we may notice that as soon as we start using a skin cream, we have to continue with it, because if we stop moisturizing, our skin becomes even drier than before. New research published by The Swedish Research Council is now shedding light on this phenomenon. Researchers are discovering that topical application of certain oils, such as mineral oil, affect the skin on a deep level, making it less able to cope with external stresses.



How cream affects skin depends on the cream's composition, say the scientists. Some creams are based heavily upon mineral or vegetable oils that tend to weaken the skin's protective barrier and change the way our skin produces its own protective oils. As a result, the skin loses its self-regulating processes and can become drier.

Skin is a living, breathing organ. To ensure that a cream does not interfere with normal skin functioning, researchers suggest looking for complex cream compounds that contain not only natural oil, but sufficient water, which should be listed as the first ingredient.

Source: *Vetenskapsradet, The Swedish Research Council, 2008*



# Natural Remedies for Motion Sickness

Motion Sickness refers to the uneasiness, cold sweats, dizziness and/or vomiting brought on by travel by car, train, boat, train, airplane or amusement park rides. Caused by a disturbance in the inner ear, motion sickness can make any journey unpleasant, and once the symptoms have started, they're difficult to stop. It's far better to keep the symptoms from starting in the first place by taking precautions, including natural remedies such as ginger or acupressure.

Drinking ginger tea, eating crystallized ginger or taking a ginger supplement have all been shown to alleviate a tendency toward motion sickness. Ingesting peppermint and black horehound in tincture form or as tea are also worth a try. Some studies suggest that acupuncture and relaxation training may help. Before traveling, avoid spicy, greasy or fatty meals; don't drink alcohol or smoke. Do drink plenty of water to avoid becoming dehydrated and pack dry crackers in a handy carry-on as a light snack.

As always, ask health care providers about the best ways to incorporate these herbs, supplements or other therapies into any existing overall treatment plan.

Source: *University of Maryland Medical Center*

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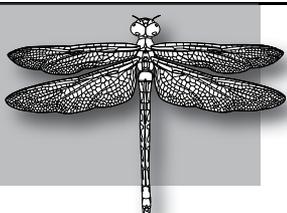
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## Reflexology How Our Feet Talk

by Linda Sechrist

The body has an amazing ability to regularly heal, repair and revitalize itself, but it can occasionally use an assist with its daily workload. Reflexology, a natural approach to rebalancing and encouraging internal healing processes, could be just the boost the body needs, according to The Ingham Method® of Foot Reflexology. This complementary therapy uses alternating pressure on reflex points located on the feet and hands, and is sometimes used in conjunction with other modalities, such as massage and aromatherapy.

"If you're feeling out of kilter, don't know why or what about, let your feet reveal the answer, find the sore spot, work it out." That's the personal philosophy of Eunice D. Ingham, who created the world-renowned Ingham Method, considered the Rolls-Royce of reflexology. Ingham, working alongside her mentor, Dr. Joe Shelby Riley, researched and documented the theories and techniques used today by 25,000 reflexologists throughout the world.

Her work was based on Dr. William Fitzgerald's zone therapy of the 1920s; he was the first to pioneer the concept of reflex areas on the feet that correspond to body parts. *The Original Works of Eunice D. Ingham*, published in 1984, includes *Stories the Feet Can Tell Thru Reflexology*, correlating the connections between specific organs and glands with reflex areas in the feet.

As a nephew of the late Ingham, Dwight Byers' 70-year love of reflexology began early. He still remarks



**"If you're feeling out of kilter, don't know why or what about, let your feet reveal the answer, find the sore spot, work it out."**

**-Eunice D. Ingham**

how, "Her signature thumb, finger and hand techniques brought relief to my childhood symptoms of hay fever and asthma." Byers is the author of *Better Health with Foot Reflexology*, and president of the International Institute of Reflexology, in St. Petersburg, Florida. The institute provides both training for reflexologists and continuing education for massage therapists, nurses and chiropractors worldwide.

During the past 23 years, Ingham's work has served as a foundational resource for Mary Ann Mugas, owner of Feet First Reflexology, in Naples, Florida. Trained by the institute, Mugas agrees with Ingham that the feet jabber.

"When I sense an angry response from feet," explains Mugas, "I know it will take me three to four treatments until they open up and allow me to get into the deeper reflexes."

A reflexologist's experienced hands and thumbs, which travel over feet dusted with non-talcum powder, pick up on textures such as grittiness, sponginess, lumps, hard spots or a callous formation. "I had a client," notes Mugas, "who had a callous forming over the heart reflex. Several months later she reported that her physician diagnosed her heart problem."

Lucy Scarbrough is secretary of the American Reflexology Certification Board, an independent testing agency for certifying the competency of reflexologists. The graduate of the International Institute of Reflexology is a nationally certified aromatherapist and a Reiki master, who works part time at a Memphis, Tennessee spa.

"Reflexology sessions are really good for foot problems, especially the loss of feeling," says Scarbrough, who finds that her clients are often delighted to find that treatments relax the entire body and relieve emotional stress. "Nurses and waitresses who stand on their feet all day are especially good candidates for reflexology," advises Scarbrough, "because treatments help increase circulation."

Responses to reflexology vary widely, from feelings of calm and sleepiness to a sense of renewed energy and rejuvenation. "The more frequently you experience reflexology," remarks Byers, "the more likely you are to notice overall benefits."

*For information on the International Institute of Reflexology, call 727-343-4811 or visit [Reflexology-USA.net](http://Reflexology-USA.net).*

*For a list of nationally certified reflexologists, refer to the American Reflexology Certification Board; go to [arcb.net](http://arcb.net) and click on Referral to a National Certificant.*

*Contact Mary Ann Mugas, of Feet First Reflexology, at 239-261-8833.*

## Summer Internships

### More Student Farmhands Go Organic

More liberal arts students seeking an academic break, meaningful work or training and engagement in social change are headed to farms this summer. It's a way to act on their growing enthusiasm for locally raised food, concerns over food safety and the environmental impact of conventional agriculture.



The *New York Times* reports that interest in summer farm work among college students has never been so high, according to dozens of farmers, university professors and people who coordinate agricultural apprenticeships. Katherine L. Adam, of the National Sustainable Agriculture Information Service, says that 1,400 farms sought interns this year; that's almost triple the number 2 years ago.

Stipends are generally modest, with room and board included. Academic credits may also be offered.

Find internship directories by state at [organicvolunteers.com](http://organicvolunteers.com) and [attra.ncat.org/attra-pub/internships](http://attra.ncat.org/attra-pub/internships).

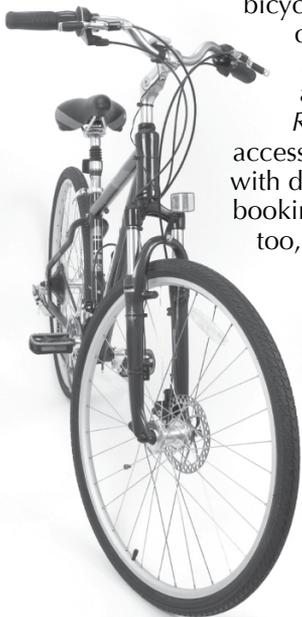
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The new service addresses three critical issues making headlines these days: environment, gas prices and health awareness, notes company President and Founder George Gill.

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Happiness is a bowl of cherries and a book of poetry under a shade tree.

— Astrid Alauda

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# Whole Food Supplements

## Benefits for Pets

by Dr. Matthew J. Heller

Pets and people today share a common bond: We rarely consume a completely balanced diet that meets our nutritional needs and promotes optimal health. Everyone knows that vitamins are fundamental to health and wellness, and concerned pet owners are beginning to realize that even the best food sources may not be enough. Pets' diets may need additional fortification with nutritional supplementation.

### Why Supplements May Be Necessary

First, it's vital to understand that the majority of the U.S. pet population consumes highly processed diets. In order to form those attractive kibble bites, most pet food is cooked at extreme temperatures, which also destroy most naturally occurring vitamins and minerals in the raw materials. Recognizing this, many commercial pet food manufacturers fortify their products with synthetic vitamins in an attempt to compensate.

We must ask: Does the addition of these synthetic vitamins benefit an animal's health, as marketing materials suggest? Could synthetic vitamins potentially be harmful? Is there a better way to provide our furry companions the valuable nutrition they may not receive from their primary diet? I encourage responsible pet owners to take a closer look at available options for supplementation, and to recognize the differences between the benefits of whole food vitamins and their synthetic counterparts.

### Benefits of a Whole Foods Approach

In a food source, a vitamin complex consists of the main vitamin nutrient and an underlying matrix of supporting enzymes, coenzymes, minerals and antioxidants. For example, a natural food source of vitamin E, such as wheat germ oil, sunflower seeds or leafy vegetables, has at least five other



key nutrients present, as well as hundreds of related nutrients.

In manufacturing whole food vitamin supplements, the raw materials (plants, vegetables, fruits and/or animal products) are gently processed to preserve the intrinsic vitamin and mineral complexes. In consuming whole food vitamins made from these natural concentrated food sources, an animal receives the same benefit as though he or she had consumed the food itself.

Synthetic vitamins, by contrast, typically contain only a single, isolated component of the main vitamin nutrient (or, in some cases, a network of related chemicals), but do not duplicate the underlying matrix in its intact organic form. For example, dl-alpha tocopherol acetate, listed as an ingredient in a given synthetic supplement, is supposedly standing in for the entire natural vitamin E complex. This is not what nature intended.

Unfortunately, the majority of vitamins found in nutritional supplements today are synthetic. These synthetic vitamins are less expensive to manufacture, but are inherently inferior to nutrition found in a natural organic complex. Over the past half century, scientific studies from the University of California and many other academic institutions have demonstrated both the potential risks of consuming synthetic vitamins and the known benefits of supplementing both animal and human diets with whole food vitamin complexes derived from concentrated food sources.

Proponents of whole food vitamin supplements identify various concerns with synthetic vitamins:

**Potential toxicity of synthetic vitamins.**

For example, researchers at Boston University documented that consumption of synthetic vitamin A may increase birth defects, while overconsumption of whole food sources of vitamin A did not have any toxic effect.

**Creation of vitamin deficiencies of the very synthetic vitamin being supplemented.**

If the body is accustomed to absorbing a vitamin complex in its natural state, the concern is that the body must supply portions of the vitamin complex not present in the synthetic vitamin in order to absorb it. According to research results noted in the *Veterinary Clinical Reference Guide*, forced supplementation of the missing portions of the vitamin complex can result in a deficiency.

**Synthetic vitamins absorb much more slowly.**

For example, the National Research Council of Canada reports that vitamin E in a natural form is absorbed five times more quickly than its synthetic counterpart.

**Increased histamine levels may indicate an apparent allergic reaction.**

Synthetic vitamins may contain additional ingredients used to bind together the components; certain people may be sensitive to or intolerant of such ingredients, including MSG, food colorings and chemical preservatives.

Profound differences exist between synthetic vitamins and whole food vitamins. The bottom line is that whole food vitamin supplements are able to supply an animal's body with nutrients lacking in their diet. Synthetic vitamins, on the other hand, offer only isolated components of vitamins, and many researchers argue that they pose potential risks. Providing proper nutrition for our pets in the form of whole food vitamins is a powerful tool in combating and preventing illness and promoting overall wellness.

*Dr. Matthew J. Heller is a holistic veterinarian in Middletown, OH. Contact him at 513-424-1626 or visit AllAboutPetCare.com.*

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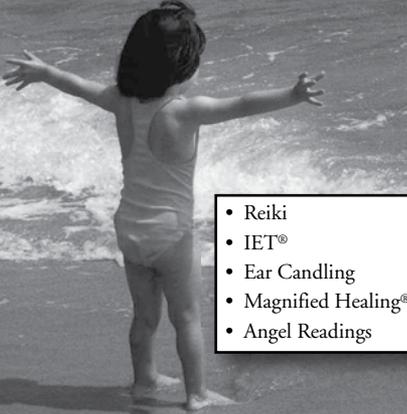
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# Creating Personal Prosperity

By Normand René Poulin

In tough economic times, when changing markets are largely beyond our control, it is important to remember that there is much we can do to control our personal prosperity. Old ways of thinking such as scarcity and hoarding can be replaced with new ideas like ease of acquisition, balance and sharing.

We can immediately change our perspective of prosperity when we mindfully direct our energies to our living and work spaces, inner life and lifestyle choices.

The landscapes of our work and living spaces act as powerful backdrops to the drama of everyday living. Our environments either empower us or keep our energy stuck, lulling us into secure and familiar habits.

There is a secret language that our 'stuff' communicates to us. Based on past conditioning, our beliefs about ourselves and what we expect from life are all actually anchored and on display in some fashion, in our work and home environments. Ideally, homes and workspaces should be places that celebrate our unique life and accomplishments. They are also the perfect place to anchor and affirm the qualities, images and intentions for your desired life and future.

Many of us live in time capsules that pay homage to the past, or reflect someone else's decision about how we are to live our lives and spend our time. Our spaces become vessels of constriction rather than temples of empowerment.

Assess the wealth and prosperity-affirming quotient of your environments. Take inventory of your personal collection of life souvenirs: the objects, artwork, books, music, photos, clothes, jewelry and furnishings that surround you. Include all the spaces that you live, work and play.

Get in touch with the associated feelings and memories they connect you to. Think of the people, experiences, and life events that are related to each of them individually and collectively. What would be the overall energy reading or energy assessment of your possessions and environments with regards to affirming wealth and prosperity? Ask yourself if your environments and possessions reflect back to you what you truly desire.

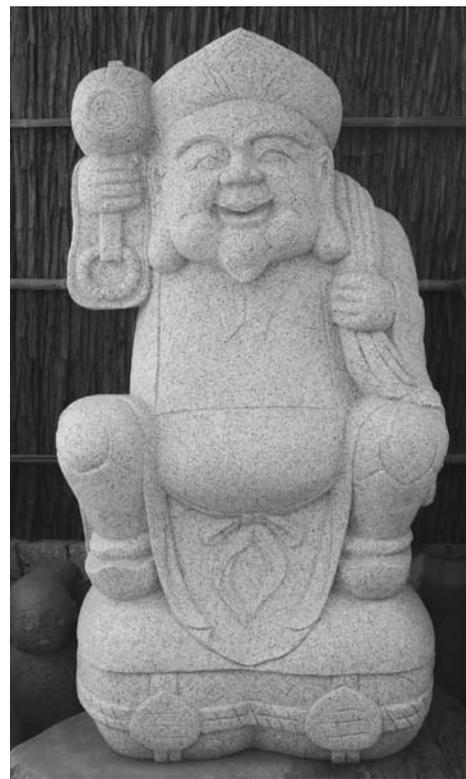
Many of us have a wish list of what we would like, but unconsciously sabotage the very things that that we feel would contribute to the quality of our lives. It is necessary that we create an integrated field of energy intention around us so that we are in alignment with our desire for abundance.

Abundance and prosperity, it should be noted, is not necessarily the same as material wealth. It may be, but is also a state of contentment with our lives. Most of us are living lives that are out of balance, with far too many commitments and demands placed on our time. We find ourselves existing with an abundance of mindless distractions and too-little time to truly fulfill our lives and personal destinies.

One way to better manage our lives is by learning to make time our friend. Assess the time-depleting influences you have given unspoken permission and allowed into your life. Take a prosperity-affirming life and work break daily, even if for just a few minutes at first.



Normand René Poulin



This is Ebisu – the god of prosperity

Create pockets of time to clarify and prioritize your goals and intentions for generating greater prosperity and abundance. Identify a symbol, object or person that best represents the idealized version of your intention, goal or dream. Have this object, or refocusing tool, take a prominent place in your living or work environment to keep your commitment and intention close at hand.

Keep your prosperity-affirming project sacred. Maintain a sense of privacy and sacredness with your process of generating abundance. Be mindful with who you disclose your symbols and rituals with, so as not to dissipate the frequency of energy that you are bringing into your life. Settle into a place of knowing that you are co-creating the perfect environments, both inwardly and outwardly, for you to fully receive with an open mind, body, and spirit the abundance and prosperity that we deserve.

*Normand René Poulin is founder and president of Living Consciously by Design. He created the Embracing Abundance Guided Meditation audio CD series and workshops, and the Infinite Blessings product line. Contact him at [LivingCBD.com](http://LivingCBD.com) or 401 475-7580.*

## Strategies for Cultivating Prosperity

- 1 Identify the wealth/gratitude areas of your home and work spaces using sacred space modalities such as feng shui
- 2 Surround yourself with prosperity-affirming symbols and power totems
- 3 Create a wealth or gratitude altar
- 4 Reduce clutter
- 5 Keep a gratitude journal
- 6 Activate all the senses to what wealth and prosperity looks and feels like
- 7 Engage in conscious rituals that empower your symbols and environments
- 8 Incorporate into your daily routine one of the internal arts disciplines, such as meditation, yoga or Tai Chi to enhance your life force
- 9 Read or listen to inspirational books and recordings that affirm prosperity
- 10 Live life on purpose
- 11 Be a force for good
- 12 Involve yourself with people who are expansive in their thinking and living
- 13 Dream big and anchor your intentions in your personal spaces

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# healing foods

## exploring the raw life

by Lisa Turner

I went raw once, and did so with a great deal of enthusiasm for the health benefits I would accrue. Certainly, eating only uncooked food seemed easy enough. Make a bunch of salads, gorge on apples and oranges, eat raw nuts, sprout some beans—piece of cake, I thought. After three weeks, all I wanted was a piece of cake. And bread. And hot, hot soups. Slowly but surely, after two months I returned to my old eating habits and to my beloved stove. I didn't know what I know now: With a few simple tricks, we can conquer cooked-food cravings, as well as other common obstacles to a raw foods diet.

### Multiple Benefits

The payoff for eating raw foods makes it worthwhile. When you cook food above 114 degrees, it destroys the enzymes that help you digest and assimilate the food. High temperatures also alter the chemical structure of vital nutrients. Overall, "You lose 50 percent of the protein, 80 percent of the vitamins and minerals and about 95 percent of the phytonutrients," says Gabriel Cousens, a medical doctor and author of *Rainbow Green Live-Food Cuisine*.

By enhancing nutrient absorption and making digestion easier, raw foods allow the body to spend its energy on other important functions. "If the body's

working on trying to digest heavy, difficult-to-process food, it can't focus on healing," says Natalia Rose, author of *The Raw Food Detox Diet*.

The potential benefit of going raw is more radiant health. Says Cousens, "A live foods diet decreases inflammation, slows the aging process, increases immunity and energy and results in increased mental, physical and spiritual well-being."

Keep in mind though that cooking your food does carry some advantages—besides the yummy taste. Heat actually makes some nutrients, like lycopene, in tomatoes, more bioavailable by breaking down the plant's cell

walls. Cooking also destroys so-called "anti-nutrients;" for example, phytates in grains and legumes, which block mineral absorption, as well as trypsin inhibitors in nuts and legumes, which hamper protein digestion. However, soaking and sprouting raw food helps break down these compounds, too.

More importantly, raw foods don't work for everyone. Both traditional Chinese medicine and ayurvedic traditions teach that uncooked foods cool the body and may actually require more energy to digest. Thus, people who naturally tend to feel cold or dry should avoid them.

"For certain body types at certain

times of year, a raw food diet could be the best medicine," says John Douillard, Ph.D., doctor of chiropractic and author of *The 3-Season Diet*. "But, during cold winter months, for certain body types, it can cause trouble."

## Getting Started

In general, most people can eat raw foods with glowing results. Plus, the regimen doesn't have to be an all-or-nothing proposition. Depending on our constitution, we can choose how raw we want to go.

"Most people won't do a 100 percent raw diet, because it's too painful," says Susan Schenck, a licensed acupuncturist and author of *The Live Food Factor*. "Most people do better on an 85 percent raw diet."

Whether going all the way or taking the middle path, these seven surefire tricks make going raw easier:

**Constant cravings** – Overcoming an appetite for bread, cookies, pasta, chips and most candy doesn't come easily.

**The raw solution:** "If you're missing carbs, you can make satisfying substitutions from raw foods," says Brigitte Mars, author of *Rawsome!* "Dates stuffed with almond butter or cookies made from raw, ground nuts and dried fruit can satisfy a sweet tooth. You can have flax crackers instead of chips or bread. And, you can make 'rice' out of cauliflower or rutabaga, and 'pasta' from zucchini strips."

**Social support** – Food provides more than physical nourishment. "It's tied up in all kinds of social cues, holidays, mother's love and childhood memories of being loved and nurtured," observes Schenck. Foregoing those comfort foods can make us feel alone and isolated.

**The raw solution:** Get support. Tap into the area's raw community. Check local newspapers for notices of raw foods potluck groups, or start one.

**Dining out dilemmas** – Nibbling on crudites at a restaurant, while fellow diners cozy up to burgers and fries, tempts even the most devoted raw-foodist.

**The raw solution:** Schenck suggests printing small cards that say, "I'm a raw foodist; please prepare a large salad for me,

with fresh, raw vegetables, nuts, seeds and avocado." Ask the waiter to deliver this special request to the chef. At cocktail or dinner parties, call the host and ask to bring a dish to share. Then, whip up a favorite raw foods dish that will help keep temptation at bay and may introduce someone new to raw foods.

**The salad rut** – If our daily raw foods diet consists mainly of lettuce and grated veggies, we'll get bored fast. One can only do so much with a bowl of Romaine.

**The raw solution:** Get creative. Invest in a few great raw foods recipe books. Seek out raw foods classes to learn techniques for preparing a variety of dishes—and meet new friends in the process.

**Needing the heat** – Eating raw seems easier in warm-weather months, especially when farmers' markets call. But, when colder months return, we tend to crave warming meals, like soup and creamy foods. A plate of sliced apples just doesn't have the same comforting appeal as a slice of warm, organic apple pie.

**The raw solution:** Eating foods raw doesn't mean eating them icy cold. Most foods can be warmed to 110 degrees without damaging their enzymes. Also, eat high-fat raw foods, like avocados and nut butters, and add warming spices, like cinnamon, ginger and garlic, to dishes. Try grating apples, tossing them with cinnamon and ginger

and warming them slightly in a dehydrator; no need to wait for winter. Yum.

**Time crunch** – Raw foods do take longer to prepare, at least initially—and that alone sends many people back to the microwave.

**The raw solution:** Spend a couple hours on weekends making enough food to last several days. Focus on easy raw dishes, like blended soups or nut pates, and take advantage of time-saving equipment (see sidebar). Also, find a raw buddy for a meal-exchange program: Each cooking partner makes double or triple quantities of raw dishes to share.

**Commitment phobia** – Following a raw foods diet requires discipline in terms of time, energy and attitude, all of which challenge most of us.

**The raw solution:** Lighten up. "Remember that the raw foods lifestyle is a choice, not a religion," says Renee Loux, author of *The Balanced Plate*. "There isn't one thing that works for everyone, and part of the journey is learning to listen to your own body."

P.S.: If you can't live without one or two goodies, like Aunt Marge's chocolate truffle cake, have a tiny bit, mindfully and moderately. We won't tell.

*Lisa Turner is a nutrition writer, personal chef and food coach in Boulder, CO.*

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# kitchen essentials

by Lisa Turner

Just because we're not heating up a stove to prepare raw food doesn't mean we don't need the proper kitchen equipment. A blender and standard knives would probably suffice, but a variety of tools facilitates preparation of a wider variety of foods. Good starters include:



- **A great knife.**

Raw foods cooks slice and dice a lot, so invest in a chef's knife, small paring knife and serrated knife, all of which should comfortably fit the hand. Wusthof, Henckels and Shun are good, long-lasting choices.

- **Food processors.**

These work better than a blender for grinding nuts and seeds and making soups, sauces and spreads. Opt for a high-quality one (Cuisinart is always a safe bet) that has attachments for shredding and slicing vegetables. A mini-food processor also helps in chopping garlic or grinding nuts and seeds.

- **A dehydrator.**

Although a dehydrator isn't a must, it's a help. Use it to make raw cookies, crackers, breads, fruit leathers and even ersatz burgers. The Excalibur dehydrator has a fan to distribute heat evenly and a temperature gauge to help judge how hot the food gets—important with a raw foods diet ([ExcaliburDehydrator.com](http://ExcaliburDehydrator.com)).

- **Spiral slicers.**

Great for cutting long, thin strips of butternut squash, zucchini or other vegetables to decorate salads or make raw 'pasta.' Joyce Chen makes a good, simple version ([JoyceChen.com](http://JoyceChen.com)).

- **A juicer.**

A good basic juicer is available for \$100 to \$150. Or, go for the gold with a Green Star juicer ([GreenStar.com](http://GreenStar.com)), a high-end model that actually presses, rather than grinds, the produce. This creates less heat, which increases the juice's quality.

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## raw foods film documents diabetes turnaround

The recent independent film, *Simply Raw: Reversing Diabetes in 30 Days*, documents how holistic physicians Gabriel Cousens and Helen Ross are helping Type 1 and Type 2 diabetics to reverse their disease naturally, without prescription drugs. Ages of the five patients participating in the filmed 2008 study ranged from their early 20s to late 60s. According to a company spokeswoman, they are representative of several dozen cases that have been treated at Cousens' Tree of Life Rejuvenation Center, in Patagonia, Arizona.

During the study, the subjects ate only organic, vegan, uncooked raw foods for 30 days. Researchers report that by the fourth day, three people with Type 2 and one with Type 1 diabetes were off their insulin completely. By the end of the 30-day retreat, these four had stabilized blood sugar, and the remaining Type 1 patient was down to one-fifth of his usual dosage of insulin.

"It's not just diabetes," says Cousens. "Everything went back to normal."

According to the American Diabetes Association, 23.6 million Americans, or 7.8 percent of the population, are living with diabetes. The International Diabetes Federation estimates the worldwide number at 246 million. Cousens states, "We need to wake up to the possibility that simply changing our diet can significantly reverse, and even cure, this disease."

Sources: *RawFor30Days.com* and *TreeofLife.nu*. Also see *There is a Cure for Diabetes*, by Gabriel Cousens, M.D.

## healthbrief

### Plums Compete with Blueberries

Plums are an emerging star in the superfood world, giving champion blueberries a run for their money. According to scientists at Texas AgriLife Research, plums and other stone fruits, like peaches and nectarines, sport high levels of health-promoting nutrients, such as disease-preventing antioxidants and other plant compounds that make them equally nutritious.

The cost of stone fruits is relatively low. Plus, plums have an additional benefit: While most people tend to eat a few blueberries at a time, sprinkled into breakfasts or desserts, they generally will eat a whole plum at once.

Source: *Texas A&M AgriLife, 2009*



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# Beat the HEAT

## Five Water Workouts to Keep You Fit and Cool

In hot summer weather, when the scorching sun and out-of-control humidity threaten to take a toll on your fitness routine, one good solution is to hit the pool.

by Jodi Helmer

“You can tailor a water workout to all fitness levels,” explains Jane Katz, a doctor of education, long-time professor of physical education and athletics with City University of New York and author of *Your Water Workout*. “It’s perfect for someone who doesn’t exercise and wants to get started, as well as elite athletes who need a new challenge.”

Water provides up to 15 times more resistance than air, so the body has to work a little harder to complete each movement. The result is a workout that improves cardiovascular fitness, builds strength and develops flexibility—while you feel like you’re barely breaking a sweat.

Here are five water workouts that will inspire you to stay fit and cool for the summer:

### Swim Like Fish

Swimming is one of the best water workouts around, working all the major muscle groups as the repetitive motion of gliding through the water puts you in a state of zen. “Focus on being long and relaxed in the water,” advises Desirée Ficker, professional triathlete and co-author of *The Waterproof Triathlete*. “Form is more important than speed.”

Swim 100-meter laps, alternating between a front stroke, like the crawl, and a backstroke. Aim to swim at least 20 laps, with a 15-second rest between each lap. Two lengths of the pool, from one side to the other and back

again, counts as a lap. As you become more proficient, add more laps and fewer rests. Swimming works shoulders, triceps, biceps and abdominals.

**Reward:** Burn up to 563 calories in a one-hour workout.

### Take a Class

Aqua aerobics isn’t just for senior citizens in rubber bathing caps. These low-impact fitness classes offer a variety of effective, all over workouts. Most fitness centers that have pools offer water aerobics and fitness classes, in addition to their lap lanes. One of the biggest benefits of aqua aerobics is having someone else design the workout; all you have to do is play follow-the-leader.

“Water aerobics is a great starting point for someone who’s new to working out in the pool,” says Katz. “The instructor can offer suggestions to make the movements easier or more challenging, so you can tailor the workout to your fitness level.”

**Reward:** Burn about 285 calories per hour.

### Kick It

Belly flops off the diving board aside, falling into the water is painless, so it’s a great place to work on balance; all you



need is a kickboard. Warm up by holding the kickboard out in front of you and use flutter kicks to swim five laps. Then, sit on the kickboard with your legs dangling over the side. Kick your legs and flutter your arms to propel yourself around the pool. Continue for one minute, then rest for 15 seconds. Do three reps. This exercise works arms, chest, back, abs and legs.

Next, hold the kickboard under the water and place your feet on opposite ends, as if you were surfing. Slowly stand up, extending your arms to your sides to tread water. Bring your legs toward your chest, and then lower them again. Do 10 reps. Benefits include improved balance and stronger abs.

**Reward:** Burn as much as 246 calories in an hour.

### Race for the Finish Line

When the pavement is hot enough to cook an egg, an afternoon run is out of the question. Hop in the pool, instead.

“Use the same running motion you would if you were running on the road,” advises Ficker. “Emphasize high knees and drive your arms forward to keep you above water.”

A half-hour jog might not seem like much, especially if you’re used to putting in more time on the treadmill, but it’s long enough to give your back, abs, glutes, hip flexors and quads a solid workout.

Start with a five-minute warmup, walking in place in shallow water. Move to deep water and, with or without a buoyancy belt, begin jogging. Set a goal to run for 30 minutes, followed by a

five-minute, shallow water cool down. **Reward:** Deepwater jogging burns about 340 calories per hour, 100 calories more than jogging on land.

### Feel the Burn

To look even better in your bathing suit, go with a cross-training workout that both burns calories and builds muscle.

Katz recommends this 60-minute cross-training workout, which is challenging enough for experienced athletes. In shallow water, start by walking in place for five minutes. Next, move to the deep end and alternate five minutes of treading water with five minutes of jogging, for a total of 20 minutes. At the edge of the pool, place palms flat on the pool deck and push yourself upwards as high as you can go. Now, lower yourself until your arms are at a 90-degree angle. Do 20 reps. Back in shallow water, stand with feet shoulder-width apart. Squat low enough to submerge your shoulders. From there, jump straight up, bringing your legs together at the top of the jump, to land in the starting position. Do 20 reps to firm thighs and butt.

**Reward:** Burn an average of 520 calories per session.

*Note: Calorie counts are based on a 155-pound woman.*

*Freelance writer Jodi Helmer is the author of The Green Year: 365 Small Things You Can Do to Make a Big Difference. Connect at Green-Year.com.*

## Poolside Must-Haves

**Water Bottle:** Working out in the water is cooling, but your body still sweats. Take regular breaks to hydrate during a water workout, just as you would at the gym.

**Sunscreen:** Sun reflects off the water, increasing risk of sunburn. Stay safe by applying waterproof sunscreen before you get in the water.

**Waterproof Watch:** It’s easy to lose track of time when you’re in the pool. It helps to wear a waterproof watch, especially if you’re moving between activities.

*Source: Jane Katz, Ph.D., All-American, World Masters and World Senior Games champion swimmer and author of Your Water Workout and Swimming for Total Fitness.*

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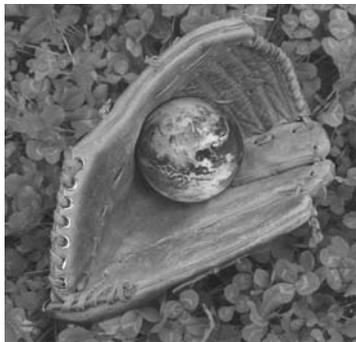
## Country Life

Where to Have Fun on the Farm

Each year, 62 million people enjoy finding things to do at farms and farmhouses, ranches and wineries as guests, visitors or volunteer workers, according to *Rural-Bounty.com*. Agritourism is often a fast-growing dimension of regional tourism. Many family farmers now welcome the public onto their properties so they can sustain their agricultural lifestyle.



From hayrides to cattle drives; from gathering free-range eggs to sugaring maples; and from picking cherries to walking fields of lavender, it's all available and waiting. Inquirers can tap into a vast array of local food production and garden nursery experiences at *AgritourismWorld.com*. Here, they can search by category or specific interest, as well as state or country. Information on tours is also provided.



## Batters Up

Major League Baseball Stadiums Go Green

Ballparks are greening more than the outfield grass, reports *E/The Environmental Magazine*. Leading examples are cutting energy use, upping recycling efforts and taking the first steps into renewable energy. Even the

nation's oldest, Fenway Park, in Boston, is now one of the city's 12 greenest buildings.

New construction brings opportunities for energy-efficient field lighting and waterless and low-flow plumbing fixtures, as well as heat-reflective and vegetative roofs. Citi Field, in New York, and Nationals Park, in Washington, DC, are good examples. Renovations, which recur about every decade in a stadium's existence, also are up for eco-improvements. Remarks John McHale, Major League Baseball's executive vice president for administration, "I expect the renovation work is going to be done with a much higher consciousness to LEED (Leadership in Energy and Environmental Design) certification than has ever been the case."

Visit *Emagazine.com* and search "ballparks" for feature article.

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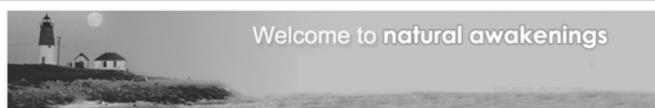
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## Play as Exercise

by Jen Lemen

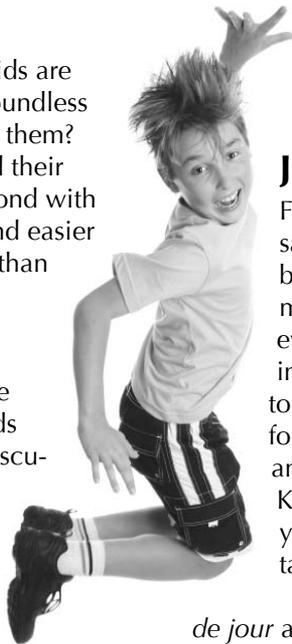
Summer is here and kids are running wild with boundless energy. Why not join them? Playing with your kids and their friends is a good way to bond with them. It's also a quicker and easier route to keeping in shape than going to the gym.

Twenty minutes of sustained play—running, jumping or dancing—three to four times a week, builds energy, improves cardiovascular health, helps overall mood, decreases tension, tones muscles and aids sleep. The following family games all offer a minimum 20 minutes of activity that will get your heart pumping and provide fun for all.

### Tag–You're It!

You'll be amazed at the endless variations of tag that have emerged since you were in grade school. Ask your kids to educate you about the latest recess tag incarnation and then, declare yourself to be "It."

Take the long way to get to your slowest little one, putting all your effort into exaggerated steps, while you swing out those arms. Let your oldest give you a run for your money and enjoy being tagged over and over again. The delight on your children's faces does a body good in more ways than one. A 20- to



30-minute workout will pass in no time.

### Jump for Joy

Forget everything you've ever said about jumping on the bed. Treat your kids to seven minutes of insanity by playing every jumping game you all can imagine. Start with a bedroom tour to find the bounciest beds, followed by a hop down the hall and through the living room. Keep your heart rate up after your seven minutes inside by taking it outside.

Learn the jump rope rhymes *de jour* and hop 'til you drop. It's great for calves, arms, delts and abs. Cool down with a little hopscotch, followed by a skip to the freezer, where homemade popsicles await.

### Marathon Mania

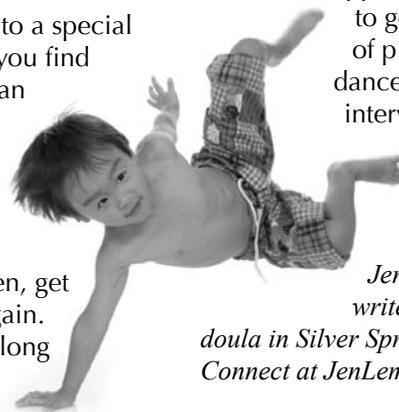
Invite neighborhood kids to a special race against the clock as you find out how many laps you can run around your house, apartment, car, yard or dining room table in five minutes. Fall down on the ground in a dizzy display of exhaustion. Then, get up and do it again and again. Push yourself to see how long you can hang with your most active preschooler.

Award medals of distinction, made out of crepe paper and recycled aluminum foil, to everyone who ran the race. Little kids will love reporting to their parents and friends how they conquered 20 or 200 laps with you by their side.

### Shake What Your Mama Gave You

Turn up the radio in the kitchen and work up a sweat showing youngsters how to dance the night away. Just 20 minutes, rocking to five to six songs, will get your heart pumping and show everybody who's still got it going on. Don't be surprised if you want to keep going.

Kids love to show off their own moves and appreciate your willingness to get down in the name of playful fun. Impromptu dance parties are the perfect intervention for couch potato kids' longing for something fun to do this summer.



Jen Lemen is a freelance writer, illustrator and doula in Silver Spring, Maryland. Connect at [JenLemen.com](http://JenLemen.com).

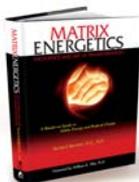
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Richard Bartlett, DC, ND is the author of *Matrix Energetics: The Science and Art of Transformation* (Atria Books/Beyond Words) and *The Matrix Energetics Experience* (April 2009, Sounds True).

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**Packing nutritionally balanced interesting and appetizing lunches is no picnic for parents. Thankfully, summer will give us a well-deserved rest from the lunch-box headaches of the school year. It can also provide us an opportunity to get our kids' health on track by getting them into a routine of better eating.**

Experts agree that children are more likely to eat healthy foods if they have been involved in the selection and preparation. So, the first place to begin is at the grocery store where your child can help you choose the things they like best. Fruits and vegetables is always a good place to start, as it satisfies a sweet tooth and most kids like them. Fresh, local, organic produce supplies maximum nutrient value. Dried, unsulphured fruits are also a good choice. Include them in homemade trail mixes you make with your children. Give them a choice of nuts, seeds, whole grains and cereals to complete the mix for a snack that provides a variety of nutrients plus healthy fats that kids need.



Offering children a plant-based diet rich in whole grains is vital for health. This summer, try to switch to whole wheat breads, cereals and pastas, and experiment by making salads with whole grains such as amaranth, quinoa, bulgur, brown rice and barley.



# Laptop Lunchbox

*Tracey's favorite Laptop Lunches*

by Tracey Blahy

## Ocean Lunch

1. Tuna sandwich with cucumber on whole-wheat bread (buy light canned tuna as it contains less mercury than white or albacore tuna).
2. Carrots (steamed and cooled) with home made hummus dip
3. Salad made of corn, peas, brown rice and a sea vegetable such as dulse
4. Pineapple and strawberries

## Green Lunch

1. Edamame and asparagus
2. Egg sandwich or tofu salad with lettuce on whole-wheat bread
3. Sliced kiwi
4. Broccoli (steamed and cooled) with a home made hummus dip

## Ooh la la lunch

1. Organic cheese stick with apple slices
2. Almond chicken wrap – wholegrain wrap with almond butter, grated carrots, chicken breast and a sprinkle of raisins
3. Home made cereal bar
4. Mango and melon balls

## Evening on the beach

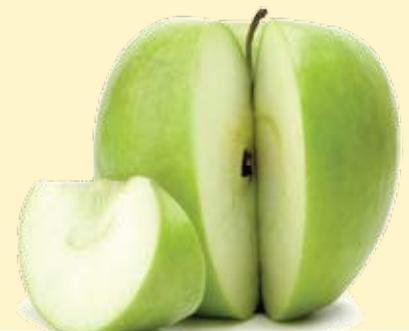
1. Wholegrain vegetable pizza
2. Moon shaped cucumbers with homemade hummus dip
3. Popcorn
4. Strawberries

## Lunch with a capital P

1. Wholegrain pasta and pesto salad
2. Sugar snap peas
3. Dried papaya
4. Home made pumpkin muffin

## Breakfast on the Beach

1. Home made cereal bar
2. Hard-boiled egg with wholegrain mini bagel
3. Strawberries and grapes
4. Yogurt with granola



Get kids to eat more nutritious protein sources. Avoid cold cuts of meat. Instead, buy organic meats that are free of artificial growth hormones and nitrates and then slice for sandwiches. Beans also provide an excellent source of protein. Getting kids to eat them may be more difficult than other protein sources, but a summer-long campaign can put an end to that. It is a general rule that a child will not get a "taste" for certain foods until they have been introduced to it 10-15 times. Whole grain bean salads make excellent summer lunches and are easily packed when September rolls around.

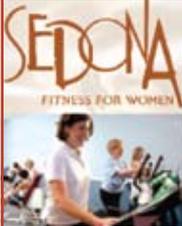
Great recipes can be found on the Internet. Favorites include: WHFoods.org, AllRecipes.com and 101Cook-Books.com. Visit FoodNews.org to find which fruits and vegetables are highest in pesticide residue.

Cereal bars are great grab-and-go foods and they are surprisingly simple to make. Visit TotalHealthNutrition.net for "Life Bar" recipe or try oatmeal bars from the Laptop Lunches User's Guide at LaptopLunches.com.

The healthiest lunches are ones that are nutritionally complete, covering the essentials: fruits and vegetables, healthy fats, complex carbohydrates, plant based protein or lean animal protein. Lunch boxes with dividers will make this easier and look more appetizing and are more environmentally friendly than plastic bags.

Retraining children to eat healthier is one of summer's greatest pleasures and provides a lifetime of good habits. Good food leads to increased energy, better behavior and a sharper mind. With a little preparation and creativity, getting your kids to eat healthier this summer will be easier than a summer breeze.

*Tracey Blahy is a nutrition counselor with bachelor's degree in health and nutrition from the University of Surrey in England. She is available every Monday between 11 a.m. and 12.30 p.m. at the Alternative Food Coop, 357 Main St in Wakefield to answer nutritional questions. Learn more about nutritional lunches at LaptopLunches.com.*



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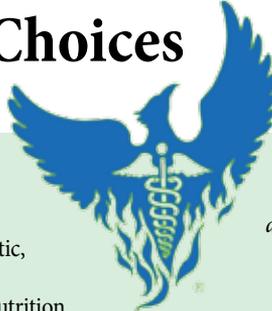
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July 2009

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## Monday

**Johnston Farmers' Market** – 2-6pm. July 20 – October 26. Memorial Park 1583 Hartford Avenue 222-2781.

**Whole Foods** - University Farmers' Market – 3-7pm. June 4 – October 29. 601 North Main St Providence 621-5990.

**East Greenwich Framers' Market** – 3-7pm. June 22 - October 26. Church Street and Rector Street 886-9889.

## Tuesday

**Blackstone River State Park Farmers' Market** – 2-6pm. July 14 to October 27. Visitor Center Route 295 North in Lincoln 222-2781.

**Marina Park Farmers' Market** – 2-6pm. May 5– October 27. Marina Park, South County Hospital exit off Rt. 1. 2 Salt Pond Rd Wakefield 295-0912.

**Whole Foods** - Garden City Farmers' Market – 3-7pm. June 2 – October 27. 151 Sockanosset Cross Road Cranston 621-5990.

**Providence/Wickenden Farmers' Market** – 3-6pm. June 16 – October 27 Parking Lot of Doyle Realty. Brook St and Alves Way Providence. 635-4274.

**Woonsocket Farmers' Market** – 4-7pm. July 7 – October 27. St. Ann Arts & Cultural Center 82 Cumberland St Woonsocket 863-6509.

## Wednesday

**Aquidneck Growers' Market** – 2-6pm. June 10– October 28. Along the shaded walk at Memorial Blvd and Chapel St, Newport RI

**Brown University Farmers Market**–11am-2pm. Sept 9–Nov 11. Wriston Quad at the corner of Thayer and George Streets Providence 863-6509.

**Haines State Park Farmers' Market** – 2-6pm. May 6 – October 28. Haines Memorial State Park Metropolitan Park Dr And Park Ave East Providence 222-2781.

**Whole Foods** - Waterman Farmers' Market – 3-7pm. June 3 – October 28. 261 Waterman St Providence 272-1960.

**Barrington Farmers' Market** – 3-6pm. June 17– October 28. Ace Hardware 156 Country Road.

**Fruit Hill Farmers Market** – 3:30-6pm. July 8–October 14. Lot A Rhode Island College, Mount Pleasant avenue and College Road jenmickz@cox.net.

## Thursday

**Providence / Capital Hill Farmers' Market** – 11am-2pm. July 23 – September 24. RI Department of Administration's front lawn Smith & Francis St Providence 222-2781.

**Middletown/AquidneckGrangeFarmers'Market** – 2-6pm – June 18–October 29. Aquidneck Grange 499 East Main Road Middletown 847-2202.

**Cranston Armory** – 4-7pm. June 4 – October 29. Next to Cranston St Armory. Parade and Hudson St Providence 863-6509.

## Friday

**Goddard State Park Farmers' Market** – 9am-1pm. May 1 – October 30. Goddard State Park 345 Ives Rd Warwick. 222-2781

**Pastore Complex Farmers' Market** – 10am-2:30pm. July 24 – September 25. RI Department of Labor and Training 1511 Pontiac Ave Cranston 222-2781.

**Providence/Downtown Farmers' Market**– 11am-2pm. June 12 – October 30. Washington St along Burnside Park. Kennedy Plaza & Exchange Terrace Providence 863-6509.

**Colt State Park Farmers' Market** – 2-6pm. May 1 – October 30. Colt State Park. Hope St and Asylum Rd Bristol 222-2781.

**Portsmouth Farmers' Market** – 3-6pm – May 8–November 20. The Green Grocer 934 East Main Road 683-0007.

## Saturday

**Providence/Broad St Farmers' Market** – 9am – 1pm. July 11 – October 31. Algonquin House 807 Broad St Providence 863-6509.

**Providence/Hope Street Farmers' Market** – 9:30am-12: 30pm. June 6 – October 31. Lippitt Park, Hope Street and Blackstone Blvd.

**South Kingstown / URI Farmers' Market** – 8:30am – 12:30pm. May 2–October 24. URI, Keaney Sports Complex Parking Lot Keaney Rd And Rt 138 South Kingstown 295-0912.

**Coastal Growers Farmers' Market** – 9am-12pm. May 16 – November 7. **Casey Farm** 2325 Boston Neck Road Saunderstown 295-1030.

**Scituate Farmers' Market** – 9am-12pm. May 2 – October 17. **Village Green, Scituate Art Festival Grounds** West Greenville Rd And Silk Lane North Scituate 647-5547.

**Pawtucket Village Farmers' Market** – 9am-12pm. May 9 to November 21. Rhodes on the Pawtucket Parking Lot 60 Rhodes Pl Cranston 751-6038.

**Burrillville Farmers' Market** – 9am-12pm. May 16 – October 10. Levy School 135 Harrisville Main St Harrisville 568-9940.

**Sakonnet Growers' Market** – 9am – 1pm. June 27 – October 3. **Pardon Gray Preserve** Rt. 77 And Lafayette Rd Tiverton 624-7490

**Richmond Farmers' Market** – 9am-12:30pm. May 16 – October 31. Richmond Town Hall, Route 138 at Route 12, Richmond 339-4282

**Aquidneck Growers' Farmers' Market** – 9-1pm – June 6–October 24. Newport Vineyards and Winery 909 East Main Road Middletown 848-0099.

## Sunday

**Pawtucket Farmers Market** – 12-3pm. July 7 – October 25. Slater Mill 67 Roosevelt Avenue Pawtucket 863-6509.

**Fishermen's Memorial State Park Farmers' Market** – 9am-1pm. May 3 – October 25. Fishermen's Memorial State Park 1011 Point Judith Road Narragansett 222-2781.

**Harmony Farmers' Market** – 9-1pm – May 17–October 25. Grange 347 Snake Hill Road North Scituate 432-5183 or 432-5447.

# calendar of events

NOTE: All Calendar events must be received by July 10th (for the August issue) and adhere to our guidelines. Visit [rinaturalawakenings.com](http://rinaturalawakenings.com) to submit Calendar events or email [info@rinaturalawakenings.com](mailto:info@rinaturalawakenings.com) for guidelines and to submit entries.

### WEDNESDAY, JULY 1

**Smart Business Networking** – 6-9pm. Network, share ideas and make new friends. With the power of networking, business owners are able to develop relationships with professionals throughout Rhode Island. FREE. Aspire Restaurant, 311 Westminster St, Providence.

**The Eight Limbs of Yoga** – 6:45-7:30pm. An introduction to the ancient outline for well-being used by yogis throughout the centuries and throughout

the world. The Eight Limbs provide us with a clear and concise guide to the fundamental and universal aspects of yoga and well-being. No experience necessary. Free. Yoga School of South County, Peace Dale Office Building, 1058 Kingstown Road, Peace Dale. 401-782-9511. [MakeltSoYoga.com](http://MakeltSoYoga.com).

**Revive the Spirit of Abundance** – 7-8pm. Prosperity Meditation while receiving Reiki, open to all interested parties. Free. Danica Connors, Trinity Energetics, 24 Salt Pond Rd, Bld H Suite 3, Wakefield, RI. 781-962-6724.

### THURSDAY, JULY 9

**Evening Paddle on Georgiaville Pond** – 6-8pm. Join the Woonasquatucket River Watershed Council (WRWC) for a two-hour paddle on scenic and peaceful Georgiaville Pond in Smithfield. Some canoes and kayaks available. WRWC boat suggested donation \$20/person. If you are bringing your own boat: \$10/person. If you have contributed at least \$25 to the WRWC since October 2008 there is a 50% discount. Woonasquatucket River Watershed Council. 401-351-5747. [Woonasquatucket.org](http://Woonasquatucket.org).

### FRIDAY, JULY 10

**Family Fun Fishing** – 9am-12pm. Young anglers form 4-14 can learn to fish at the Carolina Trout Pond in Richmond. Bait and tackle will be supplied by WPWA and RIDEM Aquatic Ed Program. \$10/members \$15/non members. Wood Pawcatuck

Water Association, 203B Arcadia Rd., Hope Valley. 401-539-9017. WPWA.org.

**Hand Reflexology Intensive** – 6-9pm. 3 days. Through lecture and hands-on participation learn hand reflexology techniques, the anatomy and kinesiology of the hand and arm, charting and the division of zones, as well as chakras and meridians that are applicable to the hands. Pathology of the hand and nails is covered including assessment of nails and skin. \$375. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

**Fireflies** – 8-9:30pm. Join Audubon naturalist Kim Calcagno for an evening celebrating the living light show that is the firefly. Make a glowing firefly craft to take home and end the evening by going out to the fields to watch for their blinking displays. Rain date July 11<sup>th</sup>. \$8/member adult \$4/child \$12/Non-members adult \$6/child. Audubon Society of RI, Audubon Powder Mill Ledges Wildlife Refuge, 12 Sanderson Rd., Smithfield. 401-949-5454. ASRI.org.

## SATURDAY, JULY 11

**Eco-Depot** – 8am-12pm. Service for Rhode Islanders who wish to dispose of their household hazardous waste safely and properly. Servicing about 25 people every 15 minutes. Make an appointment to reduce waiting. Free. Rhode Island Resource Recovery, 65 Shun Pike, Johnston. 401-942-1430 X241. RIRRC.org.

**ChiRunning® Quickstart Workshop and Group Run** – 8am-1pm. ChiRunning is the revolutionary method to learn to run effortlessly and injury-free. Combining the techniques of Tai Chi with the goal of forward motion, it is possible to return from every run more energized and mindful than when you began. From 8-10:30am a Quickstart workshop on the ChiRunning techniques, and then a FREE group run from 11am-1pm. Come for the workshop, and stay for the run to practice what you've learned. \$80. Michael Krushinsky. Goddard Memorial Park. 401-441-1520. KineticDharma.com.

**Raspberry Rambles At Sweet Berry Farm** – 9:30-11:30am. Discover all things raspberry at this berry-delicious farm. Includes an exclusive tour, seasonal local food sampling, hands-on activity and a takeaway item. Captures the distinctive sights, sounds, aromas, textures and flavors of the season and setting. Proceeds from the Sojourns support Gardening for Good's therapeutic gardening programs for children and adults. \$35/per person \$30/per person with a friend. Tickets in advance only. MaryBeth Miller, Middletown. Gardening4Good.org.

**Hand Reflexology Intensive** – 9:30am-6:30pm. See July 10th for details. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

**River Glow** – 7-10pm. Floating bonfires glow on the Pawcatuck River, plus live music, food booths, stilt-walkers, life-size puppets, and more! Rain date is July 12. Free. Westerly Chamber of Commerce, Broad St., Westerly. 401-596-7761. WesterlyChamber.org.

## SUNDAY, JULY 12

**Hand Reflexology Intensive** – 9:30am-6:30pm. See July 10th for details. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

**Paddle through Downtown Providence by Canoe or Kayak** – 11am-2pm. Join the Woonasquatucket River Watershed Council (WRWC) for a paddling outing on the Woonasquatucket River in downtown Providence and see the city from a new angle. Some canoes and kayaks available.

WRWC boat suggested donation \$20/person. If you are bringing your own boat: \$10/person. If you have contributed at least \$25 to the WRWC since October 2008 there is a 50% discount. Woonasquatucket River Watershed Council. 401-351-5747. Woonasquatucket.org.

## MONDAY, JULY 13

**Monday Morning Yoga** - 9-10am. With Lore Mitre. Enjoy easy asanas (positions) and relaxation (savasana) with a learned instructor. Walk ins welcomed. Open to the Public. Beginners; please bring a mat. \$5 per class. The Edward King House, 35 King St., Newport, RI. eking@aol.com. 401-846-7426. TheEdwardKinghouse.com.

**ZumbaGoldFreeDemonstration**–10:45-11:15am. Ditch the workout. Zumba Gold is specifically geared to active adults 55+. Participate in a dynamic program, which combines dance moves and Latin Rhythms to give you an all around great workout. There is even a chair Zumba. Free. The Edward King House, 35 King St., Newport. 401-846-7426. TheEdwardKingHouseSeniorCenter.com.

**Natural Solutions to Digestive Problems** – 6-7pm. Acid Reflux, Hiatal Hernias, Ulcers, Irritable Bowel Syndrome, Colitis and Crohn's Disease are just a few of the digestive disorders that affect over 61 million Americans each year. The doctor will educate the audience about safe, effective and natural alternative methods for addressing painful digestive symptoms. Free. Lincoln Chiropractic, Northern RI Chamber of Commerce, 6 Blackstone Valley Place, Lincoln. 401-334-3900.

## TUESDAY, JULY 14

**Arthritis: Alternative Approaches to Preventing and Relieving Joint Disease** – 10-11am. Over 50 million Americans suffer with joint disease. This presentation educates the audience about what arthritis is, who is susceptible to arthritis, what causes it, how to relieve it, and steps to help prevent joint disease. Free. Lincoln Chiropractic. Rev. Gordon Larson Sr. Center, 25 Main St., Attleboro, MA. 508-223-2235.

**“Self-Love” Workshop** – 7-8:30pm. This workshop will help you manifest a sense of self-love as we heal each other and the universe together with unconditional love. You will be guided to release all blocks interfering with your truth, and your purpose in life. \$10/per person or “Gift of Love” offering. Healing Hearts, 1542 Main St., West Warwick. 401-615-2423. HealingHeartsRI.com.

## Mark Your Calendar

### TUESDAY, JULY 14

**Feza Yarn Trunk Show** – 5pm Come and join us! 10% off total purchases from trunk show only and extra 10% off Feza bagged yarn. Raffles and Prizes too! Refreshments served. Call for more information. Free. The Beauty of Yarn, 1910 Smith St, North Providence. 401-354-0073.

## Mark Your Calendar

### TUESDAY, JULY 14

**New England Holistic Chamber Summer Celebration** – 5-8pm. Join us as we celebrate the 3rd anniversary of the NEHCC during a sizzling Summer Celebration. It's a FREE event that combines an opportunity to network and have some fun with food, door prizes, a 50/50 raffle and a cash bar. Chelo's on the Waterfront, 1 Masthead Dr, Warwick. NEHolisticChamber.org.

### WEDNESDAY, JULY 15

**The Wednesday Society** – 7-8pm. Women networking with like minded women to support, inspire, motivate and propel one another to ultimate success. Round table forum with educational and motivational talk about living the life we love. FREE. The Wednesday Society, 1525 Old Louisquisset Pike, Bldg C, Suite 205, Lincoln. 401-787-7290.

### FRIDAY, JULY 17

**Guided Meditation Night** – 7-8:30pm. Meditation for Inner Peace. Come Relax, Renew and Energize. \$10. Heavenly Hugs, 917A Warwick Ave, Warwick. 401-935-8451. Heavenly-Hugs.com.

**Practicing Joy** – 7-8:45pm. Joy is within you. Bring it out through heart-opening chant, dance, and meditative silence. We will practice chants that honor all traditions, learn simple circle dances, and sit in meditative silence-opening to the stirrings of the heart and joy within. \$6/SK resident, \$8/non-resident. Yoga School of South County, Peace Dale Office Building, 1058 Kingstown Rd, Peace Dale. 401-782-9511. MakeItSoYoga.com.

### SATURDAY, JULY 18

**Sensory Sojourn: Lovely in Lavender at Fort Hill Farm** – 9:30-11:30am. Enjoy a lavender and blueberry experience on this family farm just under and hour from Providence. Includes an exclusive tour, seasonal local food sampling, hands-on activity and a takeaway item. Captures the distinctive sights, sounds, aromas, textures and flavors of the season and setting. Proceeds from the Sojourns support Gardening for Good's therapeutic gardening programs for children and adults. \$35/per person, \$30/per person with a friend. Tickets sold in advance only. MaryBeth Miller, Fort Hill Farm, Thompson, CT. Gardening4Good.org.

**Mandala--Exploring the Light Within** – 1-4:30pm. Mandala means sacred circle. Through yoga, meditation, and simple drawing techniques, experience the profound process of creating a mandala reflecting your own inner light. No experience needed. \$26/SK resident \$31/non-resident. Yoga School of South County, Peace Dale Office Building, 1058 Kingstown Rd, Peace Dale. 401-782-9511. MakeItSoYoga.com.

### MONDAY, JULY 20

**Arthritis: Alternative Approaches to Preventing and Relieving Joint Disease** – 6-7pm. See “Tuesday, July 14” for complete details.

### TUESDAY, JULY 21

**Weight Loss Workshop** – 6:30-8:30pm. Learn why diets don't work. Understand the role of hormone balance on metabolism and healthy long-term weight management. If you know that going on another diet isn't the solution, discover the natural healing potential of your body. Dr Eva Ligeri. 259 Water St, Warren. 401-261-8999.

## Mark Your Calendar

### SATURDAY, JULY 25

**SPA DAY AT FOODWORKS** – 11am-3pm  
Featuring HEALING IN HARMONY. Services will include: Chair massage, Mini facials, and Reflexology. Plenty of free samples and 20% off select body care items. All services use natural and organic skin care products. Foodworks, 9 Cedar Swamp Rd, Smithfield. For more info call 232-2410.

### SUNDAY, JULY 26

**9th Annual Cultural Bazaar** – 10am-4pm. See July 25<sup>th</sup> for details. Free. Four Corners Arts Center, 3852 Main Rd., Tiverton. TivertonFourCorners.com.

**Energy Fest** – 12-3pm. 15 Minute Mini Session of Aromatarot, Psychic Readings, Magnified Healing®, Massage®, Reiki for \$10; Free initial Life Coaching sessions. \$10 per session. Debi Chalko, Trinity Energetics, 24 Salt Pond Road, Bld H Suite 3, Wakefield, RI. 401-263-1107.

### TUESDAY, JULY 28

**Sound Bath Meditation Class** – 6:30-7:30pm. Facilitated by Jaime Poyant and Alan Stone. Utilizing Sound to deepen inner body awareness. Come and release the stresses of the week and reconnect with your true self. \$8. Free Spirit, 420 Main Street, Warren, RI. 401-245-7979.

**“Open Talk” workshop** – 7-8:30pm. You are not experiencing difficulties alone, there is someone out there that understands what you are going through. With compassion and love we are here to help one another in light and love. Space is limited, reserve with Grace. \$10 per person or “Gift of Love” offering. Healing Hearts, 1542 Main St., West Warwick, RI. 401-615-2423. Healingheartsri.com.

### THURSDAY, JULY 30

**Evening Paddle on Graystone Mill Pond** – 6-8pm. Join the Woonasquatucket River Watershed Council (WRWC) for a paddle on Greystone Mill Pond in Johnston, Smithfield, and North Providence. Advanced registration required. Sme canoes and kayaks available. WRWC boat suggested donation \$20/person. If you are bringing your own boat \$10/person. If you have contributed at least \$25 to the WRWC since October 2008 there is a 50% discount. Woonasquatucket River Watershed Council. 401-351-5747. Woonasquatucket.org.

**Smart Business Networking** – 6-8pm. Network, share ideas and make new friends. With the power of networking, business owners are able to develop relationships with professionals throughout Rhode Island. FREE. Uncommon Art, 736 Hope St, Bristol.

**Introduction to the Shamanic Journey** – 7:30-10pm. 2 days. With Isa Gucciardi Ph.D. The shamanic journey is one of the oldest technologies for understanding the world of spirit and energy. It has been the foundation of spiritual and healing practices of vast numbers of cultures for thousands of years. \$250. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

### FRIDAY, JULY 31

**Holistic Leadership Institute @ Salve Regina University** – 9:30am-5:30pm. 3 days. The Holistic Leadership Institute professional educational training program introduces holistic perspectives, systems thinking and creative leadership skills. Learn about becoming a creative leader with an expanding view of the evolving consciousness of the planet. Lectures, discussions and hands-on experiential exercises will introduce leadership skills that can be integrated into many fields. \$395. Dr. Nancy Gordon & Holistic Program Faculty, Salve Regina University, Newport. 401-341-3290. Salve.edu/GraduateStudies/ContinuingEd.

**Introduction to the Shamanic Journey** – 10am-6pm. See July 31<sup>st</sup> for details. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

### SATURDAY, AUGUST 1

**Holistic Leadership Institute @ Salve Regina University** – 9:30am-5:30pm. See July 31<sup>st</sup> for details. Dr. Nancy Gordon & Holistic Program Faculty, Salve Regina University, Newport. 401-341-3290. Salve.edu/GraduateStudies/ContinuingEd.

### SUNDAY, AUGUST 2

**Holistic Leadership Institute @ Salve Regina University** – 9:30am-3:30pm. See July 31<sup>st</sup> for details. Dr. Nancy Gordon & Holistic Program Faculty, Salve Regina University, Newport. 401-341-3290. Salve.edu/GraduateStudies/ContinuingEd.

### MONDAY, AUGUST 3

**Evening Paddle in Downtown Providence** – 5:30-7:30pm. Join the Woonasquatucket River Watershed Council (WRWC) for a paddle on the Woonasquatucket River in downtown Providence and see the city from a new angle. Some canoes and kayaks available. WRWC boat suggested donation \$20/person. If you are bringing your own boat: \$10/person. If you have contributed at least \$25 to the WRWC since October 2008 there is a 50% discount. Woonasquatucket River Watershed Council. 401-351-5747. Woonasquatucket.org.

## ongoing calendar

### Sunday

**Yoga on the Beach** – 8:45-10am. Bring a yoga mat, blanket or beach towel and sun block and wear layers. Parking is free for students. If it rains class will be cancelled, and can be made up in any All That Matters yoga class. If you do not pre-register please bring \$14 cash. All That Matters, South Kingston Town Beach, Matunuck Beach Rd, South Kingstown. 401-782-2126. AllThatMatters.com.

**Vinyasa Flow Yoga** – 10-11:15. This powerful and effective yoga/flow, to enhance circulation, deep breathing, balance and strength. Feel the joy of yoga and movement connecting you with body, mind and spirit. With Nicki Shea. \$60/Series of 6, \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

### FRIDAY, JULY 24

**Prana Flow Vinyasa Immersions** – 6-8:30pm. The Warrior embodies the energy of devotion, focus and commitment. This energy is grounded in grace, confidence and respect. Connect with your warrior essence in a dynamic Prana Flow that highlights the many attributes and expressions of Virabhadrasana (Warrior Pose). \$35. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

### SATURDAY, JULY 25

**Eco-Depot** – 8am-12pm. Service for Rhode Islanders who wish to dispose of their household hazardous waste safely and properly. Servicing about 25 people every 15 minutes. Make an appointment to reduce waiting. Free. Rhode Island Resource Recovery, 65 Shun Pike, Johnston. 401-942-1430. RIRRC.org.

**Sensory Sojourn: Life on the Farm at Hidden Meadow Farm** – 9:30-11:30am. Explore summer food, flowers and views around each bend of this 200-acre family farm. Includes an exclusive tour, seasonal local food sampling, hands-on activity and a takeaway item. Captures the distinctive sights, sounds, aromas, textures and flavors of the season and setting. Proceeds from the Sojourns support Gardening for Good's therapeutic gardening programs for children and adults. \$35/per person, \$30/per person with a friend. Tickets in advance only. MaryBeth Miller, Hidden Meadow Farm, W. Greenwich, Gardening4Good.org.

**9th Annual Cultural Bazaar** – 10am-4pm. A sensory celebration of the music, food, art, and crafts of indigenous groups from around the world. Free. Four Corners Arts Center, 3852 Main Rd., Tiverton. TivertonFourCorners.com.

**Support Group Meeting** – 10:30am-12:30pm. Support group meeting for Fibromyalgia and CFIDS, New Beginnings. Family and friends are welcome to participate. Free. Christine Uttaro, Greenville Public Library, 573 Putnam Pike, Greenville.

**Afternoon Paddle on Stillwater Pond** – 2-4:30pm. Join the Woonasquatucket River Watershed Council (WRWC) for a paddling outing and walk at Stillwater Pond in Smithfield. Some canoes and kayaks available. Advanced registration required. If you are using a WRWC boat the suggested donation is \$20/person. If you are bringing your own boat: \$10/person. If you have contributed at least \$25 to the WRWC since Oct. 2008 there is a 50% discount. Woonasquatucket River Watershed Council. 401-351-5747. Woonasquatucket.org.

**A Benefit for the Domestic Violence Resource Center of South County, Dinner & Auction** – 6pm-12am. Celebrate summer and raise funds for victims of domestic violence with cocktails, hors d'oeuvres, dinner, dancing, and a live and silent auction. \$125. Domestic Violence Resource Center, 20 Ocean View Hwy, Watch Hill, RI. 401-782-3995 X25. DVRCSC.org.

**WaterFire Providence** – Sunset. Fire sculpture installation that centers on a series of 100 bonfires that blaze just above the surface of the three rivers that pass through the middle of downtown Providence. Waterplace Park, Memorial Blvd, Providence. 401-272-3111. WaterFire.org.

**Meditations for World Peace** – 11:30am-12:30pm. Ongoing until July 13. Without first developing inner peace, world peace will remain impossible to achieve. We all have within us the potential for peace and happiness. Cultivating this potential creates the harmony we seek. Classes include teachings, meditations and discussion. Everyone is welcome. Drop-in to any class. \$8. Providence Meditation Center, 339 Ives St, Providence. 401-286-9760. MeditationInProvidence.org.

**Gaia's Hearth CUUPS Monthly Meeting** – 12:15-2pm. 1st Sunday of the month. We invite anyone who is interested in becoming part of Rhode Island's only CUUPS (Covenant of the Unitarian Universalist Pagans) to join us. Gaia's Hearth CUUPS is open to the public and welcomes members of the local RI, MA and CT community, no matter what your level, path or tradition is. Plans for open celebrations such as Yule / Solstice, Imbolc, Beltane, etc to be discussed. Free. First Unitarian Church of Providence, 1 Benevolent St, Providence. 401-533-7628. GaiasHearth.com.

## Monday

**YOGA on Oakland Beach, Warwick** – 9:30-10:30am. Enjoy the essences of nature on the beach as you participate in this basic and gentle yoga class. These classes offer a wide range of postures with focus on mind-body awareness, posture and alignment, and proper breathing techniques. Modifications will be given. We will be on the beach, to the far right of the parking lot (if weather is inclement, class will be held inside the West Shore Wellness studio). \$12/Drop-in, \$60/6-Week series. Maureen Mitchell, 2077 West Shore Rd, Unit 3, Warwick. 401-734-9355. WestShoreWellness.com.

**Noontime Meditation** – 12-1pm. Through learning to meditate we can train our mind to become peaceful and we shall be happy all the time, even in the most adverse conditions. Join us for a mid-day meditation to receive practical advice on how to enjoy a meaningful life through contemplation and meditation. Includes teaching and guided meditation. \$8. Providence Meditation Center, 339 Ives St, Providence. 401-286-9760. MeditationInProvidence.org.

**Environment Council of RI Meeting** – 5:30-7:30pm. 1st Monday of each month. Check website for schedule changes. Free. Environment Council of RI, The Department of Administration Bldg, Conference Room B, One Capitol Hill, Providence. EnvironmentCouncilRI.org.

**Breathing Meditation** – 5:30-7:30pm. 2nd and 4th Monday of the month. This class focuses on the Full Wave Breath technique, which is designed to restore your breathing mechanism to its natural open state. We will explore the breath as a tool to increase awareness, relax and rejuvenate, to stimulate the healer in you, and awaken you to your inner JOY. \$20/1st class \$15/additional. The Life Breath Institute, 378 Main St, East Greenwich. 401-258-6537. TheLifeBreathInstitute.com.

**Pilates** – 6-7pm. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

**Belly Dancing with Mahdia** – 6-7:15pm. Learn to enjoy your body for what it is. Get in shape and have fun while exploring the ancient art of Middle Eastern Folk & Cabaret Style Belly Dance-Raks Sharqi. \$60/ Series of 6 \$13/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

**Drum Circle** – 6-7:30pm. 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month. Through the use of a variety of hand-percussion instruments, wellness exercises, and the ancient art of drum circle jamming we will cleanse away the stress that we have built up and enhance our community supports and musical skills. \$20/per session. The Life Breath Institute, 378 Main St, East Greenwich. 401-258-6537. TheLifeBreathInstitute.com.

**Yoga Basics** – 6:15-7:30pm. Build a solid foundation for starting or continuing your yoga practice. \$42/6 classes SK residents, \$49/non-resident. Yoga School of South County, Peace Dale Office Building, 1058 Kingstown Road, Peace Dale. 401-782-9511. MakeItSoYoga.com.

**Mixed Level Amrit Yoga** – 6:30-7:30pm. Class designed for students of all levels of experience. Will be tailored to suit the students present. \$60/ Series of 6 or \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

**Power Vinyasa Yoga** – 7-8:30pm. Vigorous workout, not for beginners. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

**Women's Spirituality/Intention Group** – 7-9pm. 2nd Monday of the month. Dynamic and powerful group of women coming together to share intentions and dreams. We support one another through prayer all month. Open to all on the spiritual path who are seeking a deeper connection. \$15. Pat Hastings, Providence. 401-521-6783. womanoffaith@bluebottle.com or SimplyAWomanOffFaith.com.

## Tuesday

**Full Wave Yoga Class** – 7-8:30am. This class is a combination of gyrokinesis (spiraling spinal body movements), Vinyasa Flow Yoga, Strengthening and Balancing Postures, connected with powerful breathing exercises to energize you. There will be 15 minutes of relaxation/breath meditation at the end of each class to rejuvenate. \$15/drop in or \$12/series. The Life Breath Institute, 378 Main St, East Greenwich. 401-258-6537. TheLifeBreathInstitute.com.

**Weekly Nia Classes** – 11:30am-12:30pm. Nia (Neuromuscular Integrative Action) is a fusion fitness and lifestyle practice that blends rhythmic music with carefully choreographed hour-long routines. Inspired by dance, the healing arts including yoga, and the martial arts. \$48/series of 4, \$14/one class. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.org.

**Freestyle Dance Fitness** – 12:15-1:15pm. The Anti-Aging, low impact, energizing, fun, sassy, expressive activity every body can do. Join us to move your body naturally and fluidly, experience an easy alternative to "exercise." Gentle stretching, guided and freestyle movement, relaxation, range of inspiring music, supportive and judgment-free. \$12. Soulistic Arts, Fusionworks Dance Academy, 333 Main Street, 2nd Floor, East Greenwich. 401-826-2020.

**Basic Barre Technique** – 2-3pm. Anti aging ballet exercises to strengthen, poise, balance and control. 4 classes \$35/members or \$40/non-members. The Edward King House, 35 King St, Newport. TheEdwardKingHouseSeniorCenter.com.

**Svaroopa Yoga classes** – 4-5:30pm. Very gentle, yet deep and restorative style of yoga. Focus on releasing all the muscles along the spinal column. Releasing these muscles benefits both your physical and emotional well-being. Space is limited – pre-registration is necessary. \$112/series of 8, \$17/drop in. Blissful Moment Yoga, 1006 Charles St. #10A, North Providence. 401-742-8020. lkorib7@aol.com.

**Herbal Education and Training Program (HEAT)** – 4-8pm. Every other Tuesday. The preparation methods of salves, tea blends, creams, lip balms, tinctures, poultices, cordials and more! \$350-\$400 sliding scale. Pharmacy Herbs, 28 Cemetery St, Providence. 401-270-5223. PharmacyHerbs.com.

**Basic Yoga** – 5:45-6:45pm. With Carla Joyce. Mixed levels, beginners welcome. Ask about new student specials. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. VillageWellnessCenter@verizon.net.

**Restorative Yoga** – 6-7pm. Relaxing class with hot stones. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

**Figure Drawing Class** – 6-9pm. Bring your drawing utensils and paper to AS220 and sketch from a live model. \$6. AS220, 115 Empire St, Providence. 401-831-9327. AS220.org.

**Yoga Beyond Basics** – 6:15-7:30pm. Take your yoga practice to a deeper level. Learn how to move the body and breath to still the mind; find those inner connections that lead to healing and balance. All levels. Free. Yoga School of South County, Peace Dale Office Building, 1058 Kingstown Road, Peace Dale. 401-782-9511. MakeItSoYoga.com.

**Relaxing Yoga in the Park** – 6:30-7:30pm. Cultivate peace in your body, breath and mind. All ages, shapes and sizes welcome – including beginners. Flexibility not required, yoga creates flexibility. Lippitt Park on the East Side (where Hope & Blackstone meet.) We gather on the Hope St. side of the park – under the large pine between Chez Pascal & the playground – look for the spinning sunflower. \$6/per person donation suggested. Chris Belanger, RYT. WholeOfTheMoonYoga.com.

**Drumming** – 6:30-7:30pm. 1st Tuesday and 3rd Thursday. Access your inner rhythm, release stress, enhance self esteem and most of all Celebrate Life while creating music in a community setting. No drumming experience necessary. Free, donations are appreciated. Free Spirit, 420 Main Street, Warren.

**Introductory Amrit Yoga** – 7-8pm. Developing confidence in yoga basics, postures, breathing, body science and meditation. Focus is on a developing a strong foundation on which to develop a regular practice. \$60/ Series of 6 \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

**RI Sierra Club Monthly Meeting** – 7-8pm. 2nd Tuesday each month. Learn about how to get involved with the Sierra Club in Rhode Island. Covers grassroots conservation activities across the state. All are welcome. Free. Sierra Club, 17 Gordon Ave, Suite 208, Providence. 401-855-2103. RhodeIsland.SierraClub.org.

**4-6 Week Metabolic Type Program** – 7-8:30pm. Includes a Metabolic Type Test to discover your unique genetic nutritional needs and a complete understanding of your individual nutrient requirements (foods and supplementation. Discover how your body is absorbing nutrients, storing toxins, assimilating carbohydrates, and handling stress, understand your 3 macro-nutrients (carbs, proteins, and fats), how to choose them, and how to combine them to improve your health, create new menus and share ideas. \$395. Call for details. Aubrey Thompson, 464 Maple Avenue, Barrington, 401-524-0242. LivingBalance.us.

**A Course in Miracles Study Group** – 7-9pm. Learn how to bring miracles into one's life. Drop-in. \$5. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

**Reiki Share** – 7-9pm. 3rd Tuesday of each month. For practitioners and non practitioners interested in Reiki and energy therapies. \$5. Danica Connors, 24 Salt Pond Road, South Kingstown Office Park, Bld H Ste 3, Wakefield. 781-962-6724. FourFoldHealing.com.

**Introduction to Buddhism** – 7-9pm. Tuesdays through July 14th. This series of classes will explore the essential principles of the Buddhist view, intention and action. Meditation will be explained clearly as a tool for developing qualities such as inner peace, love and patience. No need to register. Drop in basis. Come to one or as many classes as you can. \$10. Providence Meditation Center, 154 Waterman St, Lower Level, Providence. 401-286-9760.

**Medieval Arts & Music Night** – 7-10pm. Open workshop of The Society for Creative Anachronism. Anyone is welcome to bring a project, song or just a curiosity for the study of medieval arts and music. Free. The Artists Exchange, 50 Rolfe Sq, Cranston. 401-490-9475. Artists-Exchange.org.

**Weight Loss Program with EFT** – 7:15-8pm. 2nd and 4th Tuesday. Release the negative emotions that are sabotaging your goal weight. Learn to make better food choices and eat mindfully with Diane Stacy. \$20. Greenville Family Counseling, 3 Austin Ave, Greenville. 401-949-2917. ChoicesandPrevention.com.

**Beginner Amrit Yoga** – 7:30-8:45pm. An Amrit Yoga practice integrates joyful inner stillness with effortless outer action in the world. Come to this class not only to learn the postures, but to also gain a greater understanding of the body, mind, & spirit. Open to beginners of all levels, and even to more experienced students who would like to refine their practice. \$18/Two Classes. Santosha Yoga Studio, 14 Bartlett Ave., Cranston. 401-780-9809. YogaAtSantosha.com.

**Hula Hoop Dance Class** – 8-9pm. Teaches the basics of hula-hoop dancing. Hoops provided. With instructor Sasha Gaulin. \$12. The Spot on Thayer, 286 Thayer St, Providence. 401-383-7133. TheSpotonThayer.com.

## Wednesday

**Yoga on the Beach** – 8:45-10am. See "Sunday" for complete details.

**Chair Massage** – 10am-12pm. With Jenny Rebecca Pendergast will be offering chair massages. Come and relax at The Food Coop. The Coop has a great selection of healthy baked goods, tea, and coffee plus vegetarian lunches. \$1 per minute. The Food Coop, 357 Main Street, Wakefield.

**Kundalini Yoga** – 4-6pm. Great blend of exercise, stretching and meditation. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotonThayer.com.

**Westerly Arts Night** – 5-8pm. 1st Wednesday each month. Downtown galleries and studios open in unison to exhibit new works. Free. Artists Cooperative Gallery, 12 High St, Westerly. 401-596-2221. WesterlyArts.com.

**Men's Yoga** – 6:15-7:15pm. With Chris Belanger. Gentle & Relaxing. Beginners welcome. Ask about new student specials. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. VillageWellnessCenter@verizon.net.

**Full Wave Yoga Class** – 6-7:30pm. See "Tuesday" for complete details.

**Breathwork** – 6:30-8:30pm. Last Wednesday of each month. Release blocked emotion or energy. Be more emotionally vital and present in your response to life. With Dayna Mondello. \$25. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

**Northern Rhode Island Conservation District Monthly Meeting** – 7-8pm. 1st Wednesday of each month. Regular monthly board meetings are open to the public and all are encouraged to attend. Please call for directions and to be sure there has been no change in scheduled date or location. Free. NRICD Office, 17 Smith Ave, Greenville, RI. 401-949-1480. NRICD.org.

**Guided Relaxation** – 8-9pm. 1<sup>st</sup> and 3<sup>rd</sup> of the month join us bi-weekly for a gentle gathering. After a few slow gentle stretches, you will be led through guided relaxations to soothe your spirit, mind, and body. Relaxation and meditation is a necessary tool for healthy living. Eliminate stress, overcome anxiety, and achieve restful sleep patterns. \$5/Members, \$10/Nonmembers. Melissa Sischo, 1639 Warwick Ave, BodyInActionRI.com.

## Thursday

**Natural Yoga** – 7-8:15am. Enjoy the fresh summer air and connect to your natural surroundings as we take our Yoga practice outdoors. All levels welcome. Bring a towel or blanket and wear layers to accommodate weather changes. We will meet at the beach area of City Park in Warwick. In the event of rain, we will meet at the studio for class. Body In Action 1639 Warwick Ave Warwick. \$80/Non-members 8 weeks \$12/ Drop ins. Melissa Sischo, 1639 Warwick Ave, Warwick 401-732-2899. BodyInActionRI.com.

**Vinyasa Yoga** – 9-10am. With Usha Bilotta. Ask about new student specials. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. VillageWellnessCenter@verizon.net.

**Heated Vinyasa Yoga** – 9-10:15am. Learn synchronization of breath and movement to bring about transformation in your yoga practice and in your life. \$42/6 weeks SK residents, \$49/non-resident. Yoga School of South County, Peace Dale Office Building, 1058 Kingstown Road, Peace Dale. 401-782-9511. MakeItSoYoga.com.

**Svaroopa Yoga classes** – 9:45-11:15am. Very gentle, yet deep and restorative style of yoga. Focus on releasing all the muscles along the spinal column. Releasing these muscles benefits both your physical and emotional well-being. Space is limited, pre-registration is necessary. \$112/series of 8, \$17/drop in. Blissful Moment Yoga, 1006 Charles St. #10A, North Providence. 401-742-8020. lkorbb7@aol.com.

**Creatigo** – 10am-12pm. July 16th – August 20th. 6-week summer group for you and your New Age child. Our mission is to empower these radiant young souls and encourage wellness for children who may experience anxiety, stress, sleep issues and lack of confidence. Join us as we creatively embrace Angels, Healing Crystals, Loving Energy, Creative Expression, Relaxation and Mother Earth. Open to children ages 7-11 together with their parent, grandparent or caregiver. Come enhance your spiritual growth together. Price includes 1 Adult and 1 child. \$20/per session or \$100/6 weeks. Heavenly Hugs, 917A Warwick Ave, Warwick. Heavenly-Hugs.com.

**Gentle Pilates for 55 +** – 12-1pm. Includes classical Pilates exercises emphasizing body alignment, breathing, use of core muscles and humor. 4 classes \$35/members or \$40/non members. The Edward King House, 35 King St, Newport. 401-846-7426. TheEdwardKingHouseSeniorCenter.com.

**Zumba** – 5:30-6:30pm. What do you get when you combine Latino dance & aerobics? A great workout, a great time and lots of fun. Space is limited, reserve with Grace. \$15. Healing Hearts, 1542 Main St, West Warwick. 401-615-2423. HealingHeartsRI.com.

**Free Outdoor Summer Concert Series & Food Drive** – 6-8pm. Every Thursday in July outdoor music from bands like "Wayz & Means", "Image", "The Igniters", "Rockin Soul Horns", and "The Driftwoods". Bring a non-perishable food item for donation to the RI Community Food Bank. Free. South County Commons, Rt 1 South County Commons Way, South Kingstown. SouthCountyCommons.com.

**Bonnet Shores Meditate and Paint for Adults** – 6-9pm. July 9, 23, and 30. Summer Camp for Adults. At Bonnet Shores, painting and meditation on the beach. Meditation on a stunning rocky shoreline, painting in a gorgeous home as the sun sets over the ocean. No experience necessary. \$65/class \$165/series supplies included. Dayna Mondello, 120 Wayland Ave, Providence. WhiteRoseCenter.com.

**Drop-in Clay Class** – 6-9pm. Get your hands dirty! Students of all levels come in to make works in clay. Assignments will be given to those who want them but independent work is also encouraged. Clay can be purchased for \$1/lb, which includes glazes and firings \$15/Drop in, \$50/4 visits. Mudstone Studios, 30 Cutler St Warren. 401-297-9412. MudstoneStudios.com.

**Providence Slam: Poetry Tag & Writers Workshop** – 7:30pm. Laid back, low pressure writer's group. A chance to share and talk about poems away from the stage. Free. AS220, Classroom Space- 2nd Floor, 115 Empire St, Providence. <http://www.myspace.com/providencepoetryslam>.

**The Prosperity Project Series** – 6:30-7:30pm. 8-week session held bi-weekly starting July 9th. A comprehensive 30 day strategy for creating authentic, tangible prosperity from the inside out. With Normand Rene Poulin based on the principles of Embracing Abundance. \$30/individual class \$200/whole series. Positive New Beginnings, Normand Rene Poulin, 873 Waterman Avenue, East Providence, RI. PositiveNewBeginnings.com.

**Yoga Under the Trees** – 6:30-7:30pm. Cultivate peace in your body, breath and mind. All ages, shapes and sizes welcome – including beginners. Flexibility not required, yoga creates flexibility. \$6/ per person donation suggested. Chris Belanger, RYT. Pawtuxet Park – Warwick side of Pawtuxet Village – look for the spinning sunflower. WholeOfTheMoonYoga.com.

**Thursday Eve Meditation Group** – 6:30-8:30pm. Weekly Meditation Group, instruction on various methods and focus on relaxation and release of stress. \$10. Sharon McMahon, 24 Salt Pond Road, South Kingstown Office Park, Bld H Ste 3, Wakefield, RI. 401-742-2354.

**Yoga Nidra (Guided Meditation)** – 6:45-8:15pm. All you need to do is lay back and stay awake while specific body and breath visualizations are used to guide you gently and quickly into a deep peaceful meditative state. In meditation, intention is used to direct the mind into taking this peaceful awareness with you into your life. \$15. Santosha Yoga Studio, 14 Bartlett Ave, Cranston. 401-780-9809. YogaAtSantosha.com.

**Basic Yoga** – 7-8pm. With Carla Joyce. Mixed levels. Ask about our new student specials. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. VillageWellnessCenter@verizon.net.

**Blackstone River Theatre Drum and Dance Circle** – 7-9pm. 3rd Thursday each month. Blackstone River Theatre's open drum circle focuses on tribal and multi-ethnic rhythms. Beginners and novices are always welcome. The emphasis is on fun, feeling the beat and playing together. Bring a hand drum, rhythm instrument or just dance. Some instruments will be provided. \$5. Blackstone River Theatre, 549 Broad St, Cumberland. 401-725-9272. RiverFolk.Org.

**Mixed Level Amrit Yoga** – 7:30-8:30pm. Class designed for students of all levels of experience. Will be tailored to suit the students present. \$60/ Series of 6 \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

**Clear Your Mind and Free Your Body** – 7-8pm. 6 week class beginning August 6th. Lose and manage weight, learn healthy eating habits, overcome emotional/compulsive eating. Weekly weigh ins with personal trainer, weekly challenges and education, empowerment coaching and so much more. Space is limited. Call to register. \$60. The Wednesday Society & Elite Physiques. 401-757-7290. TheWednesdaySociety.com.

**Meditation Nights (free event)** – 7:30-9pm. Every 1st, 3rd, and 5th Thursday of the month. This is a community gathering for anyone seeking personal/spiritual growth. The format of the meditation night varies. Some weeks we meditate and then watch a "movie", the nature of which is personal growth and well-being. Other weeks, there is meditation followed by a gong bath. On occasion, we will have spiritual leaders and teachers from the community and beyond to come and share their insights and wisdom. Free. Jane, 2077 West Shore Road, Unit 3, Warwick. 401-734-9355. WestShoreWellness.com.

**The Three Teachings of KARMA** – 7:30-9:00pm. July 30, August 12 and 27. Former Abbott of the Dalai Lama's personal monastery, Venerable Khensur Rinpoche Geshe Lobsang Wangdak will offer 3 teachings on the subject of Karma. Suggested donation. \$10. The Edward King House, 35 King St, Newport.

**Meditation For Health** – 7:45-8:45pm. Learn how to develop a deeper understanding of yourself. We will achieve this by practicing guided visualizations, gentle stretches, movement, and breathwork. Weekly we will flow through a variety of techniques that will allow us to quiet our busy minds. The benefits of meditation and relaxation are endless, nourishing the spirit, mind, and body. \$40/4 week series. Melissa Sischo, Body In Action, 1639 Warwick Ave, Warwick. 401-732-2899. BodyInActionRI.com.

## Friday

**Sale at The Food Coop in Wakefield** – 9am-8pm. 10% off all your purchases when you show your membership card. Not a member? Now is the time to join and take advantage of this monthly offer. You can also become a working member and receive up to 20% discount off all your purchases. Membership/\$48 a family. The Alternative Food Co Op, 357 Main St, Wakefield.

**Yoga on the Beach** – 5:30-6:45pm. See "Sunday" for complete details.

**Women's Spirituality/Intention Group** – 7-9pm. 2nd Friday. Dynamic and powerful group of women coming together to share intentions and dreams. We support one another through prayer all month. Open to all on the spiritual path. \$15. Pat Hastings, Providence. 401-521-6783. womanoffaith@bluebottle.com or simplyawomanoffaith.com.

**Hawaiian Hula for Exercise** – 7:30-8:30pm. Connect to culture while exercising the body. Enjoy the benefits of a multi-level, multi-cultural workout. Discover an ancient tradition, interpreted for the mainstream. No experience necessary, but those familiar with hula can learn a style rarely seen on the Mainland and work on technique. \$18/two classes. Santosha Yoga Studio, 14 Bartlett Ave., Cranston. 401-780-9809. YogaAtSantosha.com.

**Friday Night Live Presents The Open Stage** – 8pm. Last Friday of the month. Offering young people a positive, artistic environment, this new event gives local youth performers a forum to display their talents in front of a live audience. Audience members will have the opportunity to sign up for a 5-minute performance slot before each show. \$5. The Carriage House Theatre, 7 Duncan Ave, Providence. 401-273-9009. ChouseSchool.org.

## Saturday

**Full Wave Yoga Class** – 8-9:30am. See "Tuesday" for complete details.

**Yoga on the Beach** – 8:45-10am. See "Sunday" for complete details.

**Citizens Bank Free Family Fun Day** – 9am-5pm. 1st Saturday of the month. The Environmental Education Center is open free to the public. Join us for crafts, nature stories, animal discoveries, hikes and more. Free. Audubon Environmental Education Center, 1401 Hope St, Bristol. 401-949-5454. ASRI.org.

**Zumba** – 9-10am. What do you get when you combine Latino dance & aerobics? A great workout, a great time and lots of fun! Space is limited. Reserve with Grace. \$15. Healing Hearts, 1542 Main St, West Warwick. 401-615-2423. HealingHeartsRI.com.



**Yoga in the Park** – 9-10:15am. Enjoy the simple gifts of sky, earth and air in a more profound way as we bring our yoga practice to the beautiful park just outside our studio. Please bring a towel or blanket. In case of rain, we will meet at the studio. \$31/4 weeks SK residents, \$38/non-resident. Yoga School of South County, Peace Dale Office Building, 1058 Kingstown Road, Peace Dale, RI. 401-782-9511. MakeItSoYoga.com.

**Kripalu Yoga** – 9:30-10:30am. With Chris Belanger. Mixed levels, beginners welcome. Ask about new student specials. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. VillageWellnessCenter@verizon.net.

**Behind the Scenes: Hands on Wildlife Biology** – 10am. 4th Saturday of each month. Participate in hands-on research projects with your family. Along with the NBS team, you'll collect data, monitor local species, and help to determine ecosystem health. Each innovative and interactive workshop will spotlight a different local environmental issue. \$6/member adult 13+, \$4/member child, or \$8/non member adult 13+, \$6/non member child. Norman Bird Sanctuary, 583 Third Beach Rd, Middletown. 401-846-2577. NormanBirdSanctuary.org.

**Saturday Morning Crafts** – 10am-12pm. Visit the Audubon Society of Rhode Island Environmental Education Center and make a fun nature craft to take home. Designed for children of all ages, they take just a few minutes. No registration is needed. Free with admission. Audubon Environmental Education Center, 1401 Hope St, Bristol. 401-949-5454. ASRI.org.

**Beginners Yoga** – 10-11am. Developing confidence in yoga basics, postures, breathing, body science and meditation. Focus is on developing a strong foundation on which to develop a regular practice. \$60/Series of 6, \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

**Full Wave Yoga Class** – 10-11:15am. See "Tuesday" for complete details.

**Providence Open Market** – 10am-4pm. Open-air market featuring handmade artisan goods and fine art. Free admission and parking. Providence Open Market, Lippitt Park, Juncture of Hope St and Blackstone Blvd, Providence. ProvidenceOpenMarket.com.

**Metabolic Type Nutrition Classes** – 10am-11:30pm. Discover your own unique genetic nutritional needs, achieve and maintain your ideal weight, Eliminate sugar cravings, Enjoy sustained energy and endurance, Conquer Indigestion, fatigue, and allergies, Bolster your immune system, Overcome anxiety, depression, and mood swings, Restore your body to its natural state of health. Pre-requisite required to join weekly class. \$20/per class -call for details. Aubrey Thompson, 464 Maple Ave, Barrington. 401-524-0242. LivingBalance.us.

**Rhode Island Orchid Society Monthly Meeting** – 12:30-2pm. Last Saturday of the month. Free. Rhode Island Orchid Society, Roger Williams Park Botanical Center, Greenhouse entrance, Providence, RI. 401-769-0369. RIOrchidSociety.com.

# communityresourceguide

Connecting you to the leaders in natural healthcare and green living in our community. To find out how you can be included in the Community Resource Guide email [info@rinaturalawakenings.com](mailto:info@rinaturalawakenings.com) to request our media kit.

## ALTERNATIVE HEALTH

### ALTERNATIVE HEALER AND TEACHER

Linda Hogan, CHHP, RM  
East Providence and West Warwick, RI  
401-949-0049  
[gaia\\_healer@yahoo.com](mailto:gaia_healer@yahoo.com)  
[naturalwaystowellness.com](http://naturalwaystowellness.com)

Certified practitioner and teacher of **Theta Healing, Tong Ren Healing and Shamanic Healing**. Linda is an experienced and compassionate holistic counselor and practitioner specializing in cancer and chronic disease.

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**Crafternoon at AS220** – 1-5pm. Last Saturday of each month. Local art wizards spinning magical crafts. Bring a project to work on with other crafty creatures. Free. AS220, 115 Empire St, Providence. 401-831-9327. [AS220.org](http://AS220.org).

**Tribe Earth Drum and Dance Circle** – 8pm-1am. Most often 2nd and 4th Saturday of the month. Summer schedule varies, please call for dates. Access your inner rhythm, release stress, enhance self esteem and most of all Celebrate Life! Adults/\$10 Children 12 and under/Free. Free Spirit, 420 Main St, Warren. 401-245-7979.

Happiness is...  
a bowl of cherries and a book  
of poetry under a shade tree.

— Astrid Alāuda



## classifieds

\$1.00 per word. Must be pre-paid. Email listing, including billing contact information by the 15th of month prior to publication to [info@rinaturalawakenings.com](mailto:info@rinaturalawakenings.com).

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**FREE HELP WANTED LISTINGS:** In an effort to help connect good people with good jobs in our local healthy living business community, Natural Awakenings is offering free Help Wanted Listings over the next several months. Email your job listings in 35 words or less (job title, brief description, contact information) to [info@RINaturalAwakenings.com](mailto:info@RINaturalAwakenings.com) by the 15th of June.

**HEALING HEARTS IS EXPANDING.** We are interested in: Reiki Master able to hold certification classes and can do Angel card readings. Shaman Healer, and drum circle leader. Call Grace for an interview; 401-615-2423.

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*See ad page 17.*

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### SOLID K9 TRAINING

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wholeofthemoonyoga@hotmail.com  
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