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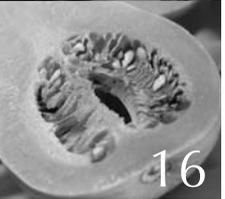
Melissa Sischo, LMT

Reiki Practitioner, Yoga & Meditation Instructor

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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



Life is full of conscious decisions. From “What should I have for dinner?” to “How can I make a difference in our world?” we are faced daily with questions that affect not only ourselves, but those around us, too. But even some of the seemingly simple decisions, like planning a meal, can often have an impact on the world at large.

I have a friend who looks at life decisions as a pain/pleasure ratio: “Will the pleasure I choose offset the pain it might cost?” they ask. Some of the questions

I face daily are: “Should I wake up and exercise, or keep hitting the snooze?” “Should I buy organic or the cheaper conventionally grown?” These are tough questions! I enjoy my down time and, like all of us, I need to be cost conscious. But I know that in both cases, the long-term pleasures outweigh my short-term desires. I want to feel and look healthy and the only way I can do that is to accept some of that short-term pain. Whether conscious or not, many of our decisions come down to this basic concept. We all have an internal barometer that determines cost/benefit, risk/reward, and even good/bad, based on the many factors that make up our own internal values. These choices are quite evident when it comes to our commitment to living green.

Recently, my family faced the decision of whether to keep or sell a 9-year-old car. There are both costs and benefits associated with this choice, and weighing them out was a struggle. If the decision was to purchase a new car, there were even more choices. Since the car we owned was paid off and relatively fuel-efficient, our first thought was to hold on to it. We held off for a while, but putting more and more miles on the newer car that is not as fuel-efficient also has a cost. Once we decided on purchasing a newer car, it was obvious that a hybrid model was the answer, especially since they are so affordable now. Not only are hybrids cheaper at the gas pump, the emission of pollutants are lower, too. According to Consumer Reports, the average car will drive 150,000 miles in its lifetime. The average 30-mpg car will use 5000 gallons of fuel while a 50-mpg car will use 3000 gallons. That's a savings of about \$6,000 at today's prices of \$3 a gallon. Of course, the benefit to our earth is immeasurable.

These types of choices spread to many other green areas in our daily lives. Thankfully, more businesses are becoming sensitive to this as well. Our interview with Sarah Kite from RI Resource Recovery Corporation *on page 10* exemplifies how businesses, governments and individuals can work together to solve a very large and costly problem. This month's feature article *on page 20* looks at other everyday challenges, and the industries that are committed to them. From Organic and Local Food to Green Investing, Brita Belli examines the progress we are all making, collectively.

I love the article on Michael Collins *on page 28*. Collins was the astronaut who was alone in Apollo 11 while Neil Armstrong and Buzz Aldrin were making history walking on the moon. His observations on what the earth looks like from that distance is worth noting and something we should all remember. It really is our planet, and we need to take care of it as best we can.

Natural Awakenings continues to grow and take hold around our state. It warms my heart that so many are joining me in my vision of a better world. Welcome to our newest advertisers, distributors and readers. I am excited to join with so many dedicated to common goals.

Peace,

Maureen Cary, Publisher



contact us

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Maureen St. Germain

Seminar Builds the Higher Self

Divinely Touched Seminars presents "Building a Connection to Your Higher Self" conference on October 24 from 1 to 4:30 p.m. at the Crowne Plaza Hotel in Warwick. Keynote speaker is international author and lecturer Maureen St. Germain, who will speak on "Connecting to Spirit". St. Germain was personally trained by avatar Drunvalo Melchizedek, and will be returning from a trip to Egypt to speak here.

Also speaking will be Robert "Ram" Smith and Dr. Kelley Taylor-Bentz. Smith, an international Ananda Yoga and meditation instructor and disciple of Paramhansa Yogananda will speak on "Yogoda: Materializing Your Dreams". Taylor-Bentz, a holistic chiropractor, Reiki Master and IET Master, will discuss "Your Human Guidance System: Are You Connected?"

Refreshments will be served and door prizes will be given between each speaker. Cost is \$22 with advanced reservation or \$25 at the door. Registration begins at noon.

More information at DivinelyTouched.com and 401-323-6934. See ad, page 29.

Practitioners Discuss Swine Flu Outbreak

Holistic and conventional caregivers will speak out on the H1N1 Swine Flu and what individuals can do about it. The discussion scheduled October 10 at 6 p.m., will be held at the AS220 Community Arts Center, at 115 Empire St in Providence.

The panel discussion and Q&A will cover what physicians, herbalists, and acupuncturists are saying about H1N1, how to reduce the risk of catching the flu, and integrative approaches to flu care. Confirmed speakers include Dr. John McGonigle, MD and Homeopath; Cris Monteiro, D.Ac, Providence Community Acupuncture; Herbalist Mary Blue of Farmacy Herbs; and Helen Drew, Department of Health.

Call Farmacy Herbs for more information. 401-270-5223. See ad, page 7.



Women's Run Benefits PRMH

The second annual Providence Ronald McDonald House Women's Classic 5k race and Shape Up RI 3k Walk and Wellness Fair will be held October 4 on the grounds of Brown University Stadium, 400 Elm Grove Avenue, in Providence.

The day kicks off early with registration at 8 a.m. The wellness fair runs from 8 a.m. to 12 p.m. Explore traditional and alternative health care services and learn about organizations providing social services for women. Free health screenings will be held as well. A children's race is scheduled at 9:15 and will include 100 and 400 meter dashes for boys and girls ages 4-12.

Team competition and cash and raffle prizes are available for runners and walkers of the women's only 5k and 3k courses. Cash and raffle prizes will be awarded to individuals and teams. Register online by October 2 for \$17. Cost is \$20 on the day of the race; \$10 for those 18 and under. All proceeds benefit the Providence Ronald McDonald House.

More information at prmhclassic.org.

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Massage Therapist Celebrates One-Year Anniversary at Contemporary Classics



Ann M. Easterbrooks

Ann M. Easterbrooks, Nation-
ally Certified Licensed Massage
Therapist, is offering specials on select
services during the month of October
to celebrate her one-year anniversary
at Contemporary Classics Hair Salon in
North Providence. A Massage Therapist
for over five years, Easterbrooks moved
her private practice to Contemporary
Classics in October of 2008. She offers
a wide range of services from massage
therapy to body wraps and holistic,

relaxing services such as ear candling.

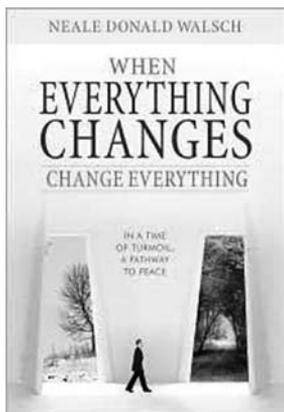
Clients who purchase a Swedish or Signature massage will receive \$10 off. Swedish massage is a relaxing, de-stressing massage that is great for anyone who has never had a massage before or for anyone who would enjoy a great escape from everyday stress. "Ann's Signature Massage" combines elements of Swedish massage with a combination of acupuncture, deep-tissue and body compression treatments.

Clients will also receive \$5 off Ear Candling. With allergy season upon us, this is a great treatment for those who suffer from headaches, sinusitis, earaches, excess wax, or ringing in the ears. Easterbrooks said her clients are amazed by the results of this service, and most fall asleep during treatment.

Finally, Easterbrooks is offering \$20 off all Body Wraps, including Detox Wraps and Slenderizing Wraps.

Contemporary Classics Hair Salon is located at 1018 Charles Street, in North Providence. Contact Easterbrooks at 401-723-3100. See ad, page 31.

newsbriefs



Book Group Discusses Changing Everything

Barbara Bourgette and Mary-
Anne Paolucci will once
again be facilitating a 6- week
book discussion group on the
book, "When Everything Chang-
es--- Change Everything" by
Neale Donald Walsch. The first
discussion meets October 1 at

6:30 p.m. at the East Smithfield Library, 50 Esmond Street, in Smithfield. The 90-minute discussions will be on Thursday evenings through November 12. There will be no book discussion held on October 22.

The discussion is free and all are welcome to join. Bourgette and Paolucci have agreed to facilitate this discussion at the request of patrons who attended a previous book discussion facilitated by them. They ask kindly that you read the book before October 1.

Contact Barbara Bourgette at 401-374-8424 for more information.



Michele Monticciolo

Coach Promises 30 Days to Positive Life Changes

Wellness coach and motiva-
tional speaker Michele Mon-
ticciolo invites readers to a 30-day
experiment in visualization aimed at
teaching participants to vividly focus

on goals. The "experiment" is based on the idea that changing one's mindset is a matter of habit, and that it takes 25-30 consecutive days to create a new habit for lasting change.

"There is also a 3-step process that can retrain you faster and easier than ever before," says Monticciolo. "If you have been trying to create change, but find you lack staying power," she says, "take heart: you just need better tools for success."

To participate, visit NewFocusNewYou.com.



Unemployment Results in New Nonprofit Effort

Every day, the majority of us go to work, make dinner for our families and go to sleep in our own warm beds at night. With our busy daily schedules, we often forget how lucky we are to have a warm meal and bed to sleep in.

There are thousands of Rhode Islanders alone that live on the streets or in shelters wondering where and when their next meal will be. Enter the Brown Bag Lunch Program, a volunteer-based program to feed the hungry and homeless in Rhode Island.

The program grew out of an unexpected turn of events. In February, Mike Stawicki lost his job when his long-time employer closed its doors. Unemployment only lasted 6 weeks, but it left an impression on Stawicki and his wife, Wendy. "One Sunday night shortly after Mike was laid off we were sitting on the sofa and we just started talking about how lucky we were to still be able to put food on the table and a roof over our heads even though we hit a financial rough patch," recalls Wendy. "We decided at that moment that it was time for us to help those in need."

The Stawickis said they wanted to do something that even their 10-year-old son could participate in. Supplying a simple brown bag lunch, and delivering them to the Day Program of Crossroads in Providence was the answer. Volunteers and donations are always needed.

Mail or deliver donations to: Positive New Beginnings, c/o Wendy Stawicki, 873 Waterman Avenue, in East Providence. BrownBagLunchProgram.com. Contact Wendy.Stawicki@Yahoo.com for information on how to participate.

Meditation Class Kicks Off This Month

Healing Choices offers a four-week Mindfulness Meditation class beginning October 19 led by Susan Hurd, an experienced holistic therapist and workshop facilitator. Classes can be beneficial for chronic pain, stress management, concentration and memory, blood pressure, a healthy immune system and general health maintenance. The cost is \$100 and will be held from 7 to 8:30 p.m. at 116 Eddie Dowling Highway, in North Smithfield.

Healing Choices
P.C.



To register, contact Hurd directly at 401-787-2355. Healing-Choices.net. See ad, page 9.

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Natural Awakenings Expands into New Communities

Natural Awakenings Publishing Corp. is pleased to add seven new publishers who recently completed a training program at the home office in Naples, Fla. The training staff welcomed entrepreneurs from San Diego, Nashville, Oklahoma City, Scranton and Bucks County, Pa., Monmouth County, N.J., and Toronto Canada, along with new partners for the Portland, Ore., edition.

Company CEO Sharon Bruckman launched the first edition of *Natural Awakenings* in 1994 and began franchising it in 1999. Currently, there are 68 *Natural Awakenings* magazines publishing in the United States and Puerto Rico. With the addition of seven new magazines, total readership will increase close to the three million mark.

For a list of where *Natural Awakenings* is publishing or to learn more about franchising opportunities, visit NaturalAwakeningsMag.com.

If I had to live my life over again, I'd dare to make more mistakes next time.

— Natine Sanger



Experience Something New this Month

Melissa Sischo of The Journey Within is excited to include new additions to the wellness center this month, including life coach and movement therapist Lisa Medley. This month will be filled with new classes, workshops, lectures, support groups and treatments. Since October's theme is "angels," The Journey Within brings Angel Meditation, Angel Reading and Angel Lite Messenger.

Other October news includes discounted rates on Shiatsu and reflexology treatments are scheduled for October 17 and 30. Throughout the month, Reiki sessions are 50 percent off.

"I hope to expose people to alternative methods of caring for themselves, and offering the discount will allow a wider range in the community to try these services and experience their powerful effects," says Sischo.

This month will bring a new yoga class for children ages 5-12. "There is tremendous research concerning the benefits of children who do yoga. It is also enormously beneficial for children with ADD/ADHD and autism" adds Sischo. Medley offers two workshops this month for adults, one for the dance shy and one for holiday health. The Journey Within also will host a monthly Goddess Gathering for women to come and connect with others to support one another through stories, meditation, dance and other outlets. This will be a safe, non-judgmental environment for women who need time for themselves.

The Journey Within is located at 1645 Warwick Ave, Suite 224, in Warwick. 401-215-5698. BodyinActionRI.com. See ad page 2.



Tanks for Frying

Eating fried food may not be the best way to keep the heart pumping, but pumping oil from fried foods into cars and home fuel tanks is a great reason to eat them! Newport Biodiesel collects used cooking oil and recycles it for the consumer's end use. The company sold its first fuel in January 2008 and now works with more than 500 restaurant partners in Rhode Island and southern Massachusetts. This form of recycling benefits our state directly, offsetting 6 million pounds of CO2 emissions in 2009 to date—the equivalent to taking more than 500 vehicles off the road.

Today's rates are competitive with traditional fuel methods, averaging far

below \$3 per gallon. T.H. Malloy & Sons of Cumberland, Buckley Heating & Cooling in Wakefield, and Guardian Fuel in Westerly are local distributors of Newport Biodiesel offering both home deliveries for oil heating systems or pump service.

Newport Biodiesel staff will be available to answer questions at the Harvest Fair October 3 and 4 at the Norman Bird Sanctuary, in Middletown. NewportBiodiesel.com.



Shining The Yogic Light on Rhode Island

The first regional New England Iyengar Yoga conference will be held October 16-18 at the Rhode Island Convention Center. Students of all levels will have the opportunity to study with some of the finest teachers from New England and across the country. Three classes will be taught each day, including electives. Iyengar methodology includes precise use of language, demonstration and teaching in each asana (posture), as well as individual correction and adjustment of students. B.K.S. Iyengar, who recently celebrated his 90th birthday, is largely responsible for popularizing yoga in the West. He continues to inspire yogis worldwide with his devoted yoga practice of over 75 years and his exemplary teaching.

Local Iyengar teachers Linda DiCarlo and Naama Gidron say they are thrilled at the opportunity. The nearly sold-out conference is the largest group of senior-level Iyengar teachers ever gathered together for a weekend conference.

The Rhode Island Convention Center is located at 1 West Exchange Street, in Providence. Register at IyengarNewEngland.com.

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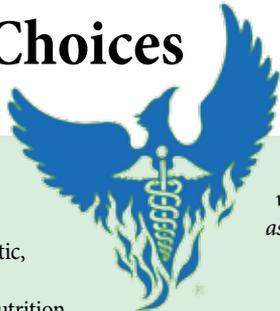
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Reduce, reuse and recycle

may be the mantra of the past decade, but it is far more than a catchy phrase. Throughout the 90s, municipalities across the nation were trying to solve the problem of overflowing landfills. Environmentalists raised a united voice and put pressure on local politicians to take a closer look at how to solve our ever-growing piles of garbage.

Great strides have been made over the years and a lot of creative genius has addressed many of the old problems: the term waste management itself recognizes the fact that landfills do more than take up space. But there is still push to do more. Locally, Rhode Island Resource Recovery Corporation has responsibility for managing 97 percent the state's collective solid waste and recyclables. Their management is committed to providing economically sound and environmentally safe solid waste management services to Rhode Island communities.

Natural Awakenings publisher Maureen Cary sat down with Sarah Kite, Director of Recycling Services to learn more about the program.

Let's start at the beginning, because there are some people who think that recycling is a mythical practice. When I put a water bottle in a recycling bin, does it just end up in the landfill anyway?

Absolutely not! We have a Materials Recycling Facility Recycling Facility here that processes 100,000 tons of bottles, cans and paper each year. The operation at the Central Landfill is actually designed to keep as much as possible *out* of the landfill. Rhode Island is a small state so our goal is to keep it [the landfill] from getting bigger. When a landfill is full, there is not much else the land can be used for and it is gone for good. As a valuable, important and limited resource, it's future affects us all.

WASTE NOT!



An Interview with RIRRC

So, RIRRC management has a commitment to keeping the landfill as small as possible. Are there any programs to encourage all households to make less trash and increase recycling?

Yes. Education is key. We have a wide variety of brochures, flyers and materials on our website to help people learn how to reduce their waste. Most people know we offer field trips for school children. They have proved so popular that we now offer facility tours to the general public. The school trips are great because the children will then take home what they have seen and encourage their own families to recycle more. And for the general public

to see for themselves what happens to their garbage and recyclables is a powerful tool. They come away with a better understanding of the environmental impact, the fiscal impact, and the legacy impact as to what this will mean for future generations. And since recycle rates are published by community, reducing litter is seen as a path to increasing community pride.

What can the municipalities do to help?

The approaches to this question vary by community. "No Bin, No Barrel" is a deceptively simple program that some communities have implemented because of the immediate success: If a resident doesn't recycle, they won't receive trash collection. The keys to recycling success are convenience, access and education.

What is the benefit to municipalities to help?

While there is a disposal fee per ton to the municipalities to dispose their trash, there is no fee for recycled items. And there are caps, or limits on how much solid waste a community can dispose. If the caps are exceeded, additional tipping fees apply. Finally, when items that could be recycled are not, and they are included along with a community's trash, not only are those items going to take up valuable space in the landfill, the towns are going to pay unnecessarily when they could be recycling for free. It's like throwing their money away.

So, for individual communities, it is economically sound as well as environmentally sound to recycle—does the same hold true when the communities are taken as a whole?

Yes and it is becoming more so all the time. While recycled commodities took a hit last year along with everything else, the market is coming back [this year]. The RIRRC markets RI recyclables to a diversified base. We also have a reputation for high quality materials,

so we have good relationships with the brokers who move these items. Since we run a "just in time" facility, nothing stays on site for more than 48 hours. Although we ship all over the world, the ideal is when the commodities can be used by a manufacturing facility right here in Rhode Island.

Are any efforts being made to enforce manufactures to use more environmentally friendly packaging or less packaging?

Well yes but a lot more needs to be done. The best way to make a change is to be part of that change. We all need to demand that these companies be more socially responsible in their packaging. Let the manufacturer know that you are going to buy its competitor's products simply because they have used fewer resources to package it up. Some stores are starting to make those demands themselves so that they can fit more products on their shelves, but whatever the motivation, if the end result is there are fewer resources being wasted, then it's working.

How can people learn more?

Our website RIRRC.org has been recently updated, and has great information and resources.

Recycling Guide

The Recycling Bin Dirty Don'ts

Below is Rhode Island Resource Recovery Corporation's list of recycling contaminants.

All efforts should be made to avoid placing these items in your curbside recycling bin or in bins at your local recycling drop-off center.



NO Plastic Bags
Plastic bags are the WORST contaminant in the recycling bin. When placed in a curbside bin, they get wet and dirty and cannot be recycled. Think of switching to reusable shopping bags and/or recycle plastic bags at your neighborhood store "Restore" Plastic Bag Recycling receptacle.



NO Liquids
When we compact bottles for shipping, liquids drip, splatter and expand all over the floor, creating a sticky stew with a stench. Please completely empty all containers before recycling.



NO Materials in Plastic Bags
Workers have to rip open bags that contain recyclables and then add the bag to the heap of bags bound for the landfill.



NO Ceramics or Non-Recyclable Glass
Ceramic, china, dishes, mirrors, light bulbs, Pyrex, porcelain and window glass should not go in the recycling bin. Please carefully place these items in your regular trash.



NO Plastic Lids or Caps
Plastic lids and caps are NOT recyclable on or off the bottle. They should come off and be thrown in the trash prior to recycling the bottle. Also remember to empty the bottle of all liquids.



NO Diapers or Bio-Hazardous Waste
Syringes and needles, diapers and other sanitary products are not recyclable or compostable. Visit the Eureka Sharps Disposal Program at <http://rifri.org/locations.htm> for more information and disposal locations.



NO Non-Recyclable Plastics
Plastic lids, Styrofoam, plastic coffee cups, deli containers and plastics numbered 3-7 are not recyclable at this time. Please refrain from putting these items in your curbside recycling bin. RIRRC is developing a program to accept #3-7 plastics by 2012.



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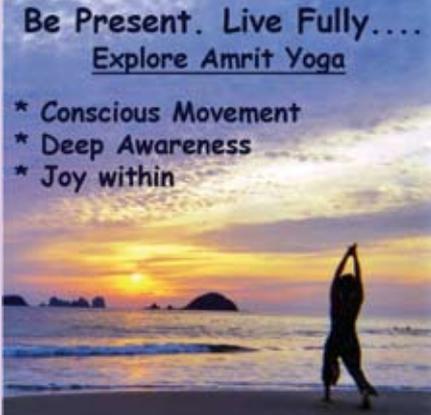
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KRIPALU YOGA: MEDITATION IN MOTION

By Chris Belanger, RYT

In Kripalu Yoga, postures, breath work and meditation all happen simultaneously. An artfully crafted Kripalu Yoga class will create a sense of peace and self-acceptance while leading the student to experience meditation in motion—a joyful state of opening to the wisdom of body, breath, mind and spirit. While many consider Kripalu Yoga to be a gentle approach, the method can be applied to all levels of yoga from gentle and restorative to heated and vigorous.

Developed by Yogi Amrit Desai and his students, and named in honor of his guru Swami Kripalu, classes are designed to be an “experience,” created by supportive instruction, engaging sequencing and a welcoming atmosphere which may include candles, incense, music, quotes or poems. A Kripalu Yoga class offers the flexibility and permission to observe and explore your interpretation of yoga while honoring your uniqueness.

The Kripalu approach consists of 3 stages. The first is awareness of the body. The second is awareness of the rise and flow of thoughts, sensations and energy. This is “meditation in motion,” the space and freedom to respond to your flow of energy and body’s intuition. As students journey through their practice they are encouraged to recall the acronym B.R.F.W.A. (pronounced brif wah): Breathe. Relax into your pose. Feel sensation. Watch the flow of energy and thoughts. Allow yourself to surrender to your experience. The Kripalu approach to yoga leads to compassionate transformation in all areas of life, both on and off the mat.

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—Swami Kripalu

SHALL WE DANCE?

Ballroom's Health Benefits Can Be Addictive

by Lee Walker

From the mambo's sultry hip shimmies to the foxtrot's long, sweeping steps, ballroom dancing has captured today's fitness spotlight as a shining venue for shaping up, improving cardiovascular health and losing weight. The renewed interest is especially high among people 18 to 49, says Leslie Spearin, a rhythm champion and traveling consultant for Arthur Murray International, Inc.

Spearin is among those who attribute the dance form's elevated popularity to recent Hollywood films and reality shows like ABC's *Dancing with the Stars*. It also helps that news from prominent medical research centers supports ballroom dancing's generous physical and mental benefits. Participants see it as a fun path to overall fitness.

All the Right Moves

While dancers are moving to specific rhythms, they are actually coordinating their body and mind, advises Judy Gantz, founder and director of the Center for Movement Education and Research, in Los Angeles. "They look at each other and interact, which are important social components. Walking on a treadmill or exercising in front of a mirror doesn't provide that."

"Dancers are happy and have fun, a winning combination for everyone," adds Tara Christensen, director of public relations for Arthur Murray. "We see the benefits of ballroom dancing in our studios every day, as well as whenever our students and teachers gather for dance parties and competitions."

Exercise for Body and Brain

Thanks to moves accentuated with pivots, turns, bounces, kicks, sways, quick steps, bends and rolling-hip motions, vigorous ballroom dancing, which elevates heart rate and oxygen consumption, can burn as many as 400 calories per hour. Studies by California State University at Long Beach show that beginning students can boost their

heart rates to near-maximum training rates with just a five-minute warm-up and 20-minute polka, cha-cha or swing. Even moderate ballroom dance burns 250 to 300 calories an hour.

Whether dancing for health, to prep for a wedding or prom or to spice up a marriage, individuals and couples who get their groove on are reported to enjoy better bone health from this weight-bearing activity. Plus, they enjoy increased flexibility and core strength.

Gantz, who specializes in dance kinesiology and Laban Movement Analysis, a comprehensive system for understanding movement, notes that dances requiring complex coordination also enhance mental acuity.

A 2003 study by the Albert Einstein College of Medicine validates dancing's ability to increase blood flow to the brain via mental challenges, which may lower the risk of dementia and the effects of Alzheimer's disease. Pertinent activities include memorizing complex steps, staying with the rhythm of music and working with a partner.

The same study also credited dancing's social interaction with decreasing stress and depression. As the Mayo Clinic has reported, self-confidence and self-discipline jump right along with enhanced circulation, muscle tone and coordination.

Angela Prince, national public relations director of USA Dance Inc., advises beginners that they can sign up for the group classes held by many local social groups, churches and YMCAs, as well as area dance studios.

"With everyone on the same level in these sessions, inhibition and fear quickly dissipate," notes Prince. She encourages newcomers to quickly get beyond the idea that others are judging them. "Other beginners are too busy thinking about what they are doing to notice anyone else's steps. Before you know it, you are learning to move beyond your comfort zone and unleashing your creative self."

For more information, visit USADance.org.



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The average American adult receives 41 pounds of junk mail a year, even though, as *Newsweek* reports, polls show that 89 percent of us prefer not to receive direct-marketing mail; 44 percent of it is never opened. Opposition from the U.S. Postal Service and the Direct Marketing Association has so far helped defeat passage of any Do

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Low-cost initiatives like *41Pounds.org* (\$41 for five years includes a \$15 eco-cause donation) and *StoptheJunk-Mail.com* (\$20 a year) are coming to citizens' rescue with services that solve 80 to 95 percent of the problem for us. Do-it-yourself types also can make it happen using how-to tips courtesy of The Privacy Rights Clearinghouse at *PrivacyRights.org/fs/fs4-junk.htm*, with an assist from *OptOutPre-screen.com* and *CatalogChoice.org*.

Nationwide annual benefits of getting out from under junk mail include: preventing production of greenhouse gases equal to the emissions of 9 million cars; destruction of the 100 million trees and use of 28 million gallons of freshwater it takes to produce 4 million tons of junk mail; \$550 million in transportation costs; paper waste comprising 40 percent of the U.S. landfill load; and \$320 million in local taxes spent on junk mail disposal. That is not to mention the estimated 350 hours each household spends sorting and shredding it to protect against identity theft and fraud.

For more tips, visit *BigGreenPurse.com* and search "control catalog overload."



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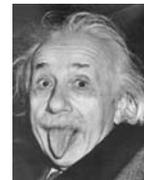
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Don't Let the Flu Bug Get to You

Marie Bouvier-Newman

If we did nothing about catching the flu except read the news, we would be convinced that sickness is inevitable. Over the past several years, the rise in more harmful viruses has created some frightening worldwide reports. However, the real question is not which strain will we get, but rather how do we give ourselves the greatest chance of staying healthy?

To combat the chance of contracting any of these strains, consider the following and develop a plan for the upcoming cold and flu season.

Detoxification

The end result of a virus, no matter what you call the sickness, is detoxification – cleaning house – and this is what makes us feel so awful. Once the body catches on that it is being attacked, it attacks back and the dead bodies (cells) have to be flushed out. In this cleansing process all other manner of accumulated junk is tossed out with the dead virus cells. The obvious preventative measure is to make sure we don't have too much junk to begin with. Limit the internal garbage and shorten the detoxification cycle. This means that if you do get sick, it won't last as long or feel as bad.

My suggestion is to do some kind of internal cleansing program now. There are many ways to accomplish this, but whatever the chosen method, suffice it to say that intentional

cleansing at least once each year can be very beneficial, and fall and spring are the best times to cleanse.

Immunity

The next thing to consider is building up the immune system. Eating a healthy diet consisting of lots of fresh fruits and vegetables and other high fiber, nutritious foods, and limiting junk food and processed foods is the best course to follow on a regular basis, but especially during fall and winter.

A variety of colorful foods like carrots, red peppers, squash, tomatoes, apples, and pumpkin are great to include every day. Bear in mind that the best foods to eat are the ones in season in your area. In other words, salads are great in the summer but in the winter, root vegetables are best for those living in four-season areas.

Supplement

The body needs tools to be able to fight off an attack, and various supplements can help. Raw food vitamins are miles better than synthetic ones. I suggest at least a multi-vitamin and a good, pure fish oil (Omega-3) supplement. Vitamins C and E and the minerals selenium and zinc are good supplements as well, as they are all immune boosting antioxidants. Supplementing with extra carotenoids, probiotics (friendly bacteria) and digestive enzymes can also benefit the immune system.

Certain herbs are known to build the immune system. Echinacea is best used when you feel something coming on rather than on a regular basis because it is an immune stimulant rather than an immune booster. Mushroom

supplements are great immune stimulators as well, particularly Maitake, Reishi, and Cordyceps.

A better choice for long-term supplementation is Astragalus, which is prescribed in Chinese medicine for general debility and chronic illnesses, as well as for overall vitality. Astragalus's profound effects on the immune system make it especially useful in preventing colds and flu and in treating chronic or recurrent infections.

Elderberry has long been used to prevent colds. It is often taken as a protection from winter illnesses such as sore throat because it helps expel bronchial mucus and relieve respiratory inflammation. It also promotes perspiration so it can help reduce temperatures in the event of a fever. Elderberry is rich in vitamins A and C, both of which are antioxidants known to strengthen immunity against disease. Elderberries are also a good source of iron, which is needed by the body to manufacture enzymes and oxidants that destroy bacteria known to cause colds.

Common Sense

It is very important to get adequate, restful sleep to allow the body to repair and restore itself. Exercise is also helpful to keep the lymph system flowing and to maintain a good weight. More and more studies are showing how stress can be the cause of many health problems, so managing stress is key in keeping the immune system at peak performance.

Flu Shots

Notice how this is the last option? Some people believe that a flu shot is beneficial as a first line of defense, and for some groups of people, I believe this to be true. For many though, taking personal responsibility for their immune systems and taking the steps necessary to build it and protect it is the better choice. Only you and your health practitioner can know what is best for you.

Marie Bouvier-Newman is a doctoral candidate in naturopathy at Clayton College of Natural Health. She is a certified iridologist and the owner of It's My Health Wellcare Collaborative, in Cumberland.

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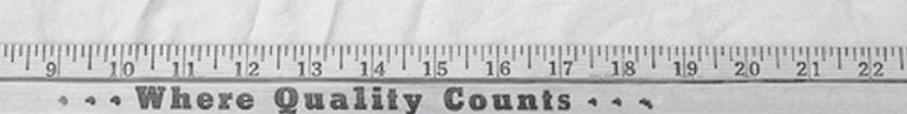
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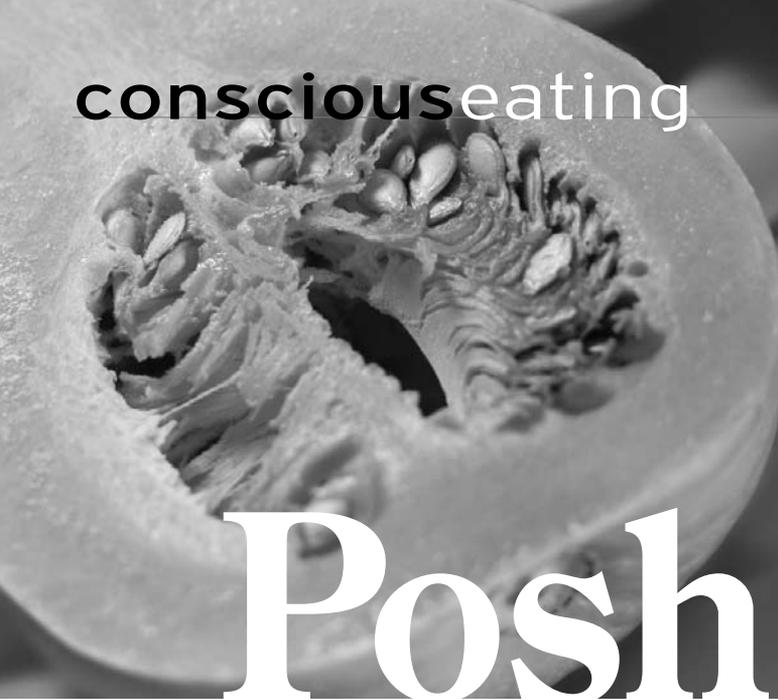
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Posh Squash

by Anjela Boyd

What vegetable may be round, oblong or spherical, smooth or bumpy and comes in a variety of rich autumn colors? Hint: It can sit prettily on the kitchen counter through March, waiting for someone to figure out its full range of possibilities.

The answer is winter squash.



The most common types of winter squash are butternut, acorn and spaghetti. Others include buttercup, banana, Cushaw, delicate, Hubbard and turban. A plentiful variety exists within each type of squash, with a choice of sweetness, color and size.

Winter squash differ from summer squash in part because they are kept on the vine to full maturity, when the seeds are completely grown. Winter squash tend to have a harder exterior that helps to maintain their freshness when stored in a cool place over the long winter months. The most notable difference between winter and summer squash is that winter varieties are only served cooked, while most summer squash can be eaten raw, as well as cooked.

The most unusual winter squash is the spaghetti squash. When fully cooked, the scooped-out flesh resembles spaghetti and can be used in place of noodles in a savory dish or sweetened up with a bit of honey, cinnamon and butter for a sweet, spiced treat.

Butternut squash, with a more traditional texture, is generally beige on the outside, with rich, orange flesh inside. This squash makes for a tasty soup or may be simply split in half, drizzled with honey or maple syrup and butter or olive oil, plus a pinch of salt and pepper, and baked until soft. Other varieties have a flesh similar to that of the butternut, kind of like a pumpkin that is rich and creamy when cooked.

The many rich fall colors of winter squash add a piquant touch to any holiday table with little effort. Treating the squash like a Halloween pumpkin by cutting a hole in the top and scraping out the majority of the flesh is the first step. This flesh can be baked in a casserole, cubed and added to stuffing, creamed into a wonderful side dish or even made into soup. More ideas on how to cook up squash turn up in an Internet search. A vegetarian cookbook may also offer other innovative recipes.

A fun bonus comes in using the squash shells as soup bowls. Save each squash top, garnish the tasty winter soup and add the natural lid to surprise guests with the wonderful treat within. Smaller varieties can be used as bowls for dips or as creative containers to serve salad dressing at the table.

For strictly decorative use, winter squash make a long-lasting base for a seasonal flower arrangement, either as a place accent or centerpiece. Another special touch comes in carving small shapes into different-sized shells and placing small glasses with tea lights in the bottoms.

To add extra sparkle, press small crystals or other light-reflecting stones into the outer rind. Now, that's a posh squash.



Anjela Boyd is a freelance writer based in Wrightwood, CA. Connect at Mail4Anj@hotmail.com or AnjelaBoyd.com.

Sugar Pumpkin Pie

by Judith Fertig

When small sugar or pie pumpkins come on the market around Halloween, snap up a few to make a delicious pumpkin pie filling. This seasonal Thanksgiving pie has a lighter and fresher flavor than a traditional pie. If possible, use a local honey. Good spices matter, too: Buy a whole nutmeg and grate it into the filling and select Saigon or Vietnamese cinnamon for the strongest flavor. It even works to make and freeze the fresh pumpkin puree in 3-cup measurements ahead of time for quicker holiday preparation.

Makes one 9-inch single-crust pie

- 1 3-lb sugar or pie pumpkin
- 1 cup crumbled cinnamon graham crackers
- ½ cup chopped pecans
- 2 tsp canola oil or melted butter
- 4 large eggs, lightly beaten
- ¾ cup wildflower, clover or other amber-colored honey
- 1 cup half-and-half
- ½ tsp freshly grated nutmeg
- ½ tsp ground Saigon or Vietnamese cinnamon
- 1 tsp salt



1. Preheat the oven to 350°. Line a baking sheet with parchment paper or aluminum foil and set aside.
2. Cut the pumpkin into large chunks; remove and discard the seeds and stringy matter. Place the pumpkin pieces, cut-side down, on the baking sheet and roast for 45 minutes or until the pumpkin is tender when pierced with a fork. Let cool.
3. Remove the rind with a sharp knife and place the cooked pumpkin in a food processor. Puree until smooth. Measure 3 cups of puree for the pie.
4. When ready to bake, preheat the oven to 375°. Combine the graham crackers and pecans in a food processor and process until the mixture has the consistency of fine crumbs. Pour in the oil or melted butter and pulse until blended. Pat this mixture into the bottom and up the sides of a 9-inch pie pan.
5. In a bowl, using a hand-held mixer, beat the pumpkin puree with the eggs, honey, half-and-half, spices and salt until smooth. Pour the filling into the prepared pie pan. Place the filled pie pan on a cookie or baking sheet.
6. Bake the pie on the middle shelf of the oven for 55 to 60 minutes or until a toothpick inserted in the center comes out clean and the filling is glossy on top. Let cool before cutting and serving.

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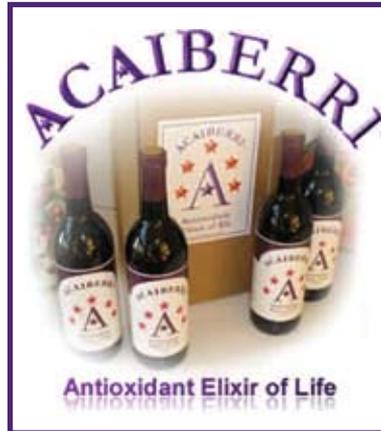


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the Bright Green future

Despite national economic challenges, green industries are expanding and customers are committed...

by Brita Belli



Going green is not just a trend—it's a full-scale shift that's taken place across the consumer landscape in every market. In one recent study, the Yale School of Forestry & Environmental Studies found that half of the survey respondents would "definitely" or "probably" pay more for eco-friendly laundry detergent or an automobile. Even those who described their financial situation as "fair" or "poor" expressed their willingness to spend 15 percent more on environmentally friendly detergent and wood furniture.

As the market continuously shifts toward healthier options—both for people and the planet—companies that produce everything from cars to cosmetics to clean energy systems are responding with greater options and lower prices.

Organic and Local Food

Research by Packaged Facts reports that organic food sales have continued to grow over the past year, albeit at an annual rate closer to 6 percent, compared to the 20 percent of better years. The researchers found that "premium customers," those earning \$75,000 per year or more, increased their organic purchases in the past year. Also, some 33 percent of those earning much less still seek out organic labels at the grocery store.

Organic foodies are committed to the healthfulness promised by fruits, veggies, juices, cereals, meats and other food staples that aren't produced or raised with harmful additives or toxic pesticides. From Stop & Shop's Nature's Promise to Whole Foods' 365 Organic Everyday Value and Wegmans' Food You Feel Good About, supermarket brands now offer organic items ranging from crackers to butter and chicken at prices comparable to non-organic versions.

This emerging shift means we have a chance at making progress in restoring our land and water and better safeguarding life from the hazards of industrial agriculture, in which pesticides and herbicides and in the case of meat, antibiotics and hormones, harm soil quality and contaminate our water supplies. Demand for local foods from farmers' markets and community-supported agriculture (CSA) programs has seen an upswing, too. More buyers are expressing concern with "food miles"—how far food travels from farm to plate—resulting in needless carbon dioxide emissions during transport and reduced taste. Says vegetarian cookbook author Deborah Madison, "I like everything about a farmers' market. It's vital, it's alive, it's the best-tasting food."

Contact: *Organic Consumers Association, OrganicConsumers.org.*

Green Building

Buildings in the United States account for 38 percent of primary energy use and carbon dioxide emissions, making them a top contributor to global warming, according to the Environmental Information Administration. The green building movement now encompasses improved insulation and heating and air conditioning (HVAC) systems; energy-efficient windows and appliances; low-flow commodes and showers; use of recycled and more durable materials for roofs, decks and countertops; and paints free of volatile organic compounds. According to McGraw-Hill Construction's *Green Outlook 2009*, the overall green building market is likely to more than double from today's \$46 billion to \$49 billion to \$96 billion to \$140 billion by 2013.

Increasing awareness of the benefits of green building, combined with a national push for healthier homes and green jobs, has led to opportunities for homeowners. Federal tax credits are available for up to 30 percent of the cost for various metal and asphalt roofs, biomass stoves (used for heat or water heating), increased insulation and more energy-efficient windows, doors, air conditioners and water heaters. Details are available at the government's Energy Star website.

More, the the Federal Housing Administration is offering Energy Efficient Mortgages to new homebuyers who commit to significant energy-saving improvements or who purchase an Energy Star-rated home.

Contact: Energy Star green building tax credit information, EnergyStar.gov, search "tax credits"; U.S. Green Building Council, usgbc.org.

Renewable Energies

Despite the poor economy, the Solar Energy Industries Association (SEIA) reported that 2008 was one of solar energy's best years: Here at home, solar power connected to the electric grid was up 58 percent, and solar water heating capacity grew 40 percent. The research

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firm Clean Edge reports that, worldwide, solar is expected to grow from a \$29.6 billion industry in 2008 to \$80.6 billion by 2018. In 2008, the United States surpassed Germany to become the world leader in wind energy; that industry is projected to expand from \$51.4 billion in 2009 to \$139.1 billion in 2018. A host of other renewable energies promise bright futures, too, including geothermal, hydropower and biofuels.

For those who want to convert their house to renewable energies, cost is a factor. Solar panels generally cost between \$35,000 to \$72,000 before rebates and tax incentives. Solar water heaters are a universally cost-effective way to go; at \$2,000 to \$4,000 for 80-100 gallons, they can provide more than half a home's hot water needs. Wrapping a water heater in a space-age insulation blanket and hooking it up to its own timer, at about \$200, installed, is another way to cut energy usage and utility bills.



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Residential wind turbines—as tall as 80 feet or more—depend on a host of factors to make them feasible, including unobstructed land, building codes and cost considerations. A 10-kW system will cost about \$40,000.

For anyone building a new home, a geothermal heat pump is one of the best long-term energy investments. Pipes are buried in the ground outside the home, where the temperature remains stable; these move heat from the ground via enclosed fluid to the home's ductwork during cold months and reverse the process in hot months. The overall system costs about \$7,500, more than a \$4,000 furnace and central air system, but it requires little maintenance. Payback can come in as little as two years.

Many incentives help. A 30 percent tax credit is available through 2016 for home renewable energy systems (search the Energy Star website). Local utilities often offer further rebates and incentives (search Database of State Incentives for Renewables & Efficiency). For solar panels, tap into a Residential Power Purchase Agreement (PPA), where a customer pays a small upfront cost to a company such as SunRun to guarantee a set electricity rate for the next 18 years.

Contact: American Wind Energy Association, awea.org; Database of State Incentives for Renewables & Efficiency, dsireusa.org; Energy Star tax information, EnergyStar.gov, search "tax credits"; Solarbuzz, Solarbuzz.com; SunRun, SunRunHome.com.

Organic Clothing and Linens

While major brands like Levi, Gap and American Apparel have introduced organic clothing lines in the last few years, organic and natural fiber fabrics, including sustainable bamboo and hemp, is still a niche market. While people now better understand the health benefits of organic foods, "Most consumers don't understand organic... when it comes to clothing," says Mark Messura, executive vice president of Cotton Incorporated.

Patagonia makes all of its sportswear from 100 percent organic cotton, a practice it began in 1996. Recently, a more widespread advance in green standards for all consumer products has emerged from an unlikely source: Walmart. In July 2009, the retail giant announced that it is developing a universal rating system and "eco label" that lets shoppers know the environmental impacts of the products they are buying, from energy consumption to water use.

For cotton clothing and bedding, pesticide and water use are major concerns. Petra Kjell, of the Environmental Justice Foundation reports, for example, that it requires 500 gallons of water to produce one conventional cotton T-shirt. Traditional cotton production continues to be tied to dangerous levels of toxic pesticides and insecticides.

Eco fashion offers an eclectic mix from emerging designers. They may use surplus designer fabric, T-shirts made from bamboo, or fleece made from recycled soda bottles. Vintage and consignment clothes work well, while "refashion"—like dresses made from T-shirts—are widely available on sites like Etsy.com.

Sheets, pillows and mattresses all come in organic varieties, too. More, they are often superior in quality and durability to their cheaper conventional counterparts.

Contact: Environmental Justice Foundation, EJFoundation.org; Etsy.com; Patagonia, Patagonia.com.

Cleaner Lawns and Gardens

According to a fact sheet from the Scotts Miracle-Gro Company, sales of organic lawn and garden products increased by 64 percent between 2002 and 2006 and continue to grow. It's no secret that Americans are enthusiastic about their perfectly manicured, green lawns, but they're also increasingly aware of the environmental impacts. Some are rethinking lawns altogether, switching to native ground cover and other plants as an alternative.

Lawn maintenance equipment is a major environmental problem with grass. A traditional gas-powered mower, notes the Environmental Protection Agency, produces as much air pollution as 43 new cars, each driven 12,000 miles; 54 million Americans mow their lawns each weekend. One alternative is the electric mower, which produces no exhaust, requires little maintenance and is much quieter and lighter than its gas-guzzling cousin. Models from Black & Decker, Neuton, Sunlawn and other companies come in corded and cordless varieties, with charges that can last up to an hour.

Even more problematic, a study by Purdue University confirms that 30 to 60 percent of all urban freshwater is used for watering lawns, which also entails 67 million pounds of pesticides that end up contaminating water systems as runoff. Native plants, on the other hand, require nothing but rainfall to thrive.

Also, more people are turning to rain barrels. Placed under a home's downspout, these can hold up to 100 gallons and have a spigot for attaching a hose. An added benefit of using rainwater is that plants prefer it.

Contact: *Clean Air Gardening, CleanAirGardening.com.*

Natural Products

The market research firm Packaged Facts reported in July 2009 that the natural health and beauty care market, which grew 8 percent in 2008 and is approaching \$7 billion, is likely to reach sales of \$12 billion by 2014. "Many Americans fear the health consequences of using chemical-laden deodorant, shampoo, foundation and other personal care products," says Tatjana Meerman, the research publisher. It's easy to search for the content—and safety—of preferred brand-name products at the Skin Deep online database, maintained by the Environmental Working Group. All of this is good news for the environment, because the chemicals in personal care products find their way through bathing and disposal into the soil and water supplies, where they can negatively impact aquatic life and potentially, human health.

The same holds true for common household cleaners and chemical air fresheners, which contribute to indoor air pollution and can aggravate respiratory illnesses like asthma. One 2008 study published in the *American Journal of Respiratory and Critical Care Medicine* found that households that regularly used cleaning sprays had a 30 to 50 percent increased risk of experiencing asthma.

People are demanding healthier alternatives and the market is responding. While neither beauty products nor cleaners generally disclose their harmful ingredients, natural

and organic alternatives from companies like Seventh Generation offer detailed labels. Conscious shoppers are reading them as they look for plant-based ingredients and essential oils, instead of chemicals.

People can even make their own household cleaners, such as distilled white vinegar and water to clean windows, or baking soda, lemon juice and salt to scrub grout. These are safe for even the most sensitive family members.

Contact: *Natural Products Association, NaturalProductsAssoc.org; Skin Deep, CosmeticsDatabase.com.*

Efficient Autos and Going Car-Free

The car market has taken a serious hit from the economy, hybrids included. But while even the popular Toyota Prius saw sales drop 44 percent between December 2007 and December 2008, environmentally friendly vehicles are the declared future of the auto industry.

This year's North American International Auto Show in Detroit was all about electric models, from the Cadillac Converj, a more luxurious version of the Chevy Volt, to the Toyota FT-EV city car, expected in showrooms in 2012. Hybrid cars combine the gas engine with an electric motor and utilize a car's braking energy, making them both more fuel efficient and less polluting. In the government's 2009 *Fuel Economy Guide*, the Honda's Civic Hybrid was cited as a leader among compact cars, delivering 40 miles per gallon in the city/45 mpg on the highway. Among midsized cars, the Prius tops the list with 48/45 mpg; in the SUV class, Ford's Escape Hybrid gets a solid 34/31 mpg.

Because they can cost \$2,000-plus more than gas-powered cars, hybrids are a tough sell at the moment. Several federal tax credits designed to ease the transition to hybrid, electric and other fuel-efficient vehicles, like diesels, have come and gone, the latest called Cash for Clunkers—a federal stimulus program that offered up to \$4,500 to anyone who traded an old gas-guzzler for a new, more fuel-efficient car. The discussion has many people seriously rethinking their transportation options.

At the same time, the American Public Transportation Association reported a 4 percent increase in public transportation ridership last year—bringing it to its highest level in 52 years. Bicycle sales are picking up, too. In the first quarter of 2009, U.S. bicycle sales surpassed car sales.

Rising interest in bicycle riding has led many cities to open bike lanes. National efforts to create safe paths for bike riders include the East Coast Greenway, a 3,000-mile traffic-free trail system between Canada and Florida that's 21 percent complete. The San Francisco Bay Trail has developed 300 miles of shoreline trails for bikers, hikers and other outdoor enthusiasts over the past 20 years, with an eventual goal of 500 miles. Today's evolving bicycle designs include folding models for commuters and a range of trailers, carriers and attachments for those who want to start shopping by bike and bring the kids.

Contact: *U.S. Department of Energy, FuelEconomy.gov; East Coast Greenway, Greenway.org; The San Francisco Bay Trail Project, BayTrail.abag.ca.gov.*

Green Investing

Jack Uldrich, the author of *Green Investing: A Guide to Making Money through Environment-Friendly Stocks*, says that, despite the recession, "I still think cleantech is an outstanding long-term investment trend." Still, he cautions that green stocks should only comprise 5 percent to 10 percent of an investor's portfolio. Why? He notes that renewable energy investments are particularly subject to outside forces, such as government investment, the availability of strong credit available to fund solar panels and other energy systems, and the rise and fall of gasoline prices.

But venture capitalists are still flocking to clean technology ventures such as eSolar Inc., the nation's first solar tower energy facility, in Pasadena, California, backed by the investment firm Idealab. Ernst & Young reported that investments in cleantech startups jumped 73 percent in the second quarter last year. Paul Deninger, vice president of the investment bank Jefferies & Company, notes that the most exciting opportunities may actually occur in the process of managing current energy use "by happenstance, being green, rather than [in] managing the carbon footprint directly."

Matthew Patsky, a partner of the green fund group Winslow Management, observes that in the future, fossil fuel supplies will inevitably be supplanted by clean energy like solar, wind and geothermal. "Renewable energy, green building, mass transit, improving efficiency..." Patsky concludes, "It's got to win."

Contact: Green Century Capital Management, Inc., GreenCentury.com; Pax World Funds, PaxWorld.com; Winslow Management Company, WinslowGreen.com.

Natural Awakenings readers across the country are among those already investing in a greener future—whether switching to organic snacks and energy-efficient light bulbs, supporting local green businesses or bicycling to work. Collectively, these incremental changes are beginning to add up and the markets are responding.

Brita Belli is the editor of *E/The Environmental Magazine* and the author of *The Complete Idiot's Guide to Renewable Energy for Your Home*. Connect at Brita@emagazine.com.

healingways

Herbs Enhance Healthy Breast Tissue



by Joel Faville

Using herbs for breast health and enhancement is nothing new. Their healing and mastogenic effects (the enlargement and growth of healthy breast tissue), have been recognized by various cultures throughout the world. Modern science is just becoming aware of the healthy aspects of such phytoestrogens (natural plant compounds that mimic estrogen) and their role in increasing the size and health of the breasts.

Fenugreek

For centuries, rumors have floated out of the Middle East noting that harem women historically have been fed fenugreek seeds (*Trigonella foenum-graecum*) to make them more buxom. According to the phytochemical databases of James Duke, Ph.D., a former researcher with the U.S. Department of Agriculture, the seeds contain diosgenin and other mild plant estrogens. He notes in his seminal book, *The Green Pharmacy*, that, like natural estrogen, these compounds can increase healthy breast tissue.

In India, traditional ayurvedic physicians have long prescribed fenugreek to nursing mothers to increase their milk. In American folk medicine,

fenugreek was considered a potent promoter of menstruation. It even became a key ingredient in Lydia E. Pinkham's Vegetable Compound, one of 19th century America's most popular patent medicines for "female weakness" (menstrual discomfort).

Saw Palmetto

Saw palmetto (*Serenoa repens*; *Sabal serrulata*), now a popular treatment for prostate enlargement in men, originally had a place in natural medicine as a breast enlarger. Late 19th century author and artist Susan Hale noted that Native Americans in the southeastern United States used saw palmetto berries for both food and medicine, including "the treatment of infertility in women, treatment of underdeveloped breasts, increased lactation [and] painful menstruation cycles." Duke reports that naturopathic physicians still recommend it today for its breast-enhancing effects; in numerous studies, the herb has shown no side effects or drug interactions.

Wild Yam

In *Herbal Healing for Women*, author Rosemary Gladstar states that wild yam (*Dioscorea villosa*) "is the most widely used herb in the world today," with derivatives of the herb present in thousands of prescription and over-the-counter medicines. It is used both as a breast enhancer and a sexual stimulant, and is recommended by herbalist Susun Weed, author of *Breast Cancer? Breast Health!* for fostering healthy breast tissue. Weed suggests adding the herb to creams for breast massage and notes that women using this mixture see improvements in both breast health and size. Duke further notes that wild yam contains less disogenin than fenugreek, but contains other compounds that contribute to breast health and enhancement.

Other Herbs

Red clover (*Trifolium pretense*) and soy isoflavones belong to a class of phytoestrogens structurally similar to estrogen. In her book, *Menopause with Science and Soul*, Judith Boice, a naturopathic physician, notes the balancing effect these nutrients can have and states, "This could at least in part explain why Japanese women tend to be at lower risk for breast and other reproductive cancers."

Research at the M.D. Anderson Cancer Center in Houston has spurred interest in the use of turmeric (*Curcuma longa*) in both preventing and treating various cancers. Their scientists observe that, "Extensive research over the last 50 years has indicated [curcumin] can both prevent and treat cancer." Its anticancer potential, they believe, "stems from its ability to suppress proliferation of a wide variety of tumor cells." A study published in *Cancer Letters* in 1999 showed the herb's remarkable ability to contain the spread of breast cancer when used in conjunction with other breast cancer treatments.

Herbs and Breast Health

Dr. Andrew Weil, author, medical researcher and head of integrative medicine at the University of Arizona, cites large-scale demographic studies of cancer rates as his rationale for recom-

mending diets rich in estrogenic herbs and foods to women. In his online guide, *Healthy Aging*, Weil notes that in Asian populations, where women consume up to 20 times more phytoestrogens than western women, rates of breast cancer are one-fifth of what they are in the west. These populations also experience the lowest rate of hysterectomies.

Finally, for anyone considering breast augmentation, wise use of these herbs could be the answer to avoiding painful and sometimes dangerous surgery, while improving overall breast health. As Duke remarks in his book, "If my daughter wanted her breasts enlarged, I'd certainly encourage her to try natural approaches first."

Joel Faville is the founder of Greenbush Natural (GreenBush.net). Greenbush began offering pure, additive-free herbs for breast health and enhancement in 1999, based on the recommendations of the cited experts. Its archives include thousands of unsolicited letters from women describing positive results with the herbs.



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A Conversation with Sally Bingham Community Minister, National Activist

by April Thompson



The Rev. Canon Sally Bingham, a priest at San Francisco's Grace Cathedral, is founder and president of the Regeneration Project, a non-profit organization dedicated to greening faith-based communities. Through their Interfaith Power and Light campaign, Bingham and her eco-apostles have helped some 10,000 congregations in 28 states to reduce their carbon footprint.

A stay-at-home mom until she enrolled in college at age 45, Bingham is a recipient of the Purpose Prize, which honors leaders over 60 who are taking on society's biggest challenges. She is the lead author of the 2009 book, *Love God, Heal Earth: 21 Leading Religious Voices Speak Out on Our Sacred Duty to Protect the Environment*.

What scriptures or spiritual teachings specifically impel you and others to act to save the environment?

The first and great commandment is to love God and love your neighbor as yourself. Your neighbor isn't just the person next door; it's also the generation after us. This is a mandate for environmental protection.

God asked us to be fruitful and multiply and "tend the garden." We've certainly multiplied; now we need to focus on gardening. God gave us dominion—which is different from domination and exploitation; it means taking care of the Earth.

How do you engage average church-going Americans in big-picture issues like the environment, when they may be struggling to pay the bills?

We show people ways they can save money. We gave out 48,000 free compact fluorescent light bulbs to our congregation, and they took them home and reduced their energy bills immediately.

There is a start-up cost to some of the alternatives we promote, but sometimes you have to spend money to save money. For example, we help congregations put in solar panels, which have a payback period of about eight years. Once installed, that congregation will start getting electricity for free, and they receive credit for any excess electricity they sell back to the grid.

You founded Interfaith Power and Light in 1997, when the idea of putting solar panels on churches was revolutionary. Now that "green" has gone mainstream, is it easier to get congregations on board?

We no longer have to be proactive. People now come to us in such swarms; we barely have sufficient staff to deal with the requests, even though our national office employs eight people.

We have some tremendous success stories. Perhaps the most dramatic was when a 10-day blackout hit. The Catholic priest who runs our Michigan office and has a solar panel wired to

a wind turbine to supply power to his congregation became a beacon of light by serving up hot food and warm-water showers to the community.

Our "Cool Congregation" program encourages families to compete with each other to have the most energy-efficient home. We hear stories of kids riding their bikes to church and even taking cold showers to decrease their energy use. Once people get the message of conservation, they become admirably creative.

How are you building an interfaith coalition that cuts across the political spectrum?

These days, we're doing a little more advocacy work than we used to, getting people to ask their legislators for laws that will cut U.S. greenhouse gas emissions. During our lobby day in Washington in May, rabbis, Buddhists and Catholic priests walk the White House halls to talk about these issues.

An unexpected consequence of our work is that people of diverse religions have put their theological differences aside for this common purpose. We deliver a similar message to politicians: If you are a person of faith, then you have a responsibility to care for creation, no matter your political affiliation.

How can we learn to see living an eco-friendly life as a spiritual practice?

The first step is to understand the present situation of environmental degradation. People generally want to do the right thing. Years ago, I unconsciously behaved in ways that harmed our environment, but now, among other things, I compost, drive a fuel-efficient car and unplug appliances when they're not in use.

There is a discipline involved in following any kind of spiritual path. But eventually, it becomes who you are; you'll find that your heart grows bigger in the process.

For more information, visit TheRegenerationProject.org.

April Thompson is a Washington, D.C.-based writer, entrepreneur and consultant whose work has appeared in dozens of books and magazines. Connect at AprilWrites.com.

Natural Solutions to Living with Celiac Disease



Disease

A July 2009 Mayo Clinic study reports that celiac disease, an immune system reaction to gluten in the diet, is four times more common today than it was 50 years ago. Gluten is a protein that is found in grains such as wheat, barley and rye and causes an inflammation of the intestinal lining. Getting enough recommended grains in the diet

can be challenging for those with the illness, but awareness is growing of food alternatives that don't trigger the problem.

Reading food labels is essential; sources note that many products are made from gluten-free grains such as rice, beans, tapioca, soy, corn, buckwheat, millet and quinoa. Oats, too, can sometimes be well tolerated. Herbs like slippery elm and marshmallow may soothe irritation, while echinacea and goldenseal may help heal the intestinal lining.

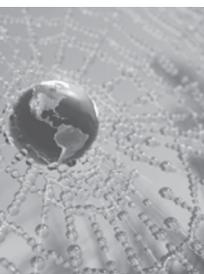
Because people with celiac disease often have a vitamin or mineral deficiency, they usually benefit from a daily multivitamin, with the addition of extra B-vitamin complex, calcium, magnesium, zinc and vitamins A and E. When taking supplements, it is important to keep one's doctor informed.

For more information, see Celiac.com; CeliacCentral.org; csaceliacs.org.

Man did not weave the web of life - he is merely a strand in it.

Whatever he does to the web, he does to himself.

— Chief Seattle (1786-1866)



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Swine Flu Update

The H1N1 virus, also known as the swine flu virus, remains a newsmaker, but not a dire one. According to information released in September by the Centers for Disease Control and Prevention (CDC), the virus has not changed to become more deadly. That means that although H1N1 may affect more people, most will not become severely ill.



At this time, the CDC recommends voluntary H1N1 vaccinations for all school children; people with asthma, diabetes, lung or heart disease or neuromuscular/neurological conditions; and pregnant women (although current fast-track clinical trials do not include them). People 64 years of age and older are at less risk for swine flu, and H1N1 vaccinations are not recommended for them.

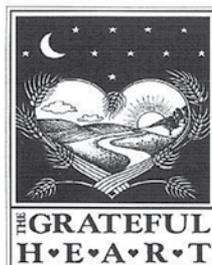
To avoid contracting the virus, follow the CDC's common-sense advice:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water or alcohol-based cleaners.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people.

Dr. Andrew Weil's holistic suggestions include getting good nutrition and adequate sleep and taking a daily antioxidant, multivitamin-mineral supplement. He also recommends astragalus, an immune-boosting herb that can help ward off colds and flu, as well as mushroom-based immune modulator supplements.

If you do get the flu, limit contact with others. Visit your health professional if the disease progresses.

For issue updates, visit cdc.gov/h1n1flu. For discussion of vaccine safety and informed consent, refer to the non-profit National Vaccine Information Center, an educational consumer-driven organization, at nvic.org.



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EARTH APPRECIATION THE VIEW FROM OUT THERE

In July 1969, Michael Collins served as the Command Module pilot on Apollo 11, the historic first mission to land men on the moon. He circumnavigated the moon alone while *Eagle* Astronauts Neil Armstrong and Buzz Aldrin descended to the lunar surface. John Hammack, former chair of the West Point Association of Graduates, has characterized Collins' 1974 autobiography, *Carrying the Fire: An Astronaut's Journeys*, as "the single best book of its genre" and "the standard reference on space travel." It lends new perspective on time, light and movement from one who has seen the fragile Earth from the other side of the moon.

Collins marked this year's 40th anniversary of the most widely viewed and daring exploration of all time with comments from his book and his life.



photo courtesy of NASA, scanning by Kipp Teague

"I really believe that if the political leaders of the world could see their planet from a distance of 100,000 miles, their outlook could be fundamentally changed," says Collins. "That all-important border would be invisible, that noisy argument silenced. The tiny globe would continue to turn, serenely ignoring its subdivisions, presenting a unified facade that would cry out for unified understanding, for homogeneous treatment. The Earth must become as it appears: blue and white, not capitalist or Communist; blue and white, not rich or poor; blue and white, not envious or envied.

"From the moon," he continues, "Earth looks small, shiny, serene, blue and white, fragile... but appearances can be deceiving. It's certainly not serene, but definitely fragile, and growing more so. The loss of habitat, the trashing of oceans, the accumulation of waste products—this is no way to treat a planet."

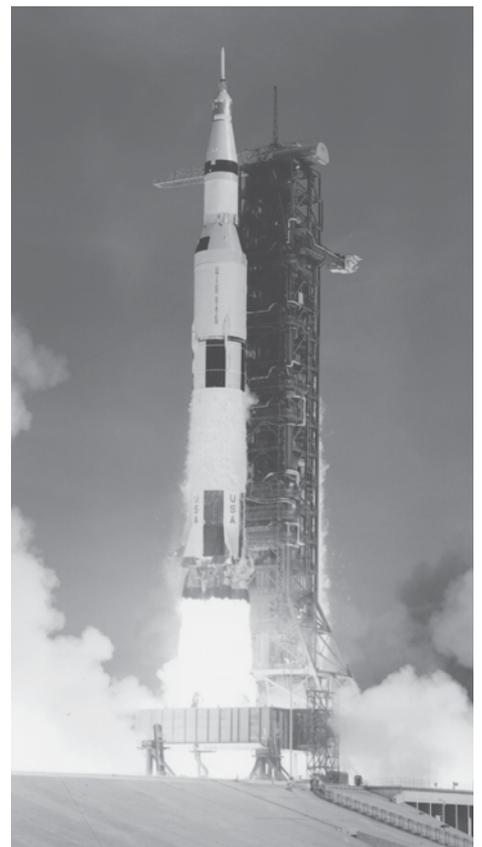


photo courtesy of NASA, scanning by Kipp Teague

Collins reports that as he circled the dark side of the moon 40 years ago, alone in space, isolated from any known life, he did not feel lonely. Half a billion people around the world were cheering on these pioneers and watching as Armstrong climbed down the *Eagle's* ladder and proclaimed: "That's one small step for a man, one giant leap for mankind."

Over the next three-and-a-half years, 11 moonwalkers would follow in his footsteps. Gene Cernan, commander of the last Apollo mission, left the lunar surface with these words: "We leave as we came and, God willing, as we shall return, with peace and hope for all mankind."

For more information, see *The Wonder of It All*, in limited release and available on DVD in 2009. Other renowned documentaries include *In the Shadow of the Moon* (2007) and *For All Mankind* (1989). For news of the Smithsonian Institution's traveling "NASA ART: 50 Years of Exploration," touring from 2009 to 2012, visit Sites.SI.edu/exhibitions/exhibits/nasa_art/main.htm; also available as a book.

calendar of events

NOTE: All Calendar events must be received by October 10th (for the November issue) and adhere to our guidelines. Visit rinaturalawakenings.com to submit Calendar events or email info@rinaturalawakenings.com for guidelines and to submit entries.

THURSDAY, OCTOBER 1

Root Cause Analysis for Waist Management – 8am-4:30pm. This workshop will help to identify the causes of your constant battle with weight & expanding waistline through creativity & fun exercises. Tools will be taught to resolve the issues. Breakfast & lunch included. \$275/ RIASQ member. or \$300/ non-member. Call to Register. Diane Stacy: Choices & Prevention LLC, Workshop @ Sheraton, 1850 Post Rd, Warwick. 401-949-2917. ChoicesAndPrevention.com.

Moonlight Paddle on Greystone Mill Pond – 5:30-7:30pm. Join the Woonasquatucket River Watershed Council (WRWC) for a moonlight paddle on Greystone Mill Pond in Johnston, Smithfield, and North Providence. 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. Woonasquatucket River Watershed Council. 401-351-5747. Woonasquatucket.org.

FRIDAY, OCTOBER 2

Partner Yoga – 6-7:15pm. Partner Yoga develops our physical, emotional, mental, and spiritual bodies. Trust in one another is developed, and there are always laughs! Bring a friend, partner, spouse, or family member. All levels are welcome. Call/email to reserve space. \$20/per duo. The Journey Within, 1645 Warwick Ave, Suite #224, Warwick. 401-215-5698. BodyInActionRI.com.

Shamanic Journeying Class 1- Power Animal and Lower World Work – 6:30-9:30pm. Learn basic journeying skills in order to participate in the shamanic women's wisdom group, learn how to enter into the upper and lower worlds, meet your power animals and spirit guides/teachers and find power spots. This is Class 1 of 2. \$45/walk in or \$80/pre register for both. Danica Connors, 24 Salt Pond Rd, Bldg H ste 3, Wakefield 781-962-6724. FourFoldHealing.net.

4th Annual RI Dream Party – 6:30-11pm. Celebrate the possibilities for your life. This signature event offers a rare and whimsical opportunity to identify and embody your dreams for the future, while connecting with the support & expertise needed to identify action steps to success! \$30. Create Your Life, Edgewood Yacht Club, 3 Shaw Ave, Cranston. CreateYourLifeInc.com.

Guided Meditation – 7:15-8:15pm. Find Bliss! Relax your body with gentle stretches to relieve physical tension, then move through guided relaxations to detach from your surroundings and find peace and healing within. \$5/members \$8/nonmembers. The Journey Within, 1645 Warwick Ave, Suite 224, Warwick. 401-215-5698. BodyInActionRI.com.

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International Ananda, Yoga
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Farmers' Markets



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

Middletown/Aquidneck Grange Farmers' 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

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.

Pawtuxet Village Farmers' Market – 9am–12pm. May 9 to November 21. Rhodes on the Pawtuxet 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.

SATURDAY, OCTOBER 3

35th annual Harvest Fair – 9am–5pm. Activities, Games, Crafts, Home and Garden Competition. The Country Store will be in full swing with delicious goodies. \$6/adults \$3/children. Norman Bird Sanctuary, 583 Third Beach Rd, Middletown. NormanBirdSanctuary.org.

Green Shopping – 11am–12:15pm. Take a tour of a Natural Food Market – The Food Coop Wakefield and learn how to shop with your planet, health and budget in mind. FREE. Tracey and Rosemary, 357 Main St, Wakefield. 401-789-2240. AlternativeFoodCoop.com.

World Animal Day – 11am–3pm. Celebrate World Animal Day at the perfect place – Roger Williams Park Zoo – and enjoy some fun activities and crafts with a geography theme, as well as traditional music and dance from local cultural groups. Free with Zoo admission. Roger Williams Zoo, 1000 Elmwood Ave, Providence. RogerWilliamsParkZoo.com.

SUNDAY, OCTOBER 4

35th annual Harvest Fair – 9:30am–5pm. See October 3rd for details. \$6/adults \$3/children. Norman Bird Sanctuary, 583 Third Beach Rd, Middletown. NormanBirdSanctuary.org.

The Art of Balance Workshop – 12:30–3pm. Explore the dynamics of balance in all postures both everyday and in Yoga poses. Let go of the fear associated with balance. Through lecture, demonstration and practice we will explore the empowerment of standing securely on one foot. \$25. Yoga Connect, 1226 Mendon Rd, Cumberland, 401-333-5007. YogaConnectsUs.com.

Healing Meditations of the Heart – The Buddhist Practice of Tonglen – 1-4pm. Explores the Tibetan Buddhist meditation practice of Tonglen and its powerful potential to heal negative emotional states and transform suffering itself – both our own and that of others. \$45. All That Matters, 315 Main St, Wakefield. AllThatMatters.com.

MONDAY, OCTOBER 5

Straighten Up – 7-8am. Gain core stability and improve your posture with this 6-week personal trainer series on Monday and Thursday mornings for 6 weeks. Use different methods, to improve core strength and stability. We will track your progress with a postural assessment, flexibility testing and a before and after photo. Space is limited please call for pricing. Core Fitness Center, 5600 Post Rd, East Greenwich. CoreFitness.us.

Natural Solutions to Headache Pain – 6-7pm. Millions of Americans suffer from chronic headaches. This presentation was designed to educate the audience about the different types of headaches, what causes them, how to prevent them, & safe, natural & effective alternatives to treating them. Free Please Register. Lincoln Chiropractic. CCRI Flanagan Campus, 1762 Louisquisset Pike, Lincoln. 401-333-7070.



TUESDAY, OCTOBER 6

Say No to the Flu - 6:30-8pm Space is limited. Reserve with Grace. \$25.00 Healing Hearts 1542 Main St., West Warwick 401- 615-2423 HealingHeartsRI.com.

WEDNESDAY, OCTOBER 7

Breathing and Meditations Techniques for Weight Loss management – 6:30-7:30pm. Combine breathing and meditation techniques to reshape your body and keep your ideal body weight. With Dr. Ysabel V. Reyes. \$15 Per person or \$12 with a friend. Healing Hearts, 1542 Main St, West Warwick, 401-615-2423. HealingHeartsRI.com.

The Eight Limbs of Yoga – 6:45-7:30pm. An introduction to the ancient outline for well-being used by yogis throughout the world and throughout the centuries. No yoga experience needed. Free. Yoga School of South County, Peace Dale Office Building, 1058 Kingstown Road, Peace Dale. MakeltSoYoga.

THURSDAY, OCTOBER 8

Living with Diabetes: Outpatient Diabetes Education – 1-3pm. This four week self-management education program gives people the tools they need to better manage their diabetes. Registration 401-682-2100, ext 781. Doctors orders required. Insurance & sliding scale fees. The Edward King House, 35 King St., Newport. 401-846-7426. TheEdwardKingHouseSeniorCenter.com.

New England Holistic Chamber Networking – 6-8pm. Come and network with like-minded individuals. Bring plenty of business cards! \$10/ Members advance \$15/at door. \$25/Non members advance/\$30 at door. New England Holistic Chamber of Commerce, Sheraton-Providence Airport Hotel, 1850 Post Rd, Warwick. 401-769-1325 x11. NEHolisticChamber.org.

Jack O'Lantern Spectacular – 6-11pm. Experience the glow of 10,000 pumpkins, set in a magical display of artistry. A team of professional carvers will create a breathtaking display of illuminated pumpkins – carved with painstaking detail & amazing intricacy. See website for general admission fees. Roger Williams Park Zoo, 1000 Elmwood Ave., Providence. RogerWilliamsParkZoo.org.



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FRIDAY, OCTOBER 9

Introduction to Hand Reflexology – For Family & Friends – 6:30-9pm. Understanding the way Reflexology works will add a new dimension to foot/ hand therapy for your family & friends. Learn to apply the soothing, healing principles of Reflexology, & practice the technique. A 'manual' is provided. \$49/Pre-register please. It's My Health, 2374 Mendon Road, Cumberland. 401-405-0819. Its-My-Health.com.

Shamanic Journeying Class 2 – Upper World and Guides/Teachers work – 6:30-9:30pm. Learn basic journeying skills in order to participate in the shamanic women's wisdom group, learn how to enter into the upper and lower worlds, meet your power animals and spirit guides/teachers and find power spots. This is Class 2 of 2. \$45/walk in or \$80/pre register for both. Danica Connors, 24 Salt Pond Rd, Bldg H Ste 3, Wakefield, 781-962-6724. FourFoldHealing.net.

Guided Meditation Night – Self Love – 7-8:30pm. The more loving energy you send to yourself the healthier you can be. Join us as we celebrate the magnificence of "YOU". \$10. Heavenly Hugs, 917A Warwick Ave, Warwick. 401-935-8451 Heavenly-Hugs.com.

SATURDAY, OCTOBER 10

European Aromatherapy Certificate Program – 10am-5pm. Oct 10 & 11 and Dec 5 & 6. Introduction to aromatherapy and fifty essential oils, and their medical and therapeutic properties. Strong foundation in the art of blending essential oils, including educating ones sense of smell, enabling the student to clearly discern oil quality. \$450. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Fibromyalgia and Chronic Fatigue Syndrome Support Group – 10:30am-12:30pm. Monthly meeting. Family and friends are welcome. Free. East Smithfield Public Library, 50 Esmond St, Smithfield, RI.

Afternoon Paddle in Downtown Providence – 12-2pm. Join the Woonasquatucket River Watershed Council (WRWC) for an afternoon 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. Woonasquatucket River Watershed Council. 401-351-5747. Woonasquatucket.org.

Owls of New England – 2-3pm. Meet & learn about native owls, create a stencil owl craft using traditional stenciling techniques, & tour the historic house and view the original 19th century stencils on display. Refreshments will be served. Adults \$8/members, \$10/non members, \$4/children members, \$5/non members. Smith-Appleby House Museum, 220 Stillwater Rd., Smithfield. 401-949-5454 X3041. ASRI.org.

Holistic and Conventional Talk on the H1N1 – 6-8pm. Come to this free panel discussion and Q & A session to learn what doctors, herbalists, and acupuncturists are saying about the H1N1 Swine Flu: how to try to avoid catching it, and how to use the best of east and west to get well again if the Flu comes to your household. Free. AS220, 115 Empire St, Providence. AS220.org.

Waterfire – 6:15-11:45pm. 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, Memorial Blvd, Providence. WaterFire.org.

SUNDAY, OCTOBER 11

Horses Know The Way Home – 9am-2pm. Brian Reid and his horse Brenda Lee teach you how to live in the moment, find your passion, and realize your dreams through the way of the horse. \$49. Brian Reid, 61 Pine Hill Rd, Carolina. 401-835-0216. HorsesKnowTheWayHome.Com.

MONDAY, OCTOBER 12

Columbus Day Explorations – 9am-5pm. Discover the natural world with fun-filled family activities this holiday including crafts, animal interviews, and nature stories. No registration needed. Free with price of admission. Audubon Environmental Education Center, 1401 Hope St., Bristol. 401-949-5454 ASRI.org

WEDNESDAY, OCTOBER 14

Shamanic Journey – 6:30-8pm Linda Hogan: Shamanic Healer, Theta Healer/ Teacher, Reiki Master, Tong Ren Energy Healer and Card Reader. Call for appointments at Healing Hearts \$25. 1542 Main St., West Warwick 401- 615-2423. HealingHeartsRI.com.

THURSDAY, OCTOBER 15

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. Alteris Renewables, Providence. bmott@theoceanproject.com.

Learn How Not to be Deprived of Self Love – 7-8:30pm Space is limited. Reserve with Grace. \$10 or gift of love. At Healing Hearts: 1542 Main St., West Warwick 401-615-2423 HealingHeartsRI.com.

FRIDAY, OCTOBER 16

Magnified Healing® Master Teacher Certification Course – 9:30am-4:30pm. This class uses the guidance and teachings of Kwan Yin. Upon completion you will be certified as a Master Teacher. Included: an 85-page teaching Manual, Certificate, practice CD and a bottle of Essence. Call to register. Lunch and snacks will be provided. \$180. Adriene Smith, The Wellness Center at Gold Plaza, 917A Warwick Ave, 2nd Floor, Warwick. 401-741-2278. AngelWhispersRI.com.

Veggie Venture Luncheon – 11:30am-2pm. Come & enjoy a bountiful buffet luncheon of scrumptious vegetarian dishes that you'll never feel guilty about. Guided tours of the historic Museum House are included in the price of lunch, and Joshua's store will be open. \$10. Babcock-Smith House Museum, 124 Granite St., Westerly. 401-596-5704. Babcock-SmithHouse.com.

Using the Law of Attraction for Wealth Consciousness – 6:30-8:30pm. This program will give you information & a broader understanding of how to make your financial dreams come true, using universal principles. A certified hypnotist & trainer will help you plant powerful seeds for financial freedom in our own mind. \$29. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

Guided Meditation – 7:15-8:15pm. See October 2nd for details. \$5/members \$8/non members. The Journey Within, 1645 Warwick Ave, Suite #224, Warwick. 401-215-5698. BodyInActionRI.com.

Spiritual Cinema: "The Shadow Effect" – 7:30 with Debbie Ford. \$5/pp or \$10/per family, includes free popcorn! Concordia Church, 292 West Shore Rd, Warwick 401-244-5797.



SATURDAY, OCTOBER 17

Shiatsu and Reflexology Treatments with Linda – 9am-12pm. Linda will be offering these services at a discounted rate to those who are interested in experiencing and learning more about these healing modalities. Please call or email to make an appt. \$15/30 min. \$25/60min. The Journey Within, 1645 Warwick Ave, Ste. 224, Warwick. 401-215-5698. BodyInActionRI.com.

Magnified Healing® Master/Teacher Training – 9am-5pm. Establish a constant flow of energy from your heart to the God most high of the Universe through all your spiritual centers. The focus of these sessions is the Heart Chakra, unconditional love, and releasing of any imbalances. Certificate. \$150. Debi Chalko, 24 Salt Pond Rd, Bldg H Ste 3, Wakefield. 401-263-1107. TrinityEnergetics.com.

Paddle Woonasquatucket Reservoir (Stump Pond) – 11am-3pm. Join the Woonasquatucket River Watershed Council (WRWC) for a paddle and picnic lunch (bring your own) 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. Woonasquatucket River Watershed Council. 401-351-5747. Woonasquatucket.org.

Inversions and Arm Balances – 12-2:30pm. This will be a fun and exploratory workshop focusing on the four main inversions, Shoulder stand, Headstand, Forearm Balance and Handstand. Elevate and strengthen your practice using the anusara principles of alignment. \$30. Yoga Connect, 1226 Mendon Rd, Cumberland 401-333-5007. YogaConnectsUs.com.

Whole Foods 101 – 12-3pm. Join founder of ATM and food enthusiast Joan Dwyer for a lively informative afternoon on the basics of a whole food diet and how to make the transition to eating well. Learn how to incorporate whole grains, beans, veggies, sea vegetables and natural sweeteners into your diet. \$45. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

The Psychic The Medium, The Seer – 1-5pm. For those interested in exploring and expanding their psychic and mediumistic gifts and those who want to lead better lives and give more to the world through spiritual development. Enhance communication with our inner guidance and with the spirits of loved ones who have passed on. \$65. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

SUNDAY, OCTOBER 18

Rainbow Writing – 9am-5pm. Are you a writer in search of a muse? In this fun and creative writing workshop, you will stimulate your senses through color-associated writing exercises, journaling, meditation, visualization and music. Participants will receive a Certificate of Completion, which may be applied to the ColorMuse Practitioner Training certification. \$88. Positive New Beginnings, 873 Waterman Ave, East Providence, 401-432-7195. PositiveNewBeginnings.com.

MONDAY, OCTOBER 19

Mindfulness Meditation – 7-8:30pm. 4 week session on Mondays. Beneficial for chronic pain, stress management, improved concentration and memory, blood pressure, strengthening the immune system and general health maintenance. For more information or to register, contact Susan Hurd. \$100. Healing Choices, 116 Eddie Dowlings Highway, North Smithfield. 401-787-2355. Healing-Choices.net.

TUESDAY, OCTOBER 20

Pilates for Pink Week – 6:30-7:30pm. This Mat class kicks off our Pilates for Pink week at EVOLUTION. Visit our web site for other "Pink" classes where proceeds will go to the Breast Cancer Research Foundation. Participants will be entered to win Pilates classes & class packages! \$10. EVOLUTION Bodywork & Nutrition, 685 Metacom Ave, Bristol. 401-396-9331. EvolutionRI.com.

Health Awareness Seminar – 7-9pm. Implementing custom wellness in health professional's offices. Free. Dr. Jewel Sommerville, Julie Mollo, LMT, 5835 Post Rd. #113, East Greenwich. 401-270-7948. Nutrametrix.com.

THURSDAY, OCTOBER 22

Goddess Gathering – 7-9:30pm. Join us for a gathering celebrating women! Enjoy the friendship and support of other women. Make connections as we relax, vent, share stories, and support one another. Angel Readings with Gladys Angel Lite Messenger. Only 8 reading appts avail. \$10/event, \$30/event & 20 minute Angel Reading. The Journey Within, 1645 Warwick Ave, Suite 224, Warwick. 401-215-5698. BodyInActionRI.com.

FRIDAY, OCTOBER 23

Ear Coning Certification Workshop – 6:30-9pm. Ear coning/candling is a safe, simple, natural way to remove excess wax and debris from inside the ears. This is a very gentle and non-invasive process. Earn a Certificate of Completion. Hands On – Do a Session/Have a Session. \$89/Pre-register please. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

SATURDAY, OCTOBER 24

Shamanic Drumming Mini Workshop - 9am-4pm Reserve with Grace. \$85 Includes all materials. Healing Hearts: 1542 Main St., West Warwick 401-615-2423. HealingHeartsRI.com.

Watchaug Pond Nature Hike – 10am-2pm. A 6 mile walk around the pond & through the Burlingame Management Area. We will hike through a variety of habitats. Expect to see fall colors & migrating birds. Meet at the Nature Center with binoculars, walking shoes, water, lunch, & trail mix. \$12/non-members; \$8/members. Kimball Wildlife Refuge, 180 Sanctuary Rd., Charlestown. ASRI.org.

Hip and Shoulder Pose – 1-3:30pm. Two part intensive. Find your way to yoga poses you've longed to do, specifically designed to open the shoulders and hips. Will include pranayama and vinyasa movement to open and prepare the body for more intense standing, seated and arm balancing poses. Reading materials on physical and subtle anatomy will be provided. Registration required. \$30/per class or \$50/both sessions. Innerlight Center for Yoga, 850 Aquickneck Ave, Middletown. 401-849-3200. InnerlightYoga.com.

Mark Your Calendar

SATURDAY, OCTOBER 24

Divinely Touched Seminars presents: Building a Connection To Your Higher Self. 1-4:00pm. – 1-4:30pm. Divinely Touched seminars presents keynote speaker Maureen St Germain on Connecting to Spirit. Also speaking will be Robert "Ram" Smith on Yogoda: Materializing your Dreams and Dr Kelly Taylor-Bentz on Your Human Guidance System – Are you Connected?. \$22/advance or \$25/at the door. Divinely Touched, Crowne Plaza Hotel, 801 Greenwich Ave, Warwick. phone# for seminar: 401-323-6934. DivinelyTouched.com.

Shamanic Women's Wisdom Group – 3-5pm. Monthly meeting to journey into the shamanic realms to connect and commune with spirit and the power of female mysteries. This group is for individuals with knowledge of journeying and will be working with shamanic as well as Goddess archetypes. Donation. Danica Connors, 24 Salt Pond Rd, Bldg H Ste 3, Wakefield. 781-962-6724. FourFoldHealing.net.

SUNDAY, OCTOBER 25

Energy Fest – 11:30am-3:30pm. 15 Minute Mini Session of Aromatarot, Massage, Psychic Readings, or Reiki/Magnified Healing. Free Life Coaching mini-sessions. \$10 per session. Debi Chalko, 24 Salt Pond Rd, Bldg H Ste 3, Wakefield. 401-263-1107. TrinityEnergetics.com.

MONDAY, OCTOBER 26

The Tarot for Personal Development – 6-9pm. Looking for new perspectives on your challenges and possibilities for your future? Although generally thought of as a fortune telling tool, tarot cards have a rich history as aids to personal and spiritual growth. \$45. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

THURSDAY, OCTOBER 29

The Pink Lecture – 6-7pm. Nutrition and Fitness tips every woman needs to know about. A workshop that covers key nutrition, exercise, and posture related topics that impact women's health and cancer prevention. For more info visit our web site. \$10. EVOLUTION Bodywork & Nutrition, 685 Metacom Avenue, Bristol. 401-396-9331. EvolutionRI.com.



ongoingcalendar

Sunday

Yoga Spirit-Mixed Levels Yoga – 10-11am. Gentle yoga approach using Amrit techniques to achieve the maximum benefit in your asanas, breath and relaxation. Ideal for beginners as well as those with more experience. Come stretch, come breath, come learn to relax. \$10 per class. Mohan/John Fazzino, 95 Bay View Ave, Cranston, 401-965-8074.

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. 401-632-7254. Sunsalutations.org.

Meditations for World Peace – 11:30am-12:30pm. 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. 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. The Edward King House, 35 King St, Newport, 401-846-7426. TheEdwardKingHouse.com.

Pilates – 9-10am. Strength & flexibility class emphasizing mind body connection. Concentrate on core strength, muscle balance and flexibility. Also improves posture and maintains joint range of motion. Pre-registration required. \$12/class \$80/package of eight. Unique Total Body, 190 Putnam Pike, Johnston. 401-233-2348. UniqueTotalBody.com.

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.

How to Survive on the Dance Floor with Lisa Medley – 6-7pm. Build your confidence and learn simple dance steps. Feel more comfortable, and have fun at weddings, parties, clubs, work events, and more. Perfect for the beginner no partner necessary. Offered in a supportive, fun, nonjudgmental atmosphere. \$67/6 week session. The Journey Within, 1645 Warwick Ave, Suite 224, Warwick. 401-215-5698. BodyInActionRI.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.

Yoga Basics – 6:15-7:30pm. Learn the basics-alignment, breath, connection, deportment (ABCD!) and learn the rapport between these elements for a beautiful practice on the mat and off. \$42/6weeks SK resident. \$49/non resident. Yoga School of South County, Peace Dale Office Building, 1058 Kingstown Rd, Peace Dale. MakeItSoYoga.com.

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

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.

Zumba: Every Monday – 7:00pm to 8:00pm. What do you get when you combine Latino dance & aerobics? A great workout, a great time and lots of fun. Packages: 6 weeks for \$85. Space is limited. Reserve with Grace. At Healing Hearts, 1542 Main St., West Warwick. 401- 615-2423. HealingHeartsRI.com.

Holiday Stress Management with Lisa Medley – 7-8:30pm. Overeat, “forget” to exercise, exhaust yourself by over scheduling? In this workshop, create a vision of your ideal experience, identify your biggest obstacle(s), and design a plan to minimize it. Be supported, in a relaxed environment. Enjoy the season! \$87/6 week session. The Journey Within, 1645 Warwick Ave, Suite #224, Warwick. 401-215-5698. BodyInActionRI.com.

Women’s Spirituality/Intention Group – 7-9pm. 2nd Monday of the month. Dynamic and powerful group of women coming together to share intentions and dreams. We support one another through prayer all month. Open to all on the spiritual path who are seeking a deeper connection. \$15. Pat Hastings, Providence. 401-521-6783. 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. 401-782-2126. AllThatMatters.org.

Numerology Workshop – 6:30-8:30pm. Learn how numbers affect your life by utilizing Doris Ann’s book *A Complete Numerology Guide and Workbook* (required reading). \$60. It’s My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

FRIDAY, OCTOBER 30

Partner Yoga – 6-7:15pm. See Oct 2nd for details. \$20 per duo. The Journey Within, 1645 Warwick Ave, Suite 224, Warwick. 401-215-5698. BodyInActionRI.com.

Guided Meditation – 7:15-8:15pm. See October 2nd for details. \$5/members \$8/ nonmembers. The Journey Within, 1645 Warwick Ave, Suite #224, Warwick. 401-215-5698.

SATURDAY, OCTOBER 31

Shiatsu and Reflexology Treatments with Linda – 9am-12pm. See October 17th for details. \$15/30 min \$25/60 min. The Journey Within, 1645 Warwick Ave, Suite 224, Warwick. 401-215-5698. BodyInActionRI.com.

CPR Certification – 10am-12pm. Learn how to save a life. It’s easier than you think. This class will cover all you need to become proficient in this emergency medical skill. A nationally recognized certification card will be issued upon successful completion. \$50. It’s My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

Hip and Shoulder Pose – 1-3:30pm. See Oct 24 for details. \$30/per class or \$50/both sessions. Innerlight Center for Yoga, 850 Aquickneck Ave, Middletown. 401-849-3200. InnerlightYoga.com.

SUNDAY, NOVEMBER 1

Relaxing Meditation and Yogic Sleep – 12-2:30pm. Release deep seated tension as we progressively relax every area of the body/mind. Leave feeling totally relaxed yet energized, a healing vacation for the mind. Guided meditation and Yoga Nidra suitable for all. \$25. Yoga Connect, 1226 Mendon Rd, Cumberland. 401-333-5007. YogaConnectsUs.com.

Noontime Meditation – 12-1pm. 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.

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.

Svaroopo 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. 401-742-8020 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 Cemetary St, Providence. 401-270-5223. FarmacyHerbs.com

Kids Yoga (ages 5-8) – 4:30-5:15pm. Kids lengthen and strengthen their bodies while playing games, learning breathing exercises, Yoga poses, and relaxation techniques. We accomplish all of this while having fun! Call or email to register. \$8 drop in per class. Melissa Sischo, The Journey Within, 1645 Warwick Ave Suite 224, Warwick 401-215-5698. BodyInActionRI.com.

Yoga Spirit-Mixed Levels Yoga – 5:30-6:30pm. Gentle yoga approach using Amrit techniques to achieve the maximum benefit in your asanas, breath and relaxation. Ideal for beginners as well as those with more experience. Come stretch, come breath, come learn to relax. \$10 per class. Mohan/John Fazzino, 95 Bay View Ave, Cranston 401-965-8074

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. 401-941-2310. VillageWellnessCenter@verizon.net.

Restorative Yoga – 7-8pm. Relaxing class with hot stones. \$12. The Spot on Thayer, 286 Thayer St, Providence. 401-383-7133 TheSpotOnThayer.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. 401-632-7254 Sunsalutations.org.

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

4-6 Week Metabolic Type Program – 7-8:30pm. 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. Aubrey Thompson, 464 Maple Ave, Barrington. 401-524-0242. LivingBalance.us.

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

Reiki Share – 7-9pm. 3rd Tuesday of each month. For Practitioners and Non Practitioners interested in Reiki and energy therapies. Donation. Danica Connors, 24 Salt Pond Road, South Kingstown Office Park, Bld H ste 3, Wakefield. FourFoldHealing.com.

Believing in Karma – The Power to Change our Life – 7-9pm. This series of classes will explore the essential principles of the Buddhist view, intention and action. Meditation will be explained clearly as a tool for developing qualities such as inner peace, love and patience. No need to register. \$10. Providence Meditation Center, 339 Ives St, Providence. MeditationinProvidence.org.

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. 401-780-9809. YogaAtSantosha.com.

Intro to Meditation & Christian Mysticism – 7:30-9:30pm. Every Tuesday night. Contact Reverend Michaela for location and info. Free. Centers of Light. 857-231-1920. CentersOfLight.org.

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

Wednesday

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.

Lunch Hour Yoga – 12:15-1:15pm. Take your lunch hour to rejuvenate and energize yourself for the afternoon. We'll start with an asana practice and finish with mindful eating practice. Digestion is sure to improve. Please bring a healthy bag lunch. Tea and spring water provided. \$42/6 weeks SK residents \$49/non-resident. Yoga School of South County, Peace Dale Office Building, 1058 Kingstown Road, Peace Dale, 401-782-9511. MakeltSoYoga.com.

Kundalini Yoga – 4:30-6pm. Great blend of exercise, stretching and meditation. \$12. The Spot on Thayer, 286 Thayer St, Providence. 401-383-7133. 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.

Men's Yoga – 6-7pm. 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. 401-941-2310. VillageWellnessCenter@verizon.net.

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 charka and has developed a one hour class of chanting to strengthen your core energy. The Spot on Thayer, 286 Thayer St, Providence. 401-383-7133 TheSpotOnThayer.com.

Aerobic-Kickboxing – 6-7pm. This class involves specific punches and kicks, usually to the beat of music. Great aerobic workout with great music, easy to follow! Pre-registration required. \$12./class or \$80/package of eight. Unique Total Body, 190 Putnam Pike, Johnston. 401-233-2348. UniqueTotalBody.com.

New Svaroopo 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. 401-742-8020 lkorb7@aol.com.

Full Wave Yoga Class – 6-7:30pm. See Tuesday for details. \$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 by Pow!Science! Ages 4-12. Pre registration is required. Call to reserve your spot. Free. Pow! Science! 192 Wayland Sq, Providence. 401-432-7040. PowScience.com.

Beginners Yoga – 6:30-8pm. Wednesdays beginning October 21st. With Dr. Lakshyan Schanzer who is re-opening his office. Visit website for program description. \$100/series of 7 or \$20//Drop in. Body Mind RI, 1215 Reservoir Ave, Garden City, Cranston. 401-369-8115 BodyMindRI.com.

Intro to Tai Chi/QiGong (4-Week Introductory Series) – 6:30-8:30pm. Starting Oct 7th. You are warmly welcomed to 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. \$60. Heavenly Hugs, 917A Warwick Ave, 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. 401-949-1480. NRICD.org.

Revive the Spirit of Abundance – 7-8pm. 1st Wednesday of each month. A guided Prosperity Meditation while receiving Reiki. Free. Danica Connors, 24 Salt Pond Rd, South Kingstown Office Park, Bld H Ste 3, Wakefield. 781-962-6724.

Prenatal Yoga Class – 7-8:45pm. Wednesdays from Oct 7 – Dec 9. Come stretch, breath, and do gentle yoga postures together in community with other pregnant women. Ease into the physical and emotional adjustments of pregnancy and motherhood. No previous yoga experience necessary. Please register by Oct 1. \$100/class. 401-849-3200 Innerlight Center for Yoga, 850 Aquickneck Ave, Middletown. 401-849-3200. InnerlightYoga.com.

Live Interactive Audio Talks – 10:30-11:30pm. A modern mystic's profound voyage into Infinity. You will be stunned with insights and experience a transmission of cosmic energy which will illuminate your Being. Toll free conference call. \$15. Cosmic Field Academy. 310-314-3800. CosmicFieldAcademy.com.

Thursday

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. 401-941-2310. VillageWellnessCenter@verizon.net.

Gentle Vinyasa Yoga – 9:30-10:45am. Come experience Gentle Vinyasa Yoga with Zhanna. A type of yoga that creates heat in the body, which will lead to purification and detoxification. Class is suitable for all levels. Pre-registration is required. \$14/class or \$96/package of eight. Unique Total Body, 190 Putnam Pike, Johnston. 401-233-2348. UniqueTotalBody.com.

Svaroopa Yoga classes – 9:45-11:15am. Very gentle, yet deep and restorative style of yoga. Focus on releasing all the muscles along the spinal column. Space is limited, pre-registration is necessary. \$112/series of 8, \$17/drop in. Blissful Moment Yoga, 1006 Charles St. #10A, North Providence. 401-742-8020. lkorb7@aol.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. TheEdwardKingHouseSeniorCenter.com.

Beginner Iyengar yoga – 5:30-7pm. Strengthen and stretch with focus on alignment. \$5 off your first class. \$16/ or \$14/student. Motion Center, 111 Chestnut St, Providence. 401-654-6650. MotionCenter.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. 401-297-9412. 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.

Zumba – 6:30-7:30pm. Latin-inspired aerobic program that anyone can learn and enjoy. Zumba mixes effective body sculpting movements with easy to follow dance steps. It maximizes caloric output up to 750 calories per hour with fat burning and total body toning. \$12/class or \$80/package of eight. Unique Total Body, 190 Putnam Pike, Johnston. 401-233-2348. UniqueTotalBody.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, 401-742-2354. Wakefield.

Hatha Yoga Psychology – 6:30-9pm. Thursdays beginning October 22nd. This course uses beginners to intermediate yoga practice and integrates theory and techniques of wholism as an approach to physical and emotional self-healing. Beginners welcome. With Dr. Lakshyan Schanzer who is re-opening his office. \$125/course or \$40/drop in. Body Mind RI, 1215 Reservoir Ave, Garden City, Cranston. 401-369-8115 BodyMindRI.com.

Yoga Nidra (Guided Meditation) – 6:45-8:15pm. 3rd Thursday of the month. 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. 401-780-9809. YogaAtSantosha.com.

Basic Yoga – 7-8:15pm. 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. 401-941-2310. VillageWellnessCenter@verizon.net.

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 Avenue, Middletown, 2461 E. Main Road, Portsmouth, RI. 401-841-9650. Curves.com.

Gaia's Hearth CUUPS Monthly Meeting – 7-8:30pm. 1st Thursday each month. We invite anyone who is interested in becoming part of Rhode Island's only CUUPS (Covenant of the Unitarian Universalist Pagans) to join us. Gaia's Hearth CUUPS is open to the public and welcomes members of the local RI, MA and CT community, no matter what your level, path or tradition is. Free. First Unitarian Church of Providence, 1 Benevolent St, Providence. 401-533-7628. GaiaHearth.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. 401-632-7254. Sunsalutations.org.

Guided Relaxation – 7:30-8:30pm. Moving first through gentle stretches to relax the body, we will soothe our senses and detach from life's stresses. Nurture your Mind, Body, and Spirit and let go of your surroundings to find bliss! \$5/members \$8/non-members. Melissa Sisco, The Journey Within, 1645 Warwick Ave Suite 224, Warwick. 401-215-5698. BodyInActionRI.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. 401-734-9355. 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 wk series. \$30/members or \$40/non-members. Melissa Sisco, 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 Sisco, The Journey Within, 1645 Warwick Ave Suite #224, Warwick, RI. 401-215-5698. BodyInActionRI.com.

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

Moms' Yoga – 9:45-10:45am. Have you been wanting to do yoga, but don't want to leave the kids with a sitter? We'll provide the daycare right in the next room or right outside our door at the Village Playground. Please call 782-9511 to register for free daycare. \$42/6 weeks SK residents. \$49/non-resident. Yoga School of South County, Peace Dale Office Building, 1058 Kingstown Rd, Peace Dale. 401-782-9511. MakeItSoYoga.com.

Yoga for Teens – 3-4pm. Within walking distance of SK High School--what better way to unwind from the week then chilling out with friends at yoga. Taught by Renee Katz. \$42/6 weeks SK residents \$49/non-resident. Yoga School of South County, Peace Dale Office Building, 1058 Kingstown Rd, Peace Dale. 401-782-9511. MakeItSoYoga.com.

Yoga Spirit-Mixed Levels Yoga – 5-6pm. Gentle yoga approach using Amrit techniques to achieve the maximum benefit in your asanas, breath and relaxation. This class is ideal for beginners as well as those with more experience. Come stretch, come breathe, come learn to relax. \$10/per class. Mohan/John Fazzino, 95 Bay View Ave, Cranston. 401-965-8074.

Reiki Clinic – 5:30-7:30pm. 1st Friday of the month. If you have never experienced the relaxing energy of Reiki, please join us. By donation. Santosha Yoga Studio, 14 Bartlett Ave, Cranston. 401-781-5275. reiki4animalsandyou@cox.net.

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.

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. SimplyAWomanOf-Faith.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, 401-780-9809. YogaAtSantosha.com.

Saturday

Full Wave Yoga Class – 8-9:30am. See Tuesday for details. \$15/drop in or \$12/series. The Life Breath Institute, 378 Main St, East Greenwich. TheLifeBreathInstitute.com.

Gentle Vinyasa Yoga – 9-10:15am. This yoga creates heat in the body, which leads to urification and detoxification, also breathing exercises, posture, and meditation. Pre-registration is required. \$14/class or \$96/series of 8. Unique Total Body, 190 Putnam Pike, Johnston. 401-233-2348. UniqueTotalBody.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.

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



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. 401-941-2310. VillageWellnessCenter@verizon.net.

Beginners Yoga – 9:30-11am. Saturdays beginning October 24th. With Dr. Lakshyan Schanzer who is re-opening his office. Visit website for program description. \$100/series of 7 or \$20//Drop in. Body Mind RI, 1215 Reservoir Ave, Garden City, Cranston. 401-369-8115 BodyMindRI.com.

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

Full Wave Yoga Class – 10-11:15am. See Tuesday for details. \$15/drop in or \$12/series. The Life Breath Institute, 378 Main St, East Greenwich. TheLifeBreathInstitute.com.

Metabolic Type Nutrition Classes – 10am-11:30pm. 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.

Kids Yoga ages 8-12 – 10:30-11:30am. Kids lengthen and strengthen their physical bodies in a safe comfortable environment all while incorporating fun. Children will learn various Yoga poses, breathing exercises, and relaxation techniques. Dress comfortably. No class 10/24. \$32/month or \$10 drop in per class. The Journey Within, 1645 Warwick Ave, Suite 224, Warwick, RI. 401-215-5698. BodyInActionRI.com.

Pre-natal Yoga – 10:45am-12pm. Every Saturday, explore changes and prepare for childbirth in a supportive atmosphere. \$16/drop-in or \$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. 401-383-7133 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 401-769-0369. RIOrchidSociety.com.

Grandmother's Empowerment Group – 1-3pm. Usually the 1st Saturday of the month. Meet the Great Council of the Grandmothers: the Grandmothers Empowerment Group. Based on the book A Call to Power: The Grandmothers Speak: finding balance in a chaotic world, by Sharon McErlane. Group is run by Jane Henderson. Donation. The Healing Circle, Providence. 508-292-2798. ProvidenceHealingCircle.com.

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