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Rhode Island Edition

August 2009



**CHILDREN'S
HEALTH
ISSUE**

**CALMING
ANXIOUS LIVES**
a holistic parenting
approach

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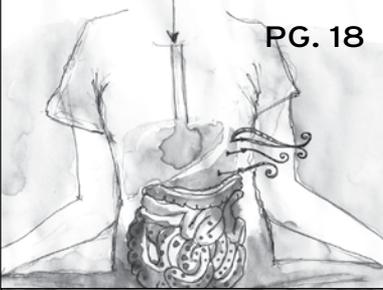
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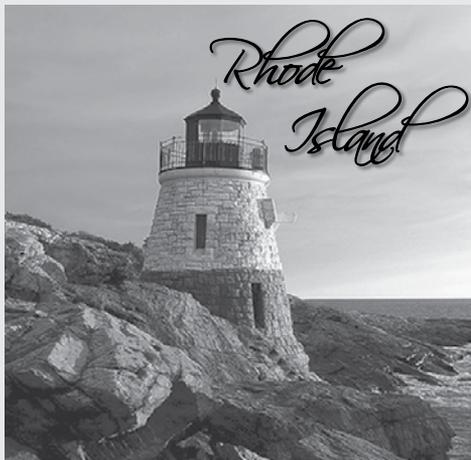
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Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support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

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letterfrompublisher



Some days I am fortunate enough to leave my house in North Providence destined for Aquidneck Island. On this circuitous route, I travel over the Jamestown Bridge to the Newport Bridge. When done there, I can then loop back over the Sakonnet River Bridge, to the Braga Bridge. Or I go to the Mount Hope Bridge, and over to the Barrington Bridge. Either way, I end up on either the Washington or Henderson Street Bridge and back to Providence.

What a great state! How many others can boast that much water in one afternoon trip? People from all over the world come to visit Newport. We owe it to ourselves to appreciate all of the history and beauty we have available right in our own backyard. Summer in Rhode Island is the place to be and I urge you to get out and enjoy all we have to offer here.

When my daughter was small, I would make it a point in the summer to get to Newport—to tour a mansion, take a cruise around the harbor or poke around at Fort Adams with its kites of all kinds flying overhead. Thinking back on those idyllic summer days with my daughter, I never realized that when I was behaving like a tourist I was also insulating her from the stresses that would creep into our lives. As parents it's our job to protect our children, not only from the external dangers in life, but from as much of the internal stressors that life can trigger as possible.

While our own lives continue to grow more hectic, so do our children's. More and more, children are suffering stress related health problems. In our feature article this month "Calming Anxious Lives" on page 20, Lisa Marshall takes a look at removing some of the anxiety that can impact our children's health. And, even when we know that letting kids be kids is the best health strategy, life often gets in the way. For the times when things get a little crazy, Marshall offers "Holistic Solutions to Stress" to help manage it on page 23.

Yoga classes geared for children are becoming popular as parents try different ways to instill calm and focus. Be sure to check out our new Yoga and Pilates Network listings on page 12 to find a studio near you. Whether for your children or yourself, this is a great new resource to help us all. Our children take many cues from us, and a healthy, stress free parent is the best role model.

Namaste,

Maureen Cary, Publisher

Newport mansions overlooking the rocky shoreline



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Animal Sanctuary Seeks Public Support

Bonniedale Farm, a privately owned animal sanctuary at the Gloucester/North Scituate line, has offered shelter to animals for more than 8½ years. Recent financial woes have forced the sanctuary to go public in the hopes of raising funds to keep the farm afloat.

This 7½-acre site helps neglected and discarded animals of many species recover physically and mentally from abuse suffered at the hands of humans. The animals are guaranteed not only food, shelter, medical care and safety, but also love and respect. Through the years, Bonniedale Farm has held concerts, tours and fundraising events.

A pet food bank is the most recent addition to Bonniedale Farm. Dog and cat food, as well as flea/tick products, are available to those who may not be able to afford them at pet store prices. "The goal is to help people keep their beloved pets, rather than having to surrender them to a shelter because they are unable to afford pet food," says owner Dan MacKenzie. "People are welcome to come and obtain food at whatever level they can pay." All proceeds will be returned to the food bank to purchase items that cannot be obtained via product donation.

Learn more at BonniedaleFarm.org.

Import Store Brings Indonesia to Warren



Summerwood, an Indonesian imports store in Warren, is offering a 10 to 50 percent discount this month during a storewide sale that includes several one-of-a-kind items.

The store carries its own line of outdoor furniture made from teak, mahogany and sono, a local Indonesian hardwood. "All of the wood is plantation grown in managed forests," advises owner Ron Cranwell.

Since 2004, Cranwell and his wife, Myta, have traveled around the globe to bring unique furniture and home accents to Rhode Island. "We are direct importers, so all of our products are hand-picked by us directly from the people who make them," says Cranwell, noting that Summerwood employs 10 to 15 people to create furniture in Myta's East Java village.

In addition to furniture, Summerwood also carries an inspired selection of Buddha decorative pieces, hand drums, animal carvings, traditional Indonesian masks and jewelry.

Summerwood is located at 57 Water Street, in Warren. 401-855-1751. See ad, page 22.



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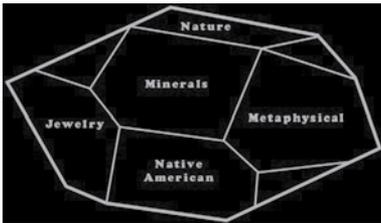
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newsbriefs



Where to Rock Out in Portsmouth

The East Bay is now home to a free educational Rock Club, based out of Natures!, located at 151 Chase Road, in Portsmouth. Beginning this month, owner and geologist Nancy Millard will kick off the club with lectures, field

trips and classes relating to rocks, gems and minerals. All ages are welcome to join this forum for open discussion on local and worldwide geologic issues. The club's first event will take place from 11 a.m. to 1 p.m., August 16. Advance registration is required and will include membership dues.

Natures! opened two years ago and offers everything from rock and mineral samples to Native American pieces and hand-wrapped jewelry. Since Millard is a dedicated educator who can't resist the opportunity to share information on her life studies, Natures! customers receive far more than a piece of jewelry or rock sample. "This is a natural science education center in addition to being a retail store," she says.

"Besides local outings and guest lecturers, this is the only place in the state where you can have a geode breaking birthday party," Millard continues. "The club ultimately fosters renewed respect for our natural surroundings, which is especially poignant in a state that boasts 400 miles of coastline."

For more information, call 401-293-0885 or visit NancyMillard.com.

Herbal First Aid Kit Wins First Place

Farmacy Herbs of Providence recently won first place in the Herbal Product Contest at the 9th International Herbal Symposium at Wheaton College, in Norton, Massachusetts. The event is billed as the biggest herbal conference in the country.

"We entered our Herbal First Aid Kit and competed against 40 other products/contestants," says owner Mary Blue. "This is a great herbal starter kit. It will meet all your health needs while you are traveling or at home."

Farmacy Herbs is a health care center that offers a large selection of bulk-dried herbs, tea blends, tinctures, books and herbal products. They also provide sliding scale natural health consultations and herbal education programs and classes.

Farmacy Herbs is located at 28 Cemetery St., in Providence. Call 401-270-5223 or visit FarmacyHerbs.com. See ad page 6.



Marketplace Offers Healthy Samples and Giveaways

Clements' Marketplace will hold its 6th annual All Natural Day, from 11 a.m. to 3 p.m., August 8. Customers can learn about healthy eating and enjoy delicious samples from a variety of Clements' departments.

Beginning Friday, July 31, every time a customer uses their Clements' Marketplace Shoppers Club Card, they will receive an entry form for a chance to win the grand prize: a new gas grill. One winner will be selected at random after the All Natural Day event.

All Natural Day will be held, rain or shine, under the tent at Clements' Marketplace, 2575 East Main Road, in Portsmouth. 401-683-0180. ClementsMarket.com. See ad page 11.



Summer afternoon —
summer afternoon;
to me those have always
been the two most
beautiful words in the
English language.

— Henry James

Lettuce Begin to Grow Strong Children

Two Rhode Island child health and education advocacy organizations have joined forces to encourage families, schools and communities to plant



a fall crop of leafy greens. Thanks to a federal grant awarded to the Children's Garden Network, Lettuce Begin! kicks off with a nutrition education program in three school districts during the 2009-2010 school year.

The Children's Garden Network and Kids First want children to learn how to grow their own food and discover the nutritional value of these healthy cool weather crops. Lettuce seeds planted in mid-to-late August will germinate in seven to 10 days and will thrive during fall's cooler days. Harvesting can begin when leaves are between 2 to 5 inches tall (depending on variety) by cutting the leaves off an inch above soil level; this ensures that the plant will continue to produce new leaves for future cuttings. Some varieties, such as kale, will tolerate a frost and even taste more flavorful.

Darker leafed lettuce varieties and greens are a powerhouse of vitamins and minerals, especially for young, growing bodies. The vitamin A found in greens helps develop and maintain strong vision, while vitamin C battles stress and inflammation, keeping children strong in the fight against disease and infection.

The iron in dark, leafy greens is essential to help carry oxygen throughout the blood, which helps keep youngsters' bodies energized and mentally focused during the school day. A great source of folic acid and potassium, greens help protect the heart and regulate blood pressure. They also contain the calcium needed to build and maintain strong bones and teeth, and their dietary fiber aids digestion.

For more information on how your school can participate, visit the Children's Garden Network at Childrens-GardenNetwork.org and Kids First at KidsFirstRI.org.

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Pre-WaterFire Open House

Touched by Green will host a pre-WaterFire open house, from 5 to 9 p.m., at their storefront location at 271 South Main Street, in Providence. The open house events will coincide with WaterFire dates in August through October. "The idea is to introduce an artist or a product every time," says store owner Maria Patricia Duque. Local wines and finger foods will be offered.

Touched by Green carries accessories handmade from eco-sustainable materials, and the store supports social causes and the environment. "We are dedicated to the satisfaction of socially and environmentally concerned people who appreciate the feel of natural fibers and the art of a handmade delicacy in fashion and home accessories," advises Duque. "Our goal is to keep our fibers as natural as possible, our products artistically unique, and our business practices in harmony with a very high environmental, social and moral consciousness."

Visit TouchedByGreen.com or call 401-223-4420.



Readings , Healings and More at Psychic Fair

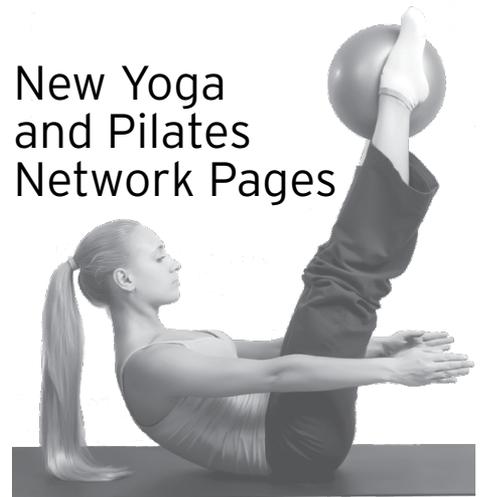
Positive New Beginnings Holistic Center will host a Psychic Fair from 5 to 9 p.m., August 7, at its storefront location at 873 Waterman Avenue, in Providence. Attendees can receive a reading, Reiki and reflexology for \$1 per minute.

Readings include Tarot cards by Ann Martelle and past life by Dottie Souza. Angel card and life readings are also available. Martelle will also conduct animal communication sessions for pet owners. (Bring a photo of the pet, but do not bring the pet to the fair.) Local artisans at vendor tables will offer jewelry, candles and more.

Positive New Beginnings Holistic Center offers tea, incense, crystals, candles, workshops, readings, healing sessions and more. Patrons receive 10 percent off items purchased in the store during the fair, although discount does not apply to vendor items.

Admission is free, and there is plenty of parking. For more information, visit PositiveNewBeginnings.com or call 401-432-7195. **See ad, page 6.**

New Yoga and Pilates Network Pages



Rhode Island Natural Awakenings is introducing a new reader service feature designed to help you on your path to health and wellness: our Yoga and Pilates Network pages. We'll list yoga and Pilates studios and teachers across the state, by town, making it easy and convenient for you to find a studio and/or practitioner near you.

As an added bonus as we begin this new service, each month we'll feature information on a different type or style of yoga or Pilates. With so many different styles available, it can be hard to determine which is right for you—our helpful information will give you a better understanding of each type of practice or method.

We will also include information about exciting visitors to some of the local studios. And, as always, many yoga and Pilates classes can currently be found in our Ongoing Calendar section, which **begins on page 12.**

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Practitioner Opens New Massage and Yoga Studio

The Journey Within, a new addition to Warwick's community of healers, will hold a grand opening from 10:30 a.m. to 4 p.m., August 9, at their new home at 1639 Warwick Avenue.

The studio offers a variety of meditation, yoga and Pilates classes for all shapes, sizes and fitness levels. Yoga classes for children, ages 4-12, and teens, ages 13-17, will combine fun with health and wellness.

Owner Melissa Sischo is a licensed massage therapist, Reiki practitioner and yoga/meditation instructor. She says The Journey Within "is a relaxing oasis from our sometimes hectic world. Nourish your mind, body and spirit with a therapeutic massage or Reiki treatment."

All first-time clients receive a discount on massage and Reiki treatments. Visit BodyInActionRI.com or call 401-215-5698. See ad, back cover.



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Village Wellness Center and Heart in Hand Massage Therapy:

Partners in Wellness

by Beth Davis

For Matthew Shane St Germain-Donnelly, RN, LMT, and Carla Joyce, LMT, RYT, the path to partnership was a natural progression for their two businesses.

In 2000, Donnelly and two other friends, all massage therapists who had met at the Bancroft School of Massage Therapy, joined together to form Heart in Hand Massage Therapy (HHMT). It wasn't long before Heart in Hand grew from a one-room office to an 11-room wellness center with acupuncture, counseling, yoga, tai chi and massage therapy. Over the years the partners grew apart and eventually went their separate ways.

Meanwhile, in 2001, Joyce wanted to incorporate yoga into her career along with massage therapy while offering a "haven" to the community. So began the journey of Village Wellness Center (VMC). The center started with only massage and waxing and now offers many different types of massage therapy along with facials, waxing, yoga and belly dance.

In the spring of 2007 Donnelly needed a new space while Joyce was in need of some therapists. The rest, as they say, is history. The two joined forces and are now a collaborative of massage therapists, estheticians, yoga instructors, dance instructors, counselors and alternative health practitioners working together to bring clients the best care available.

"Carla and I are both concerned with creating the most beautiful and safe environment for our clients, and our venture is testament to that end," explains Donnelly. He says the relationship between the groups is symbiotic. Each has similar services, but each one also brings something different to the office.

"Together we have a group of professional therapists who offer many different types of massage and body work including deep tissue and relaxation massage as well as lymphatic drainage and medical intuitive therapy," says Joyce. "It's wonderful to have so much talent under one roof." All of the therapists within the wellness center are licensed and insured and are always continuing their education with new and effective techniques.

From facials and waxing, to vinyasa and laughter yoga to chakra balancing and sacred stone therapy, the two combine to provide a more broad range of services, divergent and complementary to one another. All of these services can help to relieve the build up of tension and stress in the body and can be good for general relaxation as well as acute or chronic pain.

Donnelly explains that bodywork is simply maintenance for the body we inhabit. "There wasn't an owner's manual provided to you when you were born and, like a car, you need regular maintenance to work properly." Massage increases blood flow and improves cardiac function and metabolism. Yoga improves flexibility, increases muscle tone and helps the mind relax. He says they are perfect complements to one another.

"Bodywork and yoga can also help to bring awareness toward mind and body," says Joyce. "A person begins to see the 'whole' picture and how he or she handles stress in their life. We offer the tools they need to handle hectic routines."



*"It's wonderful to have so much talent
under one roof."*



Another benefit of the partnership: the two often refer clients to one another. For instance, Joyce explains that if one therapist isn't getting a desired result, another therapist may take a different approach to the situation. The goal, says Donnelly, is always to provide the best possible treatment for the client while creating a warm, nurturing atmosphere without judgment.

"My work is my passion," explains Donnelly. "If a client leaves feeling as though I have heard them and addressed their issue, I am whole."

The Village Wellness Center and Heart in Hand Massage Therapy are located at 422 Post Road, Suite G2 in Warwick. For more information, call 401-941-2310 or 401-467-9193; email Matt@HeartinHandMassage.com or VillageWellnessCenter@Verizon.net; or visit HeartinHandMassage.com or VillageWellnessCenter.com.

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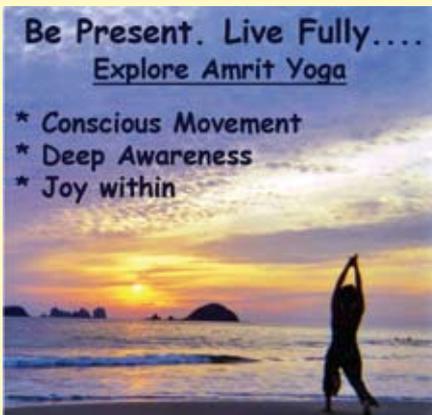
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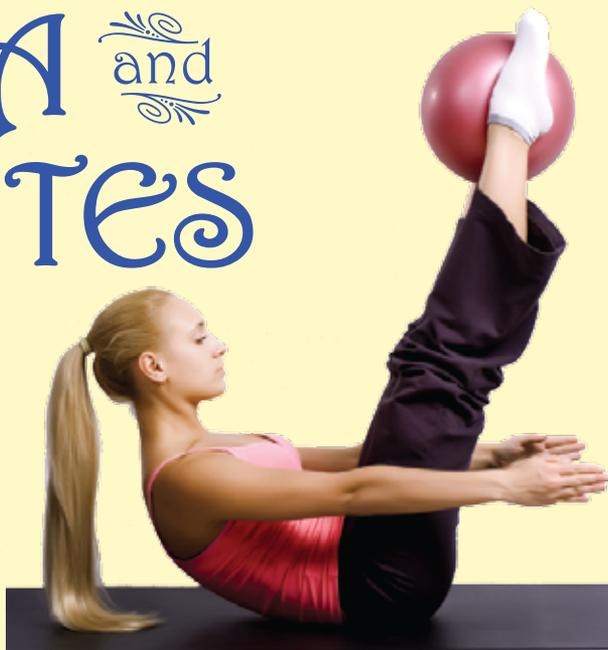
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Welcome to our new Yoga and Pilates Network pages! Listing Yoga and Pilates studios and teachers across the state by town, it should make it easy and convenient to find one near you.

In the beginning, each month we will feature information on a different type or style of yoga or pilates. With all of the different types to choose from, it's hard to determine which one is right without a better understanding of what each is. We will also have information on exciting visitors to some of the local studios. Also, many yoga classes can currently be found in our ongoing calendar section *on page 32.*

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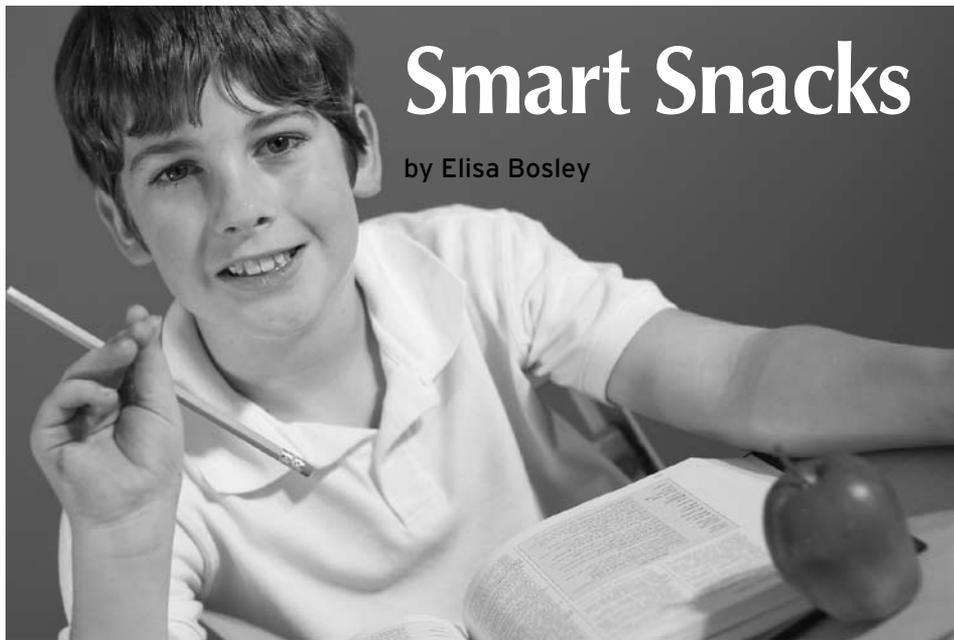
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Smart Snacks

by Elisa Bosley

The kids just walked in the door, ravenous, and headed straight for the fridge. They grab an apple or a few mini-carrots and a big glass of organic milk. Sound hard to believe? Why fuss if they go for cookies or chips instead?

Because, according to U.S. Department of Agriculture research, snacking has increased fourfold in the past 25 years. Snacks now contribute 26 percent of total calories consumed by kids ages 2 and older—with sugar stealing the show from vitamins, minerals and other nutrients.

“These days, kids have 5,000 activities that they are doing after school, on weekends or before school, and they really need to be fueled properly,” says Bonnie Taub-Dix, a registered dietitian and mother of three from New York City, who has served as a national spokeswoman for the American Dietetic Association. “It’s important that you think about what your kids are eating.”

Cookies, fish crackers and “juice” pouches, while easy to grab, lack the good stuff a child’s body needs, she says. The trick is to provide choices that are quick, irresistible and healthy. Here’s how to mind the munchkins’ munchies with smart-snack strategies.

Be a model. – As with all things, children imitate what they see, so we can’t expect our child to eat healthy snacks if we’re noshing on junk. Start by eliminating unhealthy nibbles from the house. Instead, keep bowls of grapes, cherries or plums out on the counter, and be sure that the kids catch their parents eating them.

Give everyone a time out. – Offer food in a relaxed environment, away from the television. A 2006 study published in the *International Journal of Obesity* found that increased TV time directly correlates to increased intake of sugary drinks and empty-calorie snacks, as well as lower vegetable intake. Have worthwhile bites

ready and mindfully keep the to-do list from demanding attention while the family enjoys a snack together.

Choose satisfying combos. – “The most important approach [to snacking] is to combine protein and whole grain carbohydrate,” says Taub-Dix. For example, offer whole grain crackers or toast, spread with nut butter. If a child insists on something sweet, add a little honey or cinnamon. For times when the kids go straight from school to an activity, “You can make them a sandwich; it can be kept in their backpacks,” advises Taub-Dix.

Think accessible and quick. – What’s ready and in plain sight is what’s likely to get eaten, so make wholesome snacks easy to find at all times. Try string cheese or yogurt for calcium and protein; raw food fruit and nut bars for fiber and vitamins; unsalted nuts, trail mix with dried berries, and whole grain granola or organic breakfast Os for antioxidants and good carbs.

Dip it. – Offer vegetables such as sugar snap peas, mini-carrots, sliced cucumber, red bell peppers or zucchini, paired with hummus or a yogurt-based dip. (Taub-Dix recommends Greek yogurt, which tastes more like sour cream.) If it has to be chips, buy varieties made with whole grains and baked.

Go easy on the juice. – Although juice can be a good source of vitamins, it also delivers concentrated calories. Rather, focus on water or sparkling water, livened up with a splash of vitamin-rich lemon, cranberry, blueberry or pomegranate juice.

Teach youngsters to be label savvy. – Just because something is labeled “natural” doesn’t mean it’s the best choice. “Take your kids to the market and look at the labels with them,” suggests Taub-Dix. “Compare two products that are similar and ask, ‘Why is this one better than that one?’ Emphasize cause and effect: When you teach a child that calcium is going to make bones strong for doing all those fun things that kids do, they understand the ‘why’ of healthy eating.”

Elisa Bosley is a freelance writer and a food editor who also develops and tests recipes.

Have Healthy Snacks at Hand



- Apples and cheddar cheese
- Graham crackers crumbled into cottage cheese
- Yogurt dip with fruit slices
- String cheese and whole grain crackers
- Salsa with baked chips
- Whole grain, low-sugar cereal and milk
- Raw food fruit and nut bars
- Whole grain pretzels and almond butter
- Cinnamon graham crackers and peanut or cashew butter
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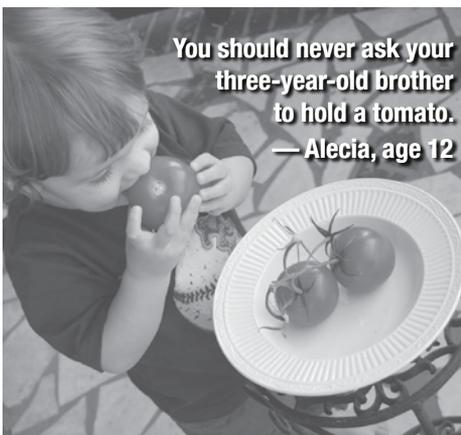
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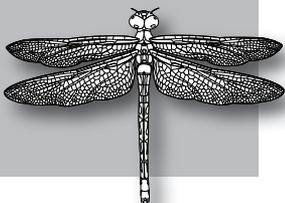
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POLITE LEASH WALKING

by Erica Pytlovany



“Dogs don’t come speaking English, and they don’t read minds. Communicate less with your voice and more with your body (like dogs do), and your dog will understand you better.”

~ Patricia McConnell, Ph.D.

Are you walking your dog, or is your dog walking you?

A dog pulling on a leash is a common, but curable problem. You can teach your dog how to walk politely on a leash, using firm, positive approaches. Even 8-week-old puppies can learn; no special collar or tool is needed.

METHODS

If your dog pulls and you take one step forward, you have rewarded the pulling. The one consistent message your dog learns in all of the following approaches is that pulling does not get him where he wants to go. (Our trainers do not recommend employing leash pops and collar-jerking, because of the emotional fallout that sometimes accompanies these methods when performed improperly.)

Be a Tree: When your dog pulls on the leash, stop, as though you are rooted in place. Do not take another step forward until the dog has released pressure on the leash. Your dog needs to learn that pulling equals stopping. Consistency and timing help a dog learn quickly.

One variation on this technique is to use a word or phrase to signal your dog that he is pulling and you are going to stop. Speak in a happy voice, because you are not scolding; you are simply giving your dog information. Some use “whoops!” Others use “uh-oh!”

If, when you stop walking, your dog dances around you in circles or runs to the end of his leash in every direction, gradually shorten the leash until there is nowhere interesting left to go. This makes the wrong choice (ignoring you) boring for the dog,

and it is much easier for him to make the right choice, which is relaxing on the end of the leash, looking up at you.

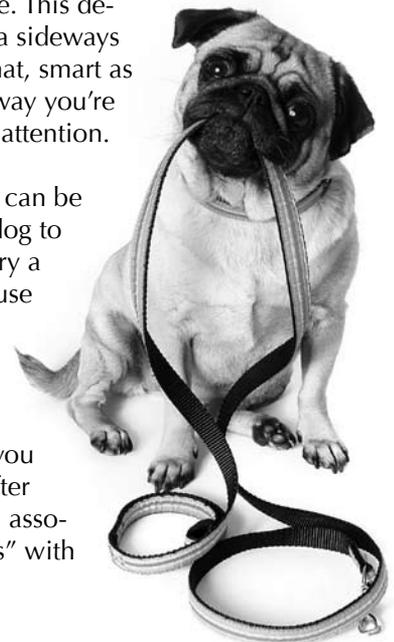
Penalty Yards: When your dog starts to pull toward something, stop movement in that direction and go backwards. Depending on the dog’s level of excitability, take two or three steps, or up to 20 feet, in the opposite direction.

This is useful when your dog is pulling toward a specific target (another dog, a favorite bush, the swimming hole). You are letting the dog know that pulling gets him the opposite of what he wants. You also are increasing the distance between him and the exciting thing, which helps him gather his self-control. Once he stops pulling, he gets to go see the dog or sniff the bush as a reward.

Zigzag and Circling: When your dog begins to pull, start walking in a broad, zig-zag motion. Alternatively, curve off to the right or left, in a wide circle. This deflects some of the pulling into a sideways motion and reminds the dog that, smart as he is, he doesn’t know which way you’re going to go, so he’d better pay attention.

Clicker and Treats: Using food can be a highly motivating way for a dog to learn polite leash walking. Carry a pouch of pea-sized treats and use a clicker (sold at local pet stores), or pick a consistent word to say, like “Yes!”

Capture a moment that your dog is behaving the way you want and click or say “Yes!” After that, offer a treat. Your dog will associate the click or the word “Yes” with



getting a treat and begin to understand that the moment you click is the moment he earned the treat. Do not get the food out until after the click. The dog should be thinking about how to earn the reward, not trotting after the food.

Initially, you will reward frequently, at least several times a minute. As the behavior becomes a habit, continue to praise the dog for good behavior, but phase out the treats.

HOW LONG IT TAKES

Young or energetic dogs require more training than mature or calm dogs. Dogs that don't get out of the house much require more training than dogs that see the world on a regular basis.

To maintain the momentum of the learning process, make sure the animal gets plenty of exercise. Be consistent. Never allow the dog to get somewhere by pulling; all family members need to be on board with this.

Above all, have patience. Some days it may feel like your dog will never learn, then suddenly, one day you will look back and have to think hard to remember how he or she used to pull.

Erica Pytlovany is a certified pet dog trainer with WOOFs! Dog Training Center, in Arlington, VA. Learn more at Woofs-DogTraining.com.

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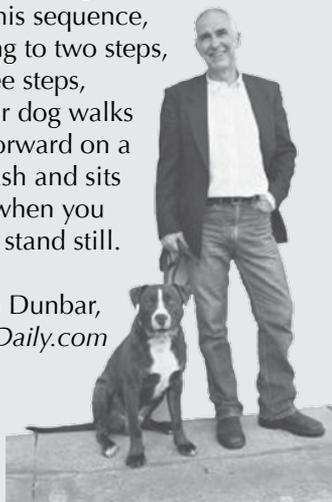
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Teach your dog not to pull while you are both standing still by holding the leash firmly with both hands and refusing to budge until your dog slackens the leash. Not a single step! Hold on tight and ignore every leash-lunge.

As soon as he or she sits, say "Good dog," offer a food treat, and then take one large step forward and stand still again. Repeat this sequence, advancing to two steps, then three steps, until your dog walks calmly forward on a loose leash and sits quickly when you stop and stand still.

~ Dr. Ian Dunbar,
DogStarDaily.com



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by Mike Ritz



According to a recent report titled, *F as in Fat: How Obesity Policies Are Failing America in 2009*, published by the U.S. Centers for Disease Control and Prevention, Rhode Island has the fourth lowest obesity rate in the United States. Owner and Chef Sanjiv Dhar, of Indian restaurants Rasoi and Kebab and Curry, is asking Rhode Islanders to take their health one step further by applying a 5,000-year-old Indian science, called Ayurveda.

Dr. Avinash Lele, vice-chairman of the International Academy of Ayurved, describes Ayurveda as “the art and science of healthy living” and says that, “Health is not just treating a disease. True health is maintaining a fine-tuned balance, having bountiful energy, digesting food well, sleeping soundly at night, and, most importantly, having a peaceful mind and feeling happy.”

Ayurveda teaches that our body’s energetic forces (doshas) suggest which foods we should eat. Each person has three doshas, but in different proportions:

- **Vatta** - the energy of movement and change.
- **Pitta** - the intake of energy and ideas.
- **Kapha** – representing protection and stability.



The unique proportion of doshas is called “Body Constitution.” A customized meal plan of Ayurvedic cuisine keeps these doshas in balance, which helps the individual enjoy optimal mental, physical and spiritual health.

During the entire month of August, Chef Dhar will offer special Ayurvedic dinner dishes along with a cooking class for those who want a taste of this 5,000-year-old tradition or wish to integrate Ayurvedic cuisine into their lives. Chef Dhar formulated these meals based on his extensive study of Ayurvedic writings and carefully added his own culinary creativity to balance healthful well-being with superb taste.

Patrons will be guided to which meals are appropriate after completing a brief pre-meal questionnaire that identifies their Body Constitution and dominate dosha. “Taste is important,” advises Chef Dhar. “The balance and harmony that Ayurveda creates in the body does not revolve around calories, vitamins, carbohydrates or proteins. These nutrients are known intellectually,” he continues, “but tastes come from experience and give enormous and useful information directly to the tissues

of the body. Ayurveda allows us to eat a balanced diet naturally, guided by our own tastes and instincts, without turning nutrition into a complicated intellectual exercise.

Eating foods compatible with your dosha balances taste with optimal nutrition and health.”

Dr. Jeff Levi, executive director of Trust for America’s Health, was recently quoted in the *Providence Business News*: “The obesity epidemic is a big contributor to the skyrocketing health care costs in the United States. How are we going to compete with the rest of the world if our economy and work force are weighed down by bad health?”

Chef Dhar points to solutions that have been around for thousands of years: Ayurveda.

For more information about Rasoi’s Ayurvedic dinners and cooking classes, visit Chef Dhar’s website at Rasoi-Restaurant.com or experience Ayurveda during August at Rasoi, 727 East Avenue, in Pawtucket, or at Kebab and Curry, 261 Thayer Street, in Providence.



MOST MEDICATED POPULATION

American children are about three times more likely to be prescribed psychotropic medication (altering perception, emotion or behavior) than European children. A new study led by Julie Zito of the University of Maryland's School of Pharmacy suggests that regulatory practices and cultural beliefs about the role of medication in emotional and behavioral problems likely account for the difference.

Source: *Child and Adolescent Psychiatry and Mental Health*, 2008

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Calming Anxious Lives

A Holistic Parenting Approach

by Lisa Marshall

For fourth-grader Skylar Shumate, a typical Tuesday looks like this. Rise at dawn for some toaster waffles and juice before sprinting to the bus at 7:15 a.m. Study for spelling en route to school. Embark on a seven-hour school day, filled with classes and quizzes. Head to cheerleading at 3:15 p.m., hip-hop class at 5 p.m., then return home to practice piano and do homework before grabbing dinner and heading to bed.

In all, Skylar reports, she is a happy kid. “But sometimes, if I’m super stressed, I’ll go cry in my room,” she confesses. “I sometimes just wish there wasn’t so much pressure.”

Such a statement from a child is particularly chilling. But, according to a growing body of research and legions of concerned child development experts, Skylar is not alone.

Troubling Trends

According to a study by the California-based Lucile Packard Foundation for Children’s Health, up to 70 percent of parents report that their 9- to 13-year-old children experience moderate to high levels of stress. In a recent poll of high school students by Stanford University, 65 percent admitted they were often or always stressed out. According to the National Mental Health Information Center, anxiety disorders affect 13 out of every 100 children ages 9 to 17.

Nationwide, healthcare providers report an increase in stress-related health problems like stomach aches, teeth grinding, sleep disorders and

behavioral problems in children as young as preschool age. Some anxiety can be attributed to trouble at home, such as abuse or personal tragedy. But a more insidious culprit appears to have emerged: a culture of hyper-parenting, in which kids are overscheduled and academically overloaded, and adult role models—concerned about everything from terrorism to pandemics and the economy—are more stressed than ever.

“We have stumbled into a unique moment in the history of childhood, a cocktail of cultural and historical trends that have intersected to create a perfect storm,” says Carl Honoré, a 41-year-old father of two and author of *Under Pressure: Rescuing our Children from the Culture of Hyper-Parenting*.

He notes how anxious parents are feeling the need to prepare their kids for a tough job market. They have money to afford extracurricular activities, and

because they are becoming parents later in life and raising fewer children, they have a tendency to dote on them and expect great things. “Children are the target of more adult anxiety and intervention today than at any time in history,” says Honoré.

Most troubling is the realization that too much childhood stress can have lifelong health consequences. According to a 2008 report by the Centers for Disease Control, chronic or severe childhood stress can disrupt the development of fragile brain circuitry, resulting in a “low threshold for stress,” throughout life. Excess stress hormones, like cortisol, can also damage the brain region responsible for learning and memory and impair the immune system, leaving kids vulnerable to asthma, allergies and other illness.

The good news: Parents who take care to shield their children from excess

stress and help them deal with inevitable stressors in a healthy way, can set them up for better long-term mental and physical health.

"In a very real way, Mother Nature expects parents to be good parents," says psychology professor Chris Coe, Ph.D., an immunology researcher at University of Wisconsin-Madison. "It helps to guide a child's biology in the right direction."

What Parents Can Do

The first key step, experts say, is for parents to learn to recognize when their kids are stressed out, and it can happen far earlier than many assume.

"It starts to kick in around their first or second birthday," says psychologist Charles Fay, Ph.D., president of the Golden, Colorado-based parenting organization, the Love and Logic Institute.

Fay says toddlerhood (12 to 30 months) is particularly stressful, as kids go through potty training and learning to walk. For older preschoolers, changing schools, older siblings moving away or parents divorcing can all be stressful.

While some stress can be beneficial, adults need to be vigilant about looking for signs that a child is experiencing too much stress, particularly if the child is too young to verbalize his or her feelings. Common signs include regression, temper tantrums, withdrawal and tummy, head or muscle aches.

Hyperactivity Can Signal Stress

"We see a lot of kids and families who are in a perpetual state of fight or flight and sadly, the kids get wrongly diagnosed with learning and behavior disorders, such as ADHD (Attention Deficit Hyperactivity Disorder)," says Fay.

Another tip: Check your own stress level. "Kids take their emotional cues from the adults around them," advises Fay. "A lot of high-achieving, perfectionist kids think mistakes are the end of the world, because they see their parents reacting that way."

He counsels parents to model positive reactions to stress. Take a moment to tell the kids a funny story about how you spilled coffee in your lap and had to run home to change—and the lesson learned. Instead of freaking out as you rush around the house looking



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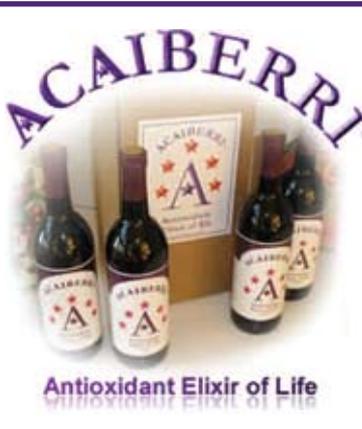
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for the car keys, say, "Oh well. It's not the end of the world if I am a few minutes late."

Experts say overscheduling is another chronic source of stress, with many parents shuttling junior from story time to baby yoga to playdates. According to a 2001 study by University of Michigan researchers, children ages 3 to 5 have eight fewer hours per week of free play time than they did in 1981. Kids ages 6 to 8 enjoy 13 fewer hours of free time.

An easy solution: "Remind yourself that it is okay for kids to be bored," says Fay, noting that boredom fosters creativity and prepares kids for a "real life" that is not always action-packed.

If you find yourself often eating in the car en route to endless pursuits, your child throws a fit or falls asleep on the way to a practice or he or she doesn't talk much about an activity (a sign of genuine interest), it could be a wake-up call.



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Ask your child to make a list of his or her favorite interests, in order of priority, Fay suggests, and trim off the bottom.

On the flip side, Fay counsels that too little structure at home can be stressful for kids; they look to their parents to demonstrate assertiveness and provide the boundaries that make them feel safe. "If you have anxious kids, one question to ask is, 'Am I setting enough limits and sticking to those limits?'"

School-age Solutions

By far, the most common cause of school-age anxiety (particularly amid middle-to-upper-income suburban kids) is academic stress. Numerous studies show that adolescents place schoolwork above friend problems, bullying and trouble at home when ranking stressors.

One recent Stanford University poll of 496 high school students in California's Bay Area found that when students were asked to list what causes the most stress in their lives, 68 percent cited schoolwork. Nearly 78 percent reported having experienced stress-related physical problems like headaches, weight gain, insomnia or stomach problems. In some cases, excess stress turns to depression and tragedy can strike.

"Kids are more stressed than in the past for a whole host of reasons, and it is a big problem," confirms education researcher and Stanford lecturer, Denise Pope. "There is more emphasis on testing, and kids feel the pressure from their teachers. Homework levels have gone up significantly. They feel like they are the hope for the future, and the pressure is on."

Research supports Pope's conclusion, including a 2004 University of Michigan survey of more than 2,900 students that found the time it takes kids to complete their homework has increased 51 percent since 1981.

In response, Pope, a mother of three, founded the Stressed Out Students Project (now called Challenge Success) in 2007. The national organization teaches parents and teachers how to minimize academic stress.

The first step, she says, is for parents to clearly define their own vision of "success" for their child. Is it really attendance at an Ivy League school? Or, is it participating in an enjoyable college environment that enriches their life?

"People have this vision that their child has to get straight As and involve themselves in every extracurricular activity in order to get into a good college: Not true," states Pope. "There is a college out there for every student who wants to go to college."

If a parent gets the sense that their child's homework levels are excessive, they need to be proactive and call the teacher, says Pope. As a general rule, kids should have no more than 10 minutes of homework per grade level (10 minutes for first-graders, 30 for third-graders, two hours for high school seniors, etc.). Pope asks her child's teachers to send work home in advance in weekly packets, so they can distribute it over the week around other commitments.

"I know kids who do different, multiple sports each season after school, then come home every day, eat dinner and start in on homework at 8 or 9. We are asking them to put in longer days than most adults do," Pope remarks.

Let Kids Be Kids

Honoré, a London author who has made a living writing books about how to slow down and lead a less frenzied life, says he too, found himself falling into the “hyper-parenting” trap. When his son’s art instructor suggested his 7-year-old might have a gift for art, he found himself sifting through catalogues, looking for just the right afterschool course or summer class to nurture his budding Picasso’s special talent. When his son got the news, he looked at his father, dumfounded, and asked, “Why do grownups have to take over everything?”

“I realized I had lost my bearings as a parent,” Honoré says. He backed off and ended up writing a book about it. He now takes care to ask himself what his motives are before guiding his son toward an activity: Is it for me, or is it for him?

Meanwhile, this grassroots researcher is optimistic that “The pendulum is beginning to swing back,” and that a backlash against hyper-parents and stressed-out kids is upon us.

In 2008, Toronto became one of the first jurisdictions in North America to crack down on excess homework, all but eliminating it in elementary grades and banning it during weekends and holidays. Meanwhile, communities across the United States have begun to host “Ready, Set, Relax” days, where all homework and extracurricular activities are canceled.

On a smaller scale, experts say the revolution toward less stressed-out kids can begin when parents look at their kids in a new light. As Pope puts it: “We need to love the kid before us, not the kid we want them to be.”

Lisa Marshall is a freelance writer and mother of four in Colorado.



*Hugs
can do
great mounts
of good —
especially
for children.*

— Diana,
Princess of
Wales

Holistic Solutions to Stress

by Lisa Marshall

A bit of childhood stress is inevitable, and can even be motivating when taken in small doses, experts say. But parents can do much to help kids better manage it.

Set aside relaxation time: “There is such a thing as preventative mental health,” says Lawrence Shapiro, Ph.D., author of *The Relaxation and Stress Reduction Workbook for Kids*. “You wouldn’t let your kids go a day without brushing their teeth. Don’t let them go a day without relaxing.”

He recommends that children of all ages carve out at least 15 minutes each day for focused relaxation. Put on soothing music, ask them to breathe deeply and close their eyes, and then leave them alone.

Sleep: Sleep produces the calming, feel-good brain chemical serotonin, while lack of sleep results in too much of the “fight-or-flight” brain chemical, cortisol. A child who doesn’t get enough sleep won’t handle stress as well. According to the National Sleep Foundation, toddlers need 12 to 14 hours and preschoolers 11 to 13 hours. Kids ages 5 to 12 do well with 10 to 11 hours of sleep and teens with about 9 hours.

Nutrients: Brandy Webb, a naturopathic doctor in Tacoma, Washington, and adjunct faculty member at Bastyr University, says certain nutrients can go a long way in counteracting the physical impacts of stress. Omega-3 fatty acids, found in fatty fish, flax seed, certain nuts and dietary supplements, can counteract the inflammatory response that comes with stress. This also helps fend off problems such as headaches and muscle aches, which can come with stress-induced inflammation.

Stressed-out kids burn through critical nutrients, particularly calcium, so a balanced diet is critical. Magnesium supplements are known to help relieve anxiety and stress. Vitamins C and E boost immune function.

Botanicals: Webb recommends calming herbal tinctures, such as catnip and pas-



sionflower, for quieting a child in the throes of a stressful moment. Lavender, in either a tea or a bath, can be effective in reducing anxiety. Better yet, brew some tea and allow your child to sit in the bath with it for 20 minutes, breathing in the lavender-laced steam.

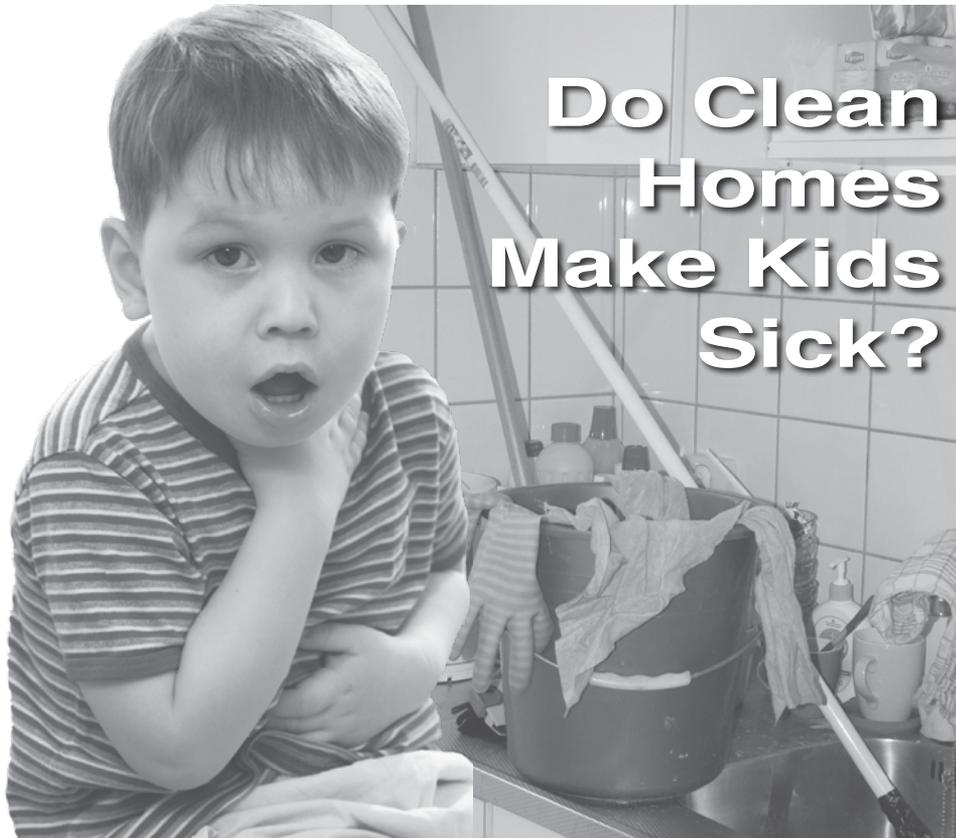
Exercise: Shapiro and Webb both recommend at least 30 minutes of free, outdoor play per day.

Limit screen time: Never allow your child to have a TV or computer in their room, advises parenting expert Charles Fay, Ph.D. Also, keep screen time to an absolute minimum for youths under 2 years old. Keep the volume down (loud noises can aggravate stress) and be particularly wary of television if your child is already prone to hyperactivity.

“If kids are predisposed to hyperactivity, too much TV will exacerbate that predisposition,” Shapiro notes. Also, overuse of electronic media—such as video games and Internet social groups—could be a warning sign that the child is stressed. “A lot of the most stressed-out kids I deal with gravitate toward those things as unhealthy coping mechanisms,” comments Webb.

While social networking tools like Facebook, instant messaging and Internet chat rooms don’t necessarily cause stress, experts advise, a child who spends too much time with them may get behind on homework, adding to their stress.

Worse yet, they’ll rob themselves of time spent playing face-to-face with friends outdoors in the fresh air. Watch any kid at play: There is no better stress reliever.



Do Clean Homes Make Kids Sick?

By Lisa Kline

Much scientific evidence has pointed to environmental hazards and household chemicals as contributing factors to children's poor health that could possibly result in allergies, asthma, autism and ADD/ADHD. Some even suggest these factors are responsible for dramatic increases in childhood cancers and birth defects. In fact, according to the Environmental Working Group, on average, 287 chemicals are found in umbilical cord blood of newborns, although they are never directly exposed to pollutants or chemicals.

This type of information leads us to believe that toxins stay in our systems for far longer than we think. Certainly, we are exposed to more chemicals than ever before in what we eat, breathe,

Homes should be the safest place for children. We may think that a sterile environment contributes to their safety, but sometimes a home that is too clean can be detrimental. Today, poor indoor air quality, impacted by household cleaning products, is a major threat to our children.

touch and smell. Homes today are so energy efficient that out-gassing of chemicals from cleaning supplies, even when they are not in use, have no where to go and build up inside the home.

We clean these energy efficient homes with toxic cleaners, forcing the chemical fumes to build to dangerous levels indoors— up to 100 times more toxic than outdoor air, according to EWG. Then we spend roughly 90 percent of our time indoors breathing those locked in gases.

Small children in particular are at a high risk for exposure because they play on floors, put toys in their mouths and touch everything in their path, breathing, ingesting and absorbing the lingering chemical residues that we hope will protect them from harmful bacteria and hidden impurities.

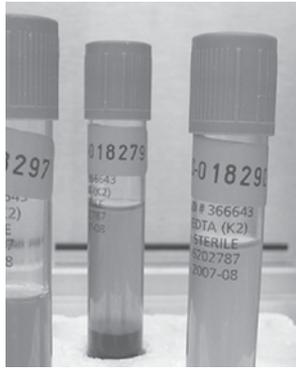
As parents, we want to pass down great attributes to our children not toxic burdens. But just because we keep our kids away from our cleaning products doesn't mean we keep away the danger. Current labeling laws do not require manufacturers to list all ingredients in household cleaning products. What we do not know actually can hurt us. With chronic childhood illnesses and fatal diseases linked to toxic household cleaners on the rise, green cleaning is essential.

Be advised that many well-intentioned parents and consumers will be misled into products that claim to be green. There is a lot of gray when it comes to green, so look for products that are 100 percent non-toxic. What we do today will surely affect our children's tomorrow.

*Lisa Kline is a WOW Green distributor. Reach her at 401-349-0428 and leeleejack@aol.com. WowGreen.net/Kline. Find the Environmental Working Group at EWG.org. See **Community Resource Guide Listing page 38.***

Putting Hormonal Imbalances to the Test

When our brains are in control, when the bio-identical hormones are balanced, everything runs smoothly, says Rene St. Laurent, registered pharmacist and doctor of natural medicine in Middletown.



"If these hormones are out of balance, however, any number of symptoms could follow: anxiety, panic attacks, depression, lack of focus/concentration, PMS, menopausal symptoms, migraines, low energy, weight gain and chronic infections."

The most accurate way to test for these imbalances is through a urine or saliva test, says St. Laurent. A urine test will check

imbalances in serotonin, gaba, non-epinephrine, epinephrine and dopamine levels. Saliva testing assesses the bio identical hormones, including progesterone, estrogen, DHEA, testosterone and cortisol, the adrenal hormone.

These tests are readily available for purchase on web sites and pharmacies. The specimens are then mailed to a laboratory and results mailed back. Major insurance carriers may cover the cost. St. Laurent says that although the results will be explained, it is best to have the testing done under the guidance of a physician.

"After a proper consultation and review of the saliva/urine test results, it is best to work with a doctor for recommendations of getting back in balance such as through supplements or compounding pharmaceuticals," he says. "A 'triad' relationship, whereby the doctor, pharmacist/clinical nutritionist and the client are all working together is the most effective."

Contact St. Laurent at Aquidneck Nutrients and Wellness Center, 790 Aquidneck Ave., in Middletown. Renexccn@cox.net, 401-324-6167. Toll free, 1-877-823-2362. See ad page 7.

Hairspray & Birth Defects

Pregnant women who are exposed to hairspray containing phthalates have more than double the risk of a son being born with the genital birth defect hypospadias, which involves malformation of the urethra, says new research published in the journal *Environmental Health Perspectives*.

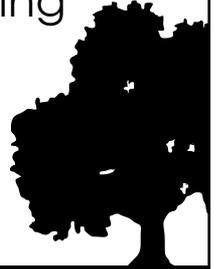


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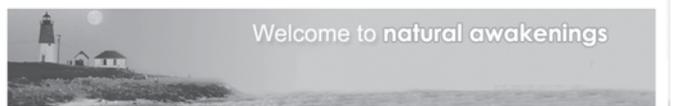
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—Mignon McLaughlin



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Green Lunchrooms

University Cafeterias Show How to Cut Waste

Dozens of universities are doing away with lunch trays as a keystone in cutting cafeteria waste. A recent survey of 25 schools by Aramark, a food-service provider for some 600 institutions of higher education, found that trayless dining reduced food waste by an average of 25 to 30 percent per person. Seventy-five percent of the 92,000 students surveyed at 300 colleges said they were in favor of the change. Accompanying changes typically include the recycling and composting of food waste and using eco-friendly serviceware.

A separate study by the University of Illinois, which serves 1,300 students a day, noticed a 40 percent reduction in food waste. Kristen Ruby, an assistant director, explains that because students couldn't carry as much, they didn't take more than they could eat. "Not having trays [also] saves 516 gallons of water a day," says Ruby, who counts the consequent dishwashing detergent saved in an academic year at 473 pounds less.

The same principles apply to food operations in businesses, convention centers, sports arenas, entertainment venues, government agencies, correctional institutions and assisted living facilities.

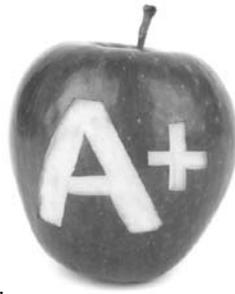
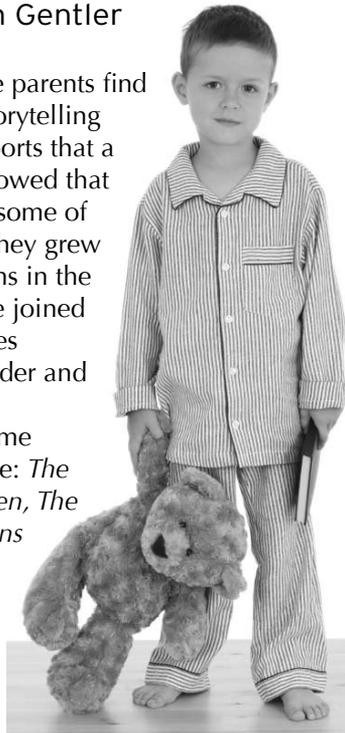
Source: The Christian Science Monitor

Bedtime Stories

Fairy Tales Replaced with Gentler Narratives

Controversy is cooking as some parents find classic fairy tales too dark for storytelling to little ones. The *Telegraph* reports that a poll of 3,000 British parents showed that a quarter of the mothers reject some of the classic tales today, even if they grew up reading them. Cited concerns in the UK about their being un-PC are joined by questions in the United States about their perpetuation of gender and beauty myths.

More recent favorite bedtime stories on the *Telegraph's* list are: *The Very Hungry Caterpillar*, *Mr. Men*, *The Gruffalo*, *Winnie the Pooh*, *Aliens Love Underpants*, *Thomas and Friends* from *The Railway Series*, *The Wind in the Willows*, *Charlie and Lola*, and *What a Noisy Pinky Ponk!*



Meet Green Drinkers at Summer Celebration

Grab a glass of wellness at the 2nd annual Rhode Island Green Drinks, taking place August 13 at Narragansett Town Beach, in Narragansett.

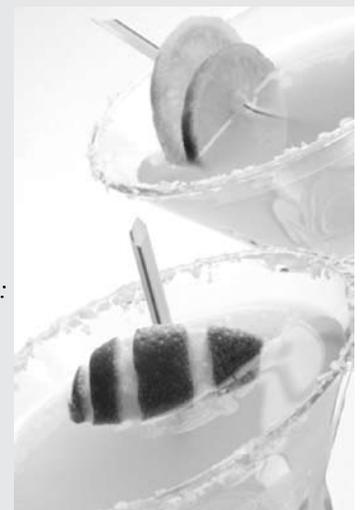
Green Drinks Newport, Providence and South County (new this year) will gather together for a summer celebration. Everyone is invited to come meet Green Drinkers from around the state.

Green Drinks are monthly gatherings that attract people from all walks of life who are interested, either professionally or personally, in all things green. Usually several dozen people gather, with folks hailing from advocacy-oriented and educational NGOs, academia, green businesses, and government, and they come from all over our great little state, as well as Connecticut and Massachusetts. Through this network, people exchange information and ideas, develop professional and personal friendships, find jobs, develop synergies, help with others' projects, become more involved through community volunteering, and have lots of fun!

Green Drinks holds its gatherings at different venues each month. Occasionally there is a featured speaker, but usually it's just networking in a casual way. Every month, there are always lots of new faces, so we encourage everybody to stop by and just introduce yourself. People come and go between 5 to 8 p.m., although some stay much later.

Newport meetings are held the first Thursday of each month. Providence meetings are also monthly: "Thirsty Third Thursday." South County meetings are the 2nd Wednesday.

Venues change regularly. To stay informed about upcoming dates and location, join the email lists. In Providence: Bill@TheOceanProject.org. In Newport: Kara@6square.com. For South County: Relocalize1@gmail.com.



ChiWalking

Daily Steps to Focus, Strengthen and Energize

by Katherine and Danny Dreyer

Earlier generations recognized the amazing effects that walking has on health. G. M. Trevelyan, a noted English historian, wrote in the 1920s: "I have two doctors. My left leg and my right."

In those days, science had not yet documented how the traditional evening stroll exercises the heart, calms the mind and benefits one's overall constitution. But today's research shows that walking may be nothing short of a miracle cure.

A recent study reported in the journal *Medicine & Science in Sports & Exercise* shows that adults in their 50s and 60s who consistently walk are about 25 percent less likely to die in the next eight years than their sedentary counterparts. The University of Michigan Medical Center study further notes that, for smokers and others with high blood pressure or diabetes, the risk of death drops 45 percent.

The myriad benefits of walking, as attested in studies published in *The New England Journal of Medicine*, *The Journal of the American Medical Association* and others, go beyond increasing bone density and improving mental acuity to lowering the risk of heart disease, cancer and diabetes. Walking literally can make the difference between life and death.

In our work with walking instructors and students around the country, we have found that applying some Tai chi principles to walking movements boosts benefits and makes walking a mindful practice. As in Tai chi, Pilates



and yoga, ChiWalking teaches you how to use the strong core muscles of your torso to walk, which helps prevent pain and fatigue.

Learning and practicing ChiWalking connects you more deeply with your body as you listen and respond to its needs and rhythms. We call it "body sensing," a centered awareness that allows you to align mind and body in a way that promotes healthy, effortless, steady and balanced movement. Eckhart Tolle, in *A New Earth*, writes of such awareness of the inner body as "anchoring you in the present moment."

Taking it a step further, we teach how projecting your energy forward to a point or object in the distance, with which you maintain a visual connection, leaves little room for distraction. Everything naturally falls into alignment, following the direction of the eyes. In Tai chi, this concentrated focus is called y'chi.

ChiWalking involves five mindful steps

Get aligned. – First, create great posture. Then, walk by keeping the shoulders in front of the hips, leveraging the pull of gravity to assist in forward momentum. This reduces the impact to the lower back and legs. Watch a small child walk, and you will see perfect

walking form. Their upper body tilts forward and their legs go out the back.

Engage the body's core. – Engaging your core muscles connects your torso to your legs and stabilizes the pelvis during movement. It also strengthens these muscles over time. This allows you to walk with your whole body. An unstable pelvis increases vulnerability to a host of ailments, such as lower back pain, hip bursitis and iliotibial band syndrome, which affects thighs and knees.

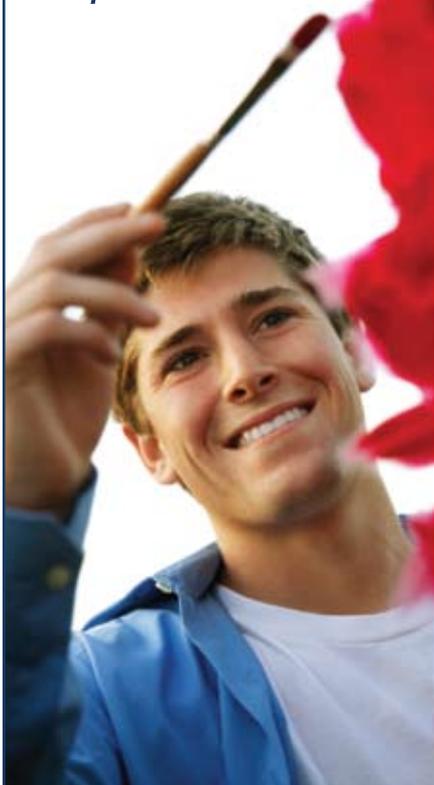
Create balance. – Most of us thrust our hips forward when we stand or walk. This is what throws the whole body out of alignment and increases impact on the knees and lower back. Leading with the shoulders in ChiWalking relieves pressure on the lower back and allows you to walk with slightly bent, relaxed knees. Practitioners of ChiWalking, as those of Tai chi, learn to create balance from back-to-front, side-to-side and upper body-to-lower body. A state of physical balance supports a state of emotional balance.

Make a choice. – The first three steps help establish a platform for daily making the kinds of positive choices that profoundly affect health and well-being. Walking is a good way to enhance and manage your energy. You can choose to calm yourself if you're tense, get energized if you are tired or get focused if you are feeling scattered.

Move forward. – The final step asks you to move forward into your life and your walking by being consistent with your practice. It is as simple as putting one foot in front of the other, and as important as choosing healthy foods to nourish your body. Because a consistent practice of healthy movement is the key to good health and vibrant energy, it's among the best preventive medicines in the world.

Katherine and Danny Dreyer are founders of parent company ChiLiving, and co-authors of ChiWalking and ChiRunning, out in a new edition this year. For more information visit ChiWalking.com and ChiRunning.com.

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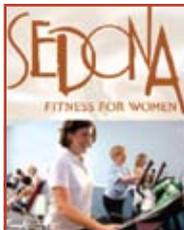
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Realizing the Promise of

INDIGO CHILDREN

HELP KEEP THEM CONNECTED TO THEIR TRUE SELVES

by Nicole Lavoie

Indigo souls—those souls who many believe have been incarnating to the Earth to help humanity take the “next step” in evolutionary consciousness—hold great hope for our shared future. Through their high vibrational energies, paradigms, DNA templates and ways of thinking and feeling, Indigo children and adults carry the promise of a new humanity and civilization. By nurturing their Indigo children, parents can help them realize and appreciate their gifts, create loving family bonds, and enable them to connect to their true selves.

Recognize Their Gifts and Communicate Openly

Most Indigo children are creative and highly imaginative. Some exhibit high levels of sensitivity and empathy, while others may display a peculiar anger or nonconformity. All are unconventionally brilliant, spiritually advanced and strikingly tuned in.

Indigo children can sense the emotions (clairsentience) and see (clairvoyance) the auric fields of those who surround them. Some children can also hear

(clairaudience) sounds and voices that most adults do not. Indigo children—and other children, as well—are able to experience the higher dimensional realities that escape most adults, because children do not have belief systems that tell them these realms are not real.

It is imperative that parents not implant their belief structure on their children; otherwise, the children will shut down these higher senses and forget about them, just as many adults have. Because Indigo children are so emotionally sensitive and intuitive, they know when adults are not being straight with them, and they don't understand why things that seem so obvious are not shared openly.

Encouraging honest, open communication about an Indigo child's feelings and emotions is vital, as well, because when emotions are present, they are

intense. For example, when the child is angry, he or she may act infuriated. Stop to ask the child if he or she is infuriated or merely annoyed. This helps the child to learn to assess the degree of emotion. By developing the concept of the difference between annoyed and infuriated, along with developing techniques for calming the emotions, the child has taken important steps toward instituting good stress reduction practices for a lifetime. Communicating openly in this manner gains the respect and trust of the child.

Provide Wholesome Nutrition

Like all of us, Indigo children thrive on a healthy diet, so focus on organic, whole foods. Avoid processed sugars and flours, and choose as many first-generation foods as possible—those foods that come straight out of the

earth, such as beets and carrots, and plant foods green beans and broccoli.

Avoid food additives, chemicals, taste enhancers, genetically modified foods, and meats and dairy products laced with hormones; these non-natural substances are foreign to the body and act as stressors. Whole, natural foods, the best choice for all of us, are in synch with the high vibratory nature of Indigo children, and will have positive effects on their behavior and emotions.

Encourage Inner Connections

To help calm the large amounts of physical and emotional energies that Indigo children exhibit, expose them to yoga and meditation practices. These activities also help them stay connected to their higher, or true, selves.

Also, try to avoid loud and overly busy environments. Indigo children, who are tuned in on emotional and energy planes, often mirror their surroundings; they can pick up all the emotions emanating from everyone in a room and respond accordingly. This can be exhausting, just as it is for adults.

Enjoying quiet daily meditation or yoga time is a good practice to institute for Indigo children, as well as the entire family. Steer children away from TV and video games, which have lower vibrational emissions, and offer more creative activities. These help stimulate the imagination and visualization centers of every child, and especially the intuitive Indigo youngster.



Remember that Indigo children love to be given options. It is important for parents to present their children with choices and to be consistent in respecting those choices. No child—or adult—likes to be told what to do, and forcing one's will on independent-minded Indigo children will backfire every time. Respect and honor their intelligence with honest, open, consistent communication and choices.

Remember, too, that all of us have the ability to remember our inner knowing, to walk in the light of our True Self. Sharing our lives with Indigo children helps us see with our third eye, the inner eye that is the gateway to higher consciousness.

Additional information about Indigo children can be found online and at book stores.

Nicole Lavoie is the founder of Frequency Awareness and is a Certified Biofeedback Specialist (CBS), Certified Pain Management Specialist (CPMS) and Certified Stress Management Specialist (CSMS) with the Natural Therapies Board, and a Certified 13D Multidimensional Master Healer with the Shamballa School of Esoteric Sciences. Committed to personal empowerment of humanity for the highest potential one can experience, Frequency Awareness offers services, products and training to achieve this goal. Contact Nicole at 401-568-8048 or FrequencyAwareness.com.

Children are great imitators. So give them something great to imitate

— Anonymous

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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.

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 August 10th (for the Sept issue) and adhere to our guidelines. Visit rinaturalawakenings.com to submit Calendar events or email info@rinaturalawakenings.com for guidelines and to submit entries.

SATURDAY, AUGUST 1

Applied Shamanism Levels 1 and 2 – 9am–9pm. These core shamanic principles are common to most, if not all, shamanic traditions. Because we teach core shamanic principles, we avoid the limitations that come from studying individual cultures alone. \$795. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Cool Shades of Summer at Chase Farm – 9:30–11:30am. Exclusive tour, seasonal local food sampling, hands-on activity and a takeaway item. Cap-

tures the distinctive sights, sounds, aromas, textures and flavors of the season. Proceeds support Gardening for Good's therapeutic gardening programs. Tickets in advance only. \$35/per person or \$30/with a friend, Gardening4Good.org. Mary Beth Miller.

Free Gentle Yoga & Vegan Potluck – 4-7pm Yoga begins promptly under the pine tree on the Hope St side of Lippitt Park. Please prepare a vegan dish for 10+ people. Plates and utensils will be provided, but bring your own drink. Weather permitting. Free! Lippitt Park, Providence 401-261-7242 WholeOfTheMoonYoga.com

Free Earth Healing Event – 8-9pm. Online healing event hosted by Frequency Awareness in the forum section of the website. Come join thousands of people from all over the world as we activate love and anchor healing into the earth grids and her heart chakra. Free. Nicole Lavoie. FrequencyAwareness.com.

SUNDAY, AUGUST 2

Applied Shamanism Levels 1 and 2 – 9am–8pm. See August 1st for details. \$795. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

TUESDAY, AUGUST 4

Wake Up Walk – 7-8am. Coaching available for good posture, engagement of core muscles, and proper breathing. It's about walking together with strength, confidence, and joy. Great networking op-

portunity! Wear comfortable shoes; bring water, and a few business cards. Walking is free, donations for the Greenway are welcome. West Warwick Greenway Path, Parking on Hay St on left behind caboose. Wendy Fachon. wendyf13@cox.net. WakingUptoWellness.com.

WEDNESDAY, AUGUST 5

Revive the Spirit of Abundance Meditation – 7-8pm. Prosperity Meditation while receiving Reiki, open to all interested. FREE. Debi Chalko, South Kingstown Office Park, 24 Salt Pond Road Bldg H Ste 3, Wakefield. 401-263-1107. TrinityEnergetics.com.

THURSDAY, AUGUST 6

Wake Up Walk – 8-9am. See August 4th for details. West Warwick Greenway Path, Parking on Hay St on left behind caboose. Wendy Fachon. wendyf13@cox.net. WakingUptoWellness.com

Drop in Clay Class – 6-9pm. Get your hands dirty during our Thursday evening clay class. The class is for beginners and more advanced adults. Instruction is given but independent work is also encouraged. See our website for more info about this and other classes. \$15. Mudstone Studios, 30 Cutler St, Warren. 401-297-9412. MudstoneStudios.com.

FRIDAY, AUGUST 7

Partner Yoga – 6:30-7:45pm. Partner Yoga develops our physical, emotional, and spiritual bodies. In practicing, we develop and strengthen trust with one another. Space is limited please register. All levels. \$20/ per partnership. Melissa Sischo, The Journey Within, 1645 Warwick Ave Suite #224, Warwick. 401-215-5698. BodyInActionRI.com.

SATURDAY, AUGUST 8

Just Peachy at Sweet Berry Farm Middletown – 9:30-11:30am. 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. Proceeds support Gardening for Good's therapeutic gardening programs. Tickets in advance only. \$35/per person or \$30/with a friend, Mary Beth Miller. Gardening4Good.org.

Paddle Woonasquatucket Reservoir (Stump Pond) – 11am. Join the Woonasquatucket River Watershed Council (WRWC) for a paddle and picnic lunch (bring your own) on Woonasquatucket Reservoir in Smithfield. We have some canoes and kayaks available so you don't need your own, but if you have your own you are welcome to bring it. Advanced registration required. \$20/per person with WRWC boat or \$10/ per person bring your own boat. 401-351-5747 Woonasquatucket.org.

Waterfire – 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. Free. Waterfire, Waterplace Park, Providence. 401-272-3111. WaterFire.org.

SUNDAY, AUGUST 9

Active Isolated Stretching — 8:30am-4:30pm. Upper Body One Day Seminar with Marjorie Brook LMT. This one day intensive workshop is a review of Marjorie's Two Day Upper Body AIS workshop. You are required to have attended the Two Day prior to this one-day intensive. Please visit our web site for details. \$200. EVOLUTON Bodywork & Nutrition, 685 Metacom Ave, Bristol. 401-396-9331. EvolutionRI.com.

MONDAY, AUGUST 10

Angels 101 – An Introduction to the Messengers of Light – 6:45-8:30pm. What do you know about angels? Are you curious about yours? Angels are mentioned in most all ancient and sacred texts throughout the world. Fun evening learning about Guardian Angels, Archangels and how we can learn to connect with their presence. Refreshments will be served. Call Adriene to register. \$33, includes an angel car companion. Angel Whispers RI, The Wellness Center at Gold Plaza, 917A Warwick Ave, Warwick. 401-741-2278. AngelWhispersRI.com.

Healthy Weight Workshop – 6:30-8:30pm. Understand the role of vitamin D and insulin hormone balance on metabolism. Most of us know that we need to make some lifestyle changes. Come educate yourself on strategies that will unleash the natural healing potential of your body in balance. Free. Dr Eva Ligeri, 259 Water Street, Warren. 401-261-8999. DrEvaLigeri.com.

WEDNESDAY, AUGUST 12

Evening Paddle on Georgiaville Pond – 5:30-7:30pm. Join the Woonasquatucket River Watershed Council (WRWC) for a paddle on scenic and peaceful Georgiaville Pond in Smithfield. We have some canoes and kayaks available so you don't need your own, but if you have your own you are welcome to bring it. Advanced registration required. \$20/per person with WRWC boat or \$10/ per person bring your own boat. 401-351-5747 Woonasquatucket.org.

Guided Relaxation – 8-9pm. Join us for a gentle evening. After a few gentle tension relieving stretches, you will be led through guided relaxations to soothe your spirit. Eliminate stress, overcome anxiety, and achieve restful sleep patterns. \$5/members \$8/ non-members. Melissa Sischo, The Journey Within, 1645 Warwick Ave. Suite #224, Warwick. 401-215-5698. BodyInActionRI.com.

THURSDAY, AUGUST 13

State Wide Green Drinks – 5-8pm. Environmental Networks monthly gatherings provide an opportunity to talk with people who are personally and/or professionally interested and involved in a variety of environmental, conservation and sustainability issues. Informal/fun time. Free. Narragansett Town Beach, Narragansett. bmott@theoceanproject.org.

“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 or “Gift of Love” offering. Healing Hearts, 1542 Main St., West Warwick. 401-615-2423. HealingHeartsRI.com.

FRIDAY, AUGUST 14

Chakras and Your Wellness – 6:30-7:30pm. This one hour intensive is dedicated to educating on the signals from the chakras, how these signals affect health/wellbeing and techniques on how to bring yourself back into balance. Pre-Registration required, space limited. \$20. Nicole Lavoie, Burrillville, 401-568-8048. FrequencyAwareness.com.

Guided Meditation Night – 7-8:30pm. “Shamanic Drumming Meditation – Journey to connect with your Higher Self with Debbie Gleadow. All learning levels welcome. \$10. Heavenly Hugs, 917A Warwick Avenue, Warwick. 401-935-8451. Heavenly-Hugs.com.

SATURDAY, AUGUST 15

Bountiful Bouquets at Young Family Farm Little Compton – 9:30-11:30am. 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. Proceeds support Gardening for Good's therapeutic gardening programs. Tickets in advance only. \$35/per person or \$30/with a friend, Gardening4Good.org. Mary Beth Miller.

Basic Shamballa Multidimensional Healing – 9:30am-5:30pm. Two day initiation program Sat and Sun of DNA Clearing, Code Activations and initiation into the highest energies available to humanity in the vibration of love and freedom held by Master St. Germain. Pre-registration required, space limited. \$222. Nicole Lavoie, Burrillville 401-568-8048. FrequencyAwareness.com.

MONDAY, AUGUST 17

Reiki First Degree Workshop – 6-9:30pm. 3 classes. Gentle and non-invasive, Reiki is a simple, natural means to relieve stress and promote balance, harmony and wellness. An invaluable foundation for self-transformation, healing and for anyone developing a healing practice. \$150. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Laughter Yoga in the Park... Laughter is the Best Medicine! – 6:30-7:30pm. While enjoying simple interactive movements & scenarios that promote laughter you will reduce stress & pain, boost your energy, mood, circulation & immune system, while welcoming more joy & happiness into your life. No yoga experience necessary! \$6/donation. Lippitt Park (Hope & Blackstone). WholeOfTheMoonYoga.com.

WEDNESDAY, AUGUST 19

Reiki First Degree Workshop – 6-9:30pm. See August 17th for details. \$150. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Introduction to Theta Healing – 7-8:30pm. Learn what Theta healing is and how it works. See a free demonstration. Linda Hogan, shamanic healer, Theta Healer, Reiki Master, Tong Ren Energy Healer and Card reader, is your guide. Space is limited. Reserve with Grace. \$10 or “Gift of Love” offering. Healing Hearts, 1542 Main St, West Warwick. 401-615-2423. HealingHeartsRI.com.

THURSDAY, AUGUST 20

Green Drinks Providence – 5-8pm. Environmental Networks monthly gatherings provide an opportunity to talk with people who are personally and/or professionally interested and involved in a variety of environmental, conservation and sustainability issues. Informal/fun time. Free. Everyman Bistro, American Locomotive Works, 311 Iron Horse Way, Providence. 401-751-3630.

Summer Chill: The Wabi Sabi Way – 6-7:30pm. Come join Wabi Sabi Way for a workshop to awaken your mind and body to the relaxing and energizing effects of various meditation and breathing techniques. Please visit our web site for more details. \$15. EVOLUTION Bodywork & Nutrition, 685 Metacom Ave, Bristol EvolutionRI.com.



FRIDAY, AUGUST 21

Partner Yoga – 6:30-7:45pm. Partner Yoga develops our physical, emotional, and spiritual bodies. In practicing we develop and strengthen trust with one another. All levels welcome. Space is limited please register. \$20/per partnership. Melissa Sischo, The Journey Within, 1645 Warwick Ave Suite #224, Warwick. 401-215-5698. BodyInActionRI.com.

Spiritual Cinema: – 7:30. “Depak Chopra’s 7 Spiritual Laws of Success” Includes free popcorn. \$5 per person or \$10 per family. Concordia Church, 292 West Shore Rd., Warwick. 401-244-5797.

SATURDAY, AUGUST 22

Summer Solace at Solitude Springs Ashaway – 9:30-11:30am. 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. Proceeds support Gardening for Good’s therapeutic gardening programs. Tickets in advance only. \$35/per person or \$30/with a friend, Learning Connection exclusive, register with LearningConnect.com.

Connect to Your Higher Self Technique – 10am-4pm. This one day intensive focuses on connecting to your Higher Self or I AM Presence and reading the subtle energy. You have all the answers within, NOW you can empower yourself! Pre-Registration required, space is limited. \$60. Nicole Lavoie, Burrillville. 401-568-8048. FrequencyAwareness.com.

Waterfire – 5-9pm. 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. Free. Waterfire, Waterplace Park, Providence. 401-272-3111. WaterFire.org.

MONDAY, AUGUST 24

Reiki First Degree Workshop – 6-9:30pm. See August 17th for details. \$150. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Meditation 101 – An Introduction to Contemplation and Relaxation – 6:45-8:30pm. There are many types of meditation. Some call it prayer while others use it to still the mind. Evening designed for you to learn about meditation, sacred silence and experience a guided meditation in a safe setting. Refreshments will be served. Register with Adriene. \$40. Includes a guided imagery CD. Angel Whispers RI, The Wellness Center at Gold Plaza, 917A Warwick Ave, Warwick. 401-741-2278. AngelWhispersRI.com.

TUESDAY, AUGUST 25

Working and Healing with Crystals: The Basics – 6:30-8pm. Whether you are just beginning to wonder about crystals and how they are used or just curious about them, this is a basic beginner’s

course on the care, use, and incredible healing energy of crystals. \$25. Space limited, reserve with Grace. Healing Hearts, 1542 Main St, West Warwick. 401-615-2423. HealingHeartsRI.com.

WEDNESDAY, AUGUST 26

Evening Paddle on Woonasquatucket Reservoir (Stump Pond) – 5:30-7:30pm. After-work paddle on Woonasquatucket Reservoir in Smithfield. Some canoes and kayaks available so you don’t need your own, but if you have your own you are welcome to bring it. Advanced registration required. \$20/per person with WRWC boat or \$10/per person bring your own boat. 401-351-5747 Woonasquatucket.org.

Guided Relaxation – 8-9pm. Join us for a gentle evening. After a few tension relieving stretches, you will be led through guided relaxations to soothe your spirit. Eliminate stress, overcome anxiety, and achieve restful sleep patterns. \$5/members or \$8/non members. Melissa Sischo, The Journey Within, 1645 Warwick Ave Suite #224, Warwick. 401-215-5698. BodyInActionRI.com.

THURSDAY, AUGUST 27

“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. \$10/ or “Gift of Love” offering. Healing Hearts, 1542 Main St., West Warwick. 401-615-2423. HealingHeartsRI.com.

FRIDAY, AUGUST 28

Introduction to Shamanism – 6:30-9pm. This is an introduction to the MESA-101 series of Shamanic classes; a blend of Inka Shamanism & Ancient ways to Master thy self into being a Co-Creator of your life. Pre-registration required to learn more visit the event section of the website. \$20. Nicole Lavoie, Burrillville. 401-568-8048. FrequencyAwareness.com.

SATURDAY, AUGUST 29

Blueberry Thrill at Fort Hill Farm Thompson, CT – 9:30-11:30am. 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. Proceeds support Gardening for Good’s therapeutic gardening programs. Tickets in advance only. \$35/per person or \$30/with a friend, Gardening4Good.org. Mary Beth Miller.

Shamanic Journey and Drum Workshop – 12:30-4:30pm. Each participant will receive a drum, which they will paint and decorate after having done a shamanic journey to find their power symbol or totem. They will be taught how to do ceremony with their drum and how to use the drum for healing. Class is limited to 6. \$120. Linda Hogan, Positive New Beginnings, 873 Waterman Ave, East Providence. 401-949-0049 NaturalWaysToWellness.com.

SUNDAY, AUGUST 30

Energy Fest – 12-3pm. 15 Minute Mini Sessions of Aroma Tarot, Massage, Life Coaching, Reiki / Magnified Healing, and Psychic Readings. First Session Life Coaching is Free. Doors Open at 11:30 am for sign up of sessions. \$10/per mini session. Debi Chalko, South Kingstown Office Park, 24 Salt Pond Road Bldg H Ste 3, Wakefield. 401-263-1107. TrinityEnergetics.com.

MONDAY, AUGUST 31

First Day of School: Fit Mind, Fit Body – 2:30-6:30pm. Main Street Martial Arts is celebrating the first day of school. Enjoy an afternoon of fitness and fun. We will show your family how to have a fit mind and a fit body through the practice of the martial arts. Free. Mindy Werth, 1282 North Main St, Providence. 401-274-7672. MainStMa.org.

WEDNESDAY, SEPTEMBER 2

Evening Paddle in Downtown Providence – 5:30-7:30pm. Join the Woonasquatucket River Watershed Council (WRWC) for an after-work paddle on the Woonasquatucket River in downtown Providence and see the city from a new angle. Some canoes and kayaks available so you don’t need your own, but if you have your own you are welcome to bring it. Advanced registration required. \$20/per person with WRWC boat or \$10/ per person bring your own boat. 401-351-5747 Woonasquatucket.org.

planahead

SUNDAY, SEPTEMBER 6

Colors of the Sea – 2-5pm. In this grief and wellness workshop, you will find your inner ocean of peace through writing, music and the colors of the sea. Learn a powerful seaglass meditation and discover how the colors turquoise, aqua, cobalt, lavender and sea foam green can heal your life. \$55. plus \$20. materials fee. Positive New Beginnings, 873 Waterman Ave, East Providence. 401-432-7195. PositiveNewBeginnings.com.

SATURDAY, SEPTEMBER 12

Reiki Clinic – An Introduction to Reiki / A Refresher for Reiki Practitioners – 10am-12:30pm. Prerequisite: The desire to know more about this powerful, gentle healing with a possible interest in learning more about our upcoming classes. All levels of Reiki practitioners are invited to utilize their skills in a supportive environment. Free – donations gratefully accepted. Angel Whispers RI and Heavenly Hugs, The Wellness Center at Gold Plaza, 917A Warwick Ave, Warwick. 401-741-2278. AngelWhispersRI.com.

Angel Aromatherapy – 3-5pm. In this spiritual aromatherapy workshop (celebrating International Angel Day), learn the purpose of angels, their individual colors and how to raise your vibration to manifest love and prosperity. Smell an assortment of sweet and earthy fragrances known to attract angels, and then create your own angel aromatherapy sprays and perfumes. \$44. plus \$20. materials fee. Circle of Light, 654 Metacom Ave, Warren. 401-245-0444.CircleOfLight444.com.



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. Class canceled with rain, 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. AllThatMatters.com.

Vinyasa Flow Yoga – 10-11:15. Powerful and effective yoga/flow, to enhance circulation, deep breathing, balance and strength. With Nicki Shea. \$60/ Series of 6, \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. Sunsalutations.org.

Meditations for World Peace – 11:30am-12:30pm. Begins August 16th. Without first developing inner peace, world peace will remain impossible to achieve. We all have within us the potential for peace and happiness. Classes include teachings, meditations and discussion. Everyone is welcome. Drop-in to any class. \$8. Providence Meditation Center, 339 Ives St, Providence. MeditationInProvidence.org.

Monday

Monday Morning Yoga – 9-10am. With Lore Mire. Yoga means to yoke body, mind and spirit in order to encourage a sense of well being. 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. 401-846-7426. TheEdwardKingHouse.com.

YOGA on Oakland Beach, Warwick – 9:30-10:30am. Wide range of postures with focus on mind-body awareness, posture and alignment, and proper breathing techniques. 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). Drop-in \$12, 6-Week series \$60. Maureen Mitchell, 2077 West Shore Rd, Unit 3, Warwick. WestShoreWellness.com.

Yoga Kids – 11:30am-12:30pm. Kids lengthen and strengthen their bodies with flowing sequences, balance poses, breathing exercises, simple relaxation techniques, and games. Ages 4-7. \$8 drop in or \$35/5 wks. Melissa Sischo, The Journey Within, 1645 Warwick Ave. Suite #224, Warwick. 401-215-5698. BodyInActionRI.com.

Noontime Meditation – 12-1pm. Begins August 17th. 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. 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. Focuses on the Full Wave Breath technique, which is designed to restore your breathing mechanism to its natural

open state. \$20/1st class \$15/additional. The Life Breath Institute, 378 Main St, East Greenwich. TheLifeBreathInstitute.com.

Pilates – 6-7pm. Pre-registration required. \$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. 1st and 3rd 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. TheLifeBreathInstitute

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

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. SimplyAWomanofFaith.com.

Tuesday

Full Wave Yoga Class – 7-8:30am. A combination of gyrokinesis (spiraling spinal body movements), Vinyasa Flow Yoga, Strengthening and Balancing Postures, connected with powerful breathing exercise. 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. TheLifeBreathInstitute.com.

Weekly Nia Classes – 11:30am-12:30pm. 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. AllThatMatters.org.

Freestyle Dance Fitness – 12:15-1:15pm. 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 St, 2nd Fl, East Greenwich. SoulisticArts.com.

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. Space is limited – pre-registration is necessary. \$112/series of 8, \$17/drop in. Blissful Moment Yoga, 1006 Charles St. #10A, N Providence. lkorb7@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. Farmacy Herbs, 28 Cemetery St, Providence. 401-270-5223. FrmacyHerbs.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. 401-383-7133. TheSpotOnThayer.com.

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 Rd, Peace Dale. 401-782-9511. MakeltSoYoga.com.

Relaxing Yoga in the Park – 6:30-7:30pm. Cultivate peace in your body, breath and mind. Flexibility not required. All ages, shapes and sizes welcome – including beginners. Lippitt Park on the East Side (where Hope & Blackstone meet.) 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.

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. 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. Program includes: A Metabolic Type Test, a complete understanding of your individual nutrient, 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. No class August 11th & 18th. \$5. It's My Health, 2374 Mendon Rd, Cumberland. Its-My-Health.com.

Reiki Share – 7-9pm. 3rd Tuesday each month. Reiki Share for practitioners and non practitioners alike. \$5. Trinity Energetics, Debi Chalko, South Kingston Office Park, 24 Salt Pond Rd, Bldg H Suite 3, South Kingstown.

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. This class is 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. YogaAtSantosha.com.

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

Wednesday

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. Class canceled with rain, 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 Kingstown Town Beach, Matunuck Beach Rd, South Kingstown. AllThatMatters.com.

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

Yoga Kids – 3:30-4:30pm. Kids Lengthen and strengthen their bodies with flowing sequences, balance poses, breathing exercises, simple relaxation techniques, and games. Ages 8-12. \$8 drop in or \$28/4 wks. Melissa Sischo, The Journey Within, 1645 Warwick Ave Suite #224, Warwick. 401-215-5698. BodyInActionRI.com.

Kundalini Yoga – 4:30-6pm. Great blend of exercise, stretching and meditation. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

Whole Foods Waterman St Neighborhood Night – 4:30-6:30pm. Have a taste of something special from every department, with a new theme every week! Free. Whole Foods, 261 Waterman St, Providence. 401-272-1690.

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.

Chakra Chant – 6-7pm. With Spot Musical Director Spogga. Through knowledge gained at the Omega Institute Spogga has studied the frequencies and syllables of each chakra and has devel-

oped a one hour class of chanting to strengthen your core energy. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

New Svaroop Yoga classes – 6-7:30pm. Very gentle, yet deep and restorative style of yoga. Focus on releasing all the muscles along the spinal column. Space is limited – pre-registration is necessary. \$112/series of 8, \$17/drop in. Blissful Moment Yoga, 1006 Charles St. #10A, North Providence. lkorb7@aol.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. This class is a combination of gyrokinesis (spiraling spinal body movements), Vinyasa Flow Yoga, Strengthening and Balancing Postures, connected with powerful breathing. T15 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. TheLifeBreathInstitute.com.

Family Science Night – 6:30-7:30pm. Last Wednesday of each month. Parents & kids sit down together and perform 3 simple but fun & engaging science experiments. All materials are supplied. Ages 4-12. Pre registration is required. Call to reserve your spot. Free. Pow!Science!, 192 Wayland Sq, Providence. PowScience.com.

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.

Intro to Tai Chi/QiGong (4-Week Introductory Series) – 6:30-8:30pm. Beginning August 5th. Experience the beauty of Full-Circle Tai Chi with Ray Shepard. This Art enhances inner balance and physical integrity as well as improves coordination, provides stress relief and assists in everyday crisis management. \$50 with one time \$10 registration fee. Heavenly Hugs, 917A Warwick Avenue, Warwick. 401-935-8451. Heavenly-Hugs.com.

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. Call for directions/scheduled date or location changes. Free. NRICD Office, 17 Smith Ave, Greenville, RI. NRICD.org.

Guided Relaxation – 8-9pm. Bi-weekly gentle gathering. After a few slow gentle stretches, you will be led through guided relaxations to soothe your spirit, mind, and body. Eliminate stress, overcome anxiety, and achieve restful sleep patterns. \$5/Members or \$10/Non-members. Melissa Sischo, 1639 Warwick Ave, Warwick, RI. BodyInActionRI.com.

Thursday

Natural Yoga – 7-8:15am. Enjoy the fresh air and connection to nature as we take our Yoga practice outdoors. Bring a towel or blanket to place under your mat if desired. We will meet at the beach in Warwick's City Park. In the event of rain, class will be held at the studio. \$12 drop-in or \$40/4 wks. Melissa Sischo, The Journey Within, 1645 Warwick Ave. Suite #224, Warwick. 401-215-5698. 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 Rd, Peace Dale. MakeltSoYoga.com.

Svaroop 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. Space is limited, pre-registration is necessary. \$112/series of 8, \$17/drop in. Blissful Moment Yoga, 1006 Charles St. #10A, North Providence. lkorb7@aol.com.

Creatigo – 10am-12pm. Through August 20th. A 6-week summer group for you and your New Age child. Empower these radiant young souls and encourage wellness for children who may experience anxiety, stress, sleep issues and lack of confidence. 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. Price includes 1 Adult and child. \$20 or \$100 for the entire 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.

Beginner Iyengar yoga – 5:30-7pm. Strengthen and stretch with focus on alignment. \$5 off your first class. \$16/drop in or \$14/student. Motion Center, 111 Chestnut St, Providence. 401-654-6650. MotionCenter.com.

Nutrition Boot Camp – 6-7pm. Begins Sept 17th. 5 week program includes 5 group nutrition classes, and two individual appointments with a registered dietitian. Learn the science behind your diet and why the food you eat may be doing more harm than good. \$225. EVOLUTION Bodywork & Nutrition, 685 Metacom Avenue, Bristol. EvolutionRI.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 or \$50/4 visits. Mudstone Studios, 30 Cutler St, Warren. MudstoneStudios.com.

The Prosperity Project Series – 6:30-7:30pm. 8-week session held bi-weekly. 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 Ave, East Providence. PositiveNewBeginnings.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 Rd, South Kingstown Office Park, Bld H Ste 3, Wakefield. 401-742-2354.

Yoga Nidra (Guided Meditation) – 6:45-8:15pm. Layback and stay awake while specific body and breath visualizations are used to guide you gently and quickly into a deep peaceful meditative state. \$15. Santosha Yoga Studio, 14 Bartlett Ave, Cranston. 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.

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.

Curves For Women--Four Motivational Workshops – 7-8:15pm. Process of active goal setting in achieving fitness goals, creating affirmations to gain inner power, developing new habits, changing self talk. Alternating weeks at Curves for Women in Middletown and Portsmouth locations. Sign up required. Complimentary. Donna McGoff, Life Coach, 936 Aquidneck Ave, Middletown, 2461 E. Main Road, Portsmouth. 401-841-9650. Curves.com.

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. Sunsalutations.org.

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

Meditation Nights (free event) – 7:30-9pm. Every 1st, 3rd, and 5th Thursday of the month. Meditate and then watch a "movie", the nature of which is personal growth and well-being, or meditation followed by a gong bath or spiritual leaders and teachers from the community and beyond to come and share their insights and wisdom. Free. Jane, 2077 West Shore Rd, Unit 3, Warwick. WestShoreWellness.com.

Meditation For Health – 7:45-8:45pm. Find bliss through a variety of techniques to quiet our minds. Working on letting go of our surroundings in order to regain control over daily stresses. The benefits of meditation are endless, nurturing our mind, body, and spirits. 4 week series \$30/members \$40/non-members. Melissa Sischo, The Journey Within, 1645 Warwick Ave Suite #224, Warwick. 401-215-5698. BodyInActionRI.com.

Friday

Sunrise Yoga – 5:30-6:30am. Begin your day gently by awakening sensations throughout the body. A series of slow stretches, breathwork, and relaxation to prepare for your day. A blissful beginning

to your day. Please call to register. \$10 drop in. Melissa Sischo, The Journey Within, 1645 Warwick Ave Suite #224, Warwick, RI. 401-215-5698. BodyInActionRI.com.

Sale at The Food Coop in Wakefield – 9am-8:00pm. 10% off all your purchases when you show your membership card. Not a member? Join now and take advantage of this monthly offer. Become a working member and receive up to 20% discount off all your purchases. Membership/\$48 for a family. The Alternative Food Co Op, Rosemary, 357 Main St, Wakefield.

Yoga on the Beach – 5:30-6:45pm. Bring a yoga mat, blanket or beach towel and sun block and wear layers. Parking is free for students. Class canceled with rain, 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 Kingstown Town Beach, Matunuck Beach Rd, South Kingstown. AllThatMatters.com.

Yoga Dance – 6-7pm. Yoga Dance is designed for movement lovers to open and flow with your innate joyfulness rooted in Chakra Energy. Transform yourself to music that will energize and integrate your body, mind and spirit. Free to Y members. Newman YMCA, 472 Taunton Ave, Seekonk, MA. 508-336-7103.

FREE Yoga on the Beach – 6-7:30pm. Relax, rejuvenate at FREE Yoga classes on the first and third Friday evenings of July, August and September on East Matunuck Beach, next to the bath house. Taught by Dr. Lynda Wells, Kripalu Certified Instructor. Free. Wellspring Integrated Health Care, 260B Columbia St, Wakefield. 401-789-5185.

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. SimplyAWomanOfFaith.com.

Hawaiian Hula for Exercise – 7:30-8:30pm. Connect to culture while exercising the body. 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. YogaAtSantosha.com.

Saturday

Full Wave Yoga Class – 8-9:30am. A combination of gyrokinesis (spiraling spinal body movements), Vinyasa Flow Yoga, Strengthening and Balancing Postures, connected with powerful breathing exercise. 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. TheLifeBreathInstitute.com.

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. Class canceled with rain, 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 Kingstown Town Beach, Matunuck Beach Rd, South Kingstown. AllThatMatters.com.

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 Rd, Peace Dale. 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.

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. A combination of gyrokinesis (spiraling spinal body movements), Vinyasa Flow Yoga, Strengthening and Balancing Postures, connected with powerful breathing exercise. 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. TheLifeBreathInstitute.com.

Metabolic Type Nutrition Classes – 10-11:30am. 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. Pre-requisite required to join weekly class. \$20. Aubrey Thompson, 464 Maple Ave, Barrington. 401-524-0242. LivingBalance.us.

Pre-natal Yoga – 10:45am-12pm. Every Saturday, explore changes and prepare for childbirth in a supportive atmosphere. \$16/drop-in. \$104/8 week series. Motion Center, 111 Chestnut St., Providence. 401-654-6650. MotionCenter.com.

NIA – 11am-12pm. Fusion fitness movement class that blends rhythmic music with easy to follow choreographed moves inspired by dance, soft and hard forms of the martial arts and the healing arts including yoga. Adapted to any level of fitness. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

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.

Grandmother's Empowerment Group – 1-3pm. 1st Saturday of the month. Based on the book, The Grandmothers Speak: How to Find Balance in a Chaotic World, by Sharon McErlane. Group is run by Jane Henderson, by donation. All are welcome. The Healing Circle, Providence. ProvidenceHealingCircle.com.

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 to request our media kit.

FOR RENT

PROFESSIONAL OFFICE SUITES - Available in Lincoln. Ample parking near Route 95. Various sizes available, H & E included. Call Joseph at 401-632-7255.

To share warm, peaceful home in Smithfield. Please be mature, responsible, clean and dog friendly. Includes parking, porch, large fenced yard, w/dryer, cable/internet, all utilities. Available immediately. I'm a positive, healthy person looking for same. Margie212@verizon.net or 401 465-3125.

HELP WANTED

DISTRIBUTORS - Become an Acaiberri distributor. Health and nutrition interests preferred, but not required. Selling is also a plus. Potential distributors can contact Angelo at 401-497-0740, or email acaiberri@cox.net. Visit acaiberri.com for more information.

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 by the 15th of the month.

OPPORTUNITIES

DISTRIBUTION SITE - Offer your patrons the opportunity to pick up their monthly copy of *Natural Awakenings* magazine at your business location, and promote your events for free with 3 calendars listings a month. Contact Classifieds@RINaturalAwakenings.com.

HYPNOTIST OFFERS FREE CONSULTATION in Warwick or Seekonk. Learn about hypnosis. Explore your "hypnotizability." 401-374-1890. possibilities.nu/free.htm.

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SolidK9Training.com



Jeff Gellman, a nationally recognized dog trainer and whisperer, will show you the 4 most important things to get you the most out of your relationship with your dog using his own system of obedience training, behavior modification, household management and exercise. Jeff is a real world at home dog trainer who does not use treats, clickers, choke chains, head halters, punishment or bribery. Based in Providence and traveling nationwide. *See ad page 17.*

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GREEN HOME CLEANING

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GreenHomeCleaning@cox.net

Green Home Cleaning has been serving our environment for 15 years effectively and efficiently with full cleaning service. We have expanded our service offerings to include: FULL SERVICE-complete home cleaning, ASSISTANCE-assisting you while YOU clean your home too and CONSULTATIONS- on how to go green. Same hourly rate for all three services. Free estimate with full service. *See ad page 25.*

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REIKI

REIKI BY THE SEA

Maxine Bornstein, RN, MS, HNC, CIH
Newport/Middletown, RI,
& Boston and Cape Cod, MA
508-292-5258 • maxine@reikibythesea.com
reikibythesea.com

Maxine provides much more than a Reiki session for her clients. Using her skills as a master's prepared nurse and community health nursing specialist, she first prepares a holistic assessment for her client, listens thoughtfully to their needs and then includes an hour of Reiki energy healing. Reiki has been used successfully with those who have pain, anxiety, imbalances of all types and those in need of relaxation and healing techniques. *See ad page 7.*

REIKI MASTER & TEACHER

Amanda de Rezendes
Slatersville, RI
508-612-7083
amanda.derezendes@gmail.com



Amanda is a certified Reiki Master available for sessions and training workshops. She brings a compassionate and intuitive understanding to her Reiki practice and works to empower her clients with the knowledge of their own ability for self-healing. Experience this ancient and non-invasive healing art to know your own energy, reduce stress and create balance.

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wholeofthemoonyoga.com

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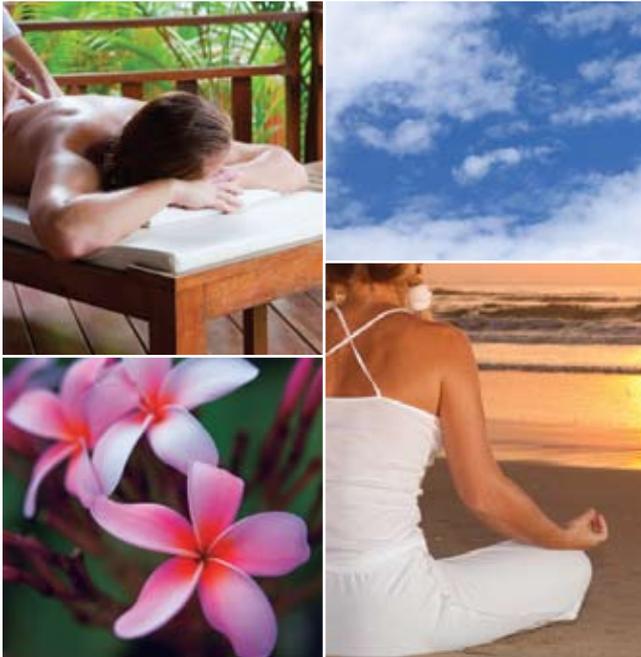
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Tuesday 1-2pm

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Thursday 1-2pm

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Saturday 10-11am

Global Holistic Exchange
Saturday 11-12noon



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Saturday 12noon-1pm