

HEALTHY LIVING  
HEALTHY PLANET

feel good  
live simply  
laugh more

# natural awakenings

Rhode Island Edition

December 2009

**FREE**



**New Year's  
INTENTIONS**

Manifest Your Highest Good

ENVISIONING  
**GLOBAL  
ONENESS**

Bold, Inspiring Connections

Give the Gift of  
**WELLNESS**

Encourage Healthy Living



Local News • Health Briefs • Community Calendar

# Whole Foods Market for the Holidays!

We'll help you keep the season simple with time-saving tips, money-saving coupons, creative recipes and more...

It's all in our special holiday issue of the Whole Deal—pick up a copy in store!



Drop in on our *Elegant Evenings* for holiday menu tastings — see store for details!

**Garden City**

151 Sockanosset Cross Rd.  
Cranston • 942-7600

**University Heights**

601 North Main Street  
Providence • 621-5990

**Waterman Street**

261 Waterman Street  
Providence • 272-1609

WHOLEFOODSMARKET.COM



Isn't Sales Fun?

UniversityPDC.com



Your Seat Awaits...

Class size is intimate to ensure burstable impact in remapping your sales call... act swiftly...

237 Robinson Street Wakefield, RI 02879  
401.284.1511 UniversityPDC.com

## BIO-Identical Hormone & Wellness Consultations

Benefits - Addressing Symptoms of

1. Sleep Disturbances
2. Anxiety plus Fatigue
3. Depression plus Low Energy
4. Low Libido plus PMS
5. Hot flashes plus Night Sweats plus Focus plus Memory and More



## Aquidneck Nutrients & Wellness Center

Available through Rene St. Laurent, certified Bio-Identical Hormone Consultant, board certified clinical nutritionist, Doctor of Natural Medicines. Registered Pharmacist and newly elected to the Scientific Board of the international and American Association of Clinical Nutritionists.

Affiliated with PharmaHealth Compounding Centers of Massachusetts.

790 AQUIDNECK AVE. MIDDLETOWN, RI

**401-324-6167**

Renexccn@cox.net

We will work with your physician • for Women and Men

# contents



- 5 **newsbriefs**
- 10 **community spotlight**
- 12 **yogaandpilates**
- 14 **naturalpet**
- 15 **globalbriefs**
- 18 **inspiration**
- 24 **healingways**
- 26 **fitbody**
- 28 **greenliving**
- 29 **healthbriefs**
- 30 **calendar**

## advertising & submissions

### HOW TO ADVERTISE

To advertise with *Natural Awakenings* or request a media kit, please contact us at 401-709-2473 or email [Info@RINaturalAwakenings.com](mailto:Info@RINaturalAwakenings.com).  
Deadline for ads: the 10th of the month.

### EDITORIAL SUBMISSIONS

Email articles, news items and ideas to:  
[Info@RINaturalAwakenings.com](mailto:Info@RINaturalAwakenings.com).  
Deadline for editorial: the 10th of the month.

### CALENDAR SUBMISSIONS

Submit online at [RINaturalAwakenings.com](http://RINaturalAwakenings.com) or Email: [Info@RINaturalAwakenings.com](mailto:Info@RINaturalAwakenings.com)  
Deadline for calendar: the 10th of the month prior to publication.

### REGIONAL MARKETS

Advertise your products or services in multiple markets! *Natural Awakenings Publishing Corp.* is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 401-709-2473.  
For franchising opportunities call 239-530-1377 or visit [NaturalAwakeningsMag.com](http://NaturalAwakeningsMag.com).

[rinaturalawakenings.com](http://rinaturalawakenings.com)

*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.*

## 10 GIVING THE GIFT OF WELLNESS

by Wendy Fachon



## 14 THREE DOG NIGHT

Should Fido and Fluffy Share our Bed?

by George Costa

## 16 A SPACE DEFINED

is a Space Divine

by Dana T. Duellman, CPIA



## 18 SET NEW YEAR'S INTENTIONS

by Tony Burroughs

## 20 AWAKENING CONSCIOUSNESS

Bold New Visions for Us, the Earth and the Universe

by Barbara Amrhein



## 24 HEALING RITUALS AROUND THE WORLD

by Debra Bokur

## 26 BRING ON THE BEAT

Workout Music Pumps Up Motivation While Building Fitness

by joan McCutcheon



## 28 \$100 HOLIDAY

# letterfrompublisher



As I look out my window on this beautiful fall day at the golden leaves, many of them stripped from the trees now and blowing in the wind, I am aware that very soon we will be embarking on a new season—one equally beautiful as this one but it is a mark in time. Another season will have passed.

Every day may have the same number of hours and every week the same number of days, yet time seems to move faster during the holidays. It is as if we are accelerating through a seasonal storm that pulls

us into a frenzy of high expectations and blurs our vision of why we celebrate. Thankfully, there are some great yoga and meditation classes and even some workshops on how to survive the holidays, in our calendar starting on page 30. I urge you to participate and allow yourself a rejuvenation time this holiday season.

The mantra in my family has always been “no stress,” and one for which I am truly grateful. With this in mind, we realize that Christmas or Hanukah or Kwanza is simply a date on a calendar. There is no reason why a holiday can’t be celebrated the week before, or the week after. After all, we do refer to it as “the holiday season.” So if you are being pulled by too many obligations, try to reframe what it is you are trying to accomplish. Is it time together? Does it really matter if it isn’t on the official date? With so many extended families trying to fit everything in, holidays too often are spent on the road, running from one obligation to another. That is more likely to lead to resentment than joy. Peace on earth starts with peace in our hearts.

As the holiday rushes past, New Years is quickly upon us. How interesting to think of setting New Year’s intentions, rather than resolutions. On page 18, Tony Burroughs explains how to focus on the positive when setting intentions. By picturing something as “a done deal,” and holding that vision in our mind until it actually appears, we can create the world we want. Reading about it has set me to thinking of the power of our thoughts. While it may not be as conscious as Burroughs describes, there are certainly times when we feel so committed to an idea or a concept that we embrace it and make it an unquestioning part of us. It may be a process, but each effort we make towards our thought brings us closer to attaining our eventual goal.

I invite you to bring this month’s *Natural Awakenings* home and into your living room. Search out a comfortable spot, put your feet up and spend some time on yourself. As I sit here with my tea, my cats and my candles, I have peace and gratitude in my heart for all that we have, and the promise of all we can be. So it is.

Peace on earth,

Maureen Cary, Publisher

Harbor Seals wintering in Rhode Island



## contact us

**Publisher**  
Maureen Cary

**Editor**  
Maryann Lawrence

**Assistant Editors**  
S. Alison Chabonais  
Sharon Bruckman

**Advertising Representative**  
Karen Krinsky  
401-419-8869  
KKrinsky@RINaturalAwakenings.com

**Design & Production**  
Marie Siegel  
Stephen Gray-Blancett

**To contact Natural Awakenings  
Rhode Island Edition:**  
1800 Mineral Spring Avenue, # 195  
North Providence, RI 02904  
Phone: 401-709-2473  
Fax: 877-738-5816

**Email:**  
Info@RINaturalAwakenings.com  
www.RINaturalAwakenings.com

© 2009 by *Natural Awakenings*. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing.

*Natural Awakenings* is a free publication distributed locally and is supported by our advertisers. It is available in selected stores, health and education centers, healing centers, public libraries and wherever free publications are generally seen. Please call to find a location near you or if you would like copies placed at your business.

We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. We welcome your ideas, articles and feedback.

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

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





## Second Annual Yoga Food Drive

As the holidays approach, many of us are looking for ways to give back to our community. To this end, certified Kripalu yoga instructor Chris Belanger is offering a chance for people to experience Karma yoga, the unselfish act of offering your time and energy for the benefit of others. On December 12<sup>th</sup> from 11:30-12:45pm, participate in the second annual yoga food drive to support West Bay Community Action at the Warwick Public Library. Donating 5 or more non-perishable food items is the admission 'price' for this free, gentle yoga class.

"Not only will you feel good by donating food to those in need, but you'll also be giving back to

yourself by gently stretching, relaxing and paying attention to your body," says Belanger.

Yoga is the art of uniting body, movement, breath, mind, spirit, and people. In this class, participants will stretch and tone muscles, cultivate concentration and clarity, and encourage peace and self acceptance. "This class is great for all people—whether you've been practicing yoga for years or it's your first yoga experience ever. It's a welcoming opportunity to be good to yourself while helping others."

All food will be donated to the West Bay Community Action Program of Warwick for distribution in their Marketplace. They help individuals and families become self-sufficient and improve their lives through numerous services. Last year over 80 pounds of food was collected. With the ambitious goal to quadruple that amount this year, the food drive has been moved to the large meeting room in the Warwick Public Library, located at 600 Sandy Lane in Warwick. Arriving a few minutes early is customary and will enable the class to begin on time. Please dress comfortably and bring a towel or yoga mat for your practice.

Registration is encouraged. [WholeOfTheMoonYoga.com](http://WholeOfTheMoonYoga.com). **See ad, page 13.**



## Nonprofit Hosts Holiday Open House

See A New Leaf awash in seasonal garb for its annual holiday open house December 5-6. Rhode Island's nonprofit flower shop will be displayed with Christmas trees, decorative greens, wreaths, arrangements and gifts. All items are available for sale. Enjoy a cup of cider while walking around the displays.

In business for 26 years, A New Leaf is a full service flower and garden shop providing employment and job training to adults in Rhode Island who have psychiatric disabilities.

A New Leaf is located at 135 Gano Street, in Providence. 401-351-4330. [ANewLeafFlorist.org](http://ANewLeafFlorist.org).



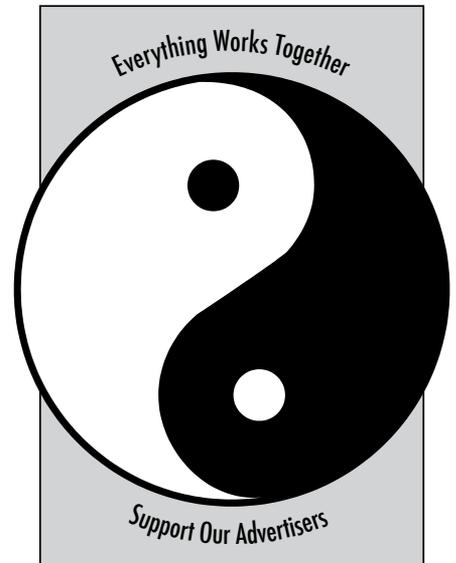
**Natural Grocer and Café**  
311 Broadway Newport, RI  
Phone: 401-608-2322

**Healthy, Organic, All Natural Meals**  
Locally Farmed Produce & Eggs  
Breakfast All Day

**OPEN 7 DAYS A WEEK**

.....  
Mon - Fri: 8am - 8pm / Breakfast • Lunch

Sat - Sun: 8am - 3pm / Breakfast • Lunch



## Kabbalistic Healers of Rhode Island



*integrating Kabbalistic wisdom, Buddhism, and modern psychology*

Donna Mann Joan Webb

Kathy Bernstein

Theresa Beaudreau

Jacqui Meszaros

**KabbalisticHealersRI.org**

EAT WELL • FEEL GREAT • LIVE IN GOOD HEALTH

# Healthy Haven



**Baked Goods**  
available for all your  
holiday events:  
cakes, pies, frosted brownies,  
muffins and biscotti.

**Give a Healthy Haven  
gift card,**  
they make great holiday gifts.

**Gluten Free Food Store**

[www.healthyhavenRI.com](http://www.healthyhavenRI.com)

80 Main Road, Tiverton, RI 02878

Kathi Thiboutot

**401-816-5844**

## Green Home Cleaning

- consultations
- assistance
- full service



**DEB 401.884.7202**

**DDemarino1@cox.net**

## newsbriefs

### Trunk Show Supports Fair Trade, Nonprofits



**H**olistic Health Rhode Island will hold the second annual Global Heart Trunk Show and Sale Saturday, December 5, providing consumers an opportunity to buy consciously for the holidays and support non-profit and fair trade organizations all over the world.

All products carried by The Global Heart are handmade, high-quality, unique and sustainably produced materials. The products come from organizations around the world, many of which are non-profit. All operate under the principles of fair trade; maintaining safe and comfortable work environments and paying workers fair wages. "These exceptional products support the needs of artisans and producers in underdeveloped communities worldwide", says Dr Jewel Sommerville, founder of Holistic Health Rhode Island.

Local artists include SilverTides Jewelry, Soozie Sundlun Photography and Samaritan Carvers. A portion of all sales will support RI Foodbank. Enjoy refreshments and free chair massage.

*The trunk show will be held 10 a.m. to 5 p.m. at Holistic Health Rhode Island, 5784 Post Road, Suite 5, in East Greenwich. 401-398-2933. [HolisticHealthRI.com](http://HolisticHealthRI.com).*

**See ad page next page**

## New RI Wellness Campaign Shapes Up

Registration for this year's Shape Up RI begins December 1.

Shape Up RI is a statewide exercise and weight loss challenge. This annual health



campaign encourages Rhode Islanders to pursue healthy lifestyles through increased physical activity and better nutrition. Participants compete on teams and track their weight, exercise hours, and/or pedometer steps throughout a 12-week period. Over the past four years, nearly 35,000 Rhode Islanders have participated in this successful program, losing thousands of pounds, walking millions of miles, and proving that teamwork is a powerful prescription for taking control of our health.

Team captains may register using the online system to recruit a team of 5-11 members. Team members can join the team by signing up online through an email link. The cost is \$20 and includes start up kits with a digital pedometer, wristband, competition logbook, access to an online Team Tracker system, weekly emails with important health tips, eligibility to win prizes, and free access to hundreds of statewide health and education events.

Competition begins January 25, 2010. Teams make their own schedules and plans, tailored to the needs and desires of its members. Three competition divisions include: weight loss, exercise hours, and pedometer steps.

Throughout the campaign, Shape Up RI will send competition updates, exercise and nutrition tips, and information about upcoming events.

*Register at [ShapeUpRI.org](http://ShapeUpRI.org)*

## Make your community a little **GREENER** ...

### Support our advertisers

For every \$100 spent  
in locally owned businesses,  
\$68 returns to  
the community

source: [the350project.net](http://the350project.net)





## Warhol Exhibit Showcased at Bannister Gallery

An Andy Warhol exhibit will be showcased December 9 through January 8 at Rhode Island College's Bannister Gallery. This free exhibition is a representative sampling of material recently acquired by the college from the

Andy Warhol Foundation's Legacy Program.

The photographs are Polaroid and silver-gelatin and black and white images of celebrities such as Bianca Jagger, Pia Zadora, Liza Minnelli, Martin Scorsese and John Travolta. The photos reveal the idiosyncratic nature of his subjects, and permit the viewer a shared moment with the artist.

*Bannister Gallery is located in Roberts Hall, 124, at Rhode Island College, 600 Mt. Pleasant Ave., in Providence. Contact the gallery for hours: RIC.edu/banister; or call 401-456-9765.*



The whole art of teaching is only the art of awakening the natural curiosity of young minds for the purpose of satisfying it afterwards.

— Anatole France

## NEW ENGLAND HOLISTIC CHAMBER OF COMMERCE RHODE ISLAND CHAPTER



*Because the whole is greater than the sum of its parts*

**TWO OPPORTUNITES every month to NETWORK with like-minded people!**

**2nd Thursday 6 to 8 pm**

**Last Wednesday 8 to 9 am**

See our listings in the Calendar of Events section for each event's location

please visit our website [www.neholisticchamber.org](http://www.neholisticchamber.org) or call Susan Lataille, Executive Director at 401-769-1325 x 11



*a welcoming, comfortable and healing environment where quality time with patients is our priority*

HERBAL MEDICINE • NUTRITIONAL THERAPY • MAGNETIC THERAPY • ACUPUNCTURE • TUINA • SOTAI • MOXABUSTION • REIKI • MASSAGE THERAPY • PERSONAL CHEF

*Holistic Health Rhode Island offers individualized healthcare tailored to your needs.*

By treating both the source of the problem, as well as the symptoms, we are able to return your body to its *natural* state of health.



**Jewel Sommerville** DOCTOR OF ACUPUNCTURE  
D.Ac, Lic.Ac, M.A.O.M., Dipl.Ac.

*Acupuncture is a non-invasive procedure that effectively treats problems such as IBS, Headaches, Pain, Fertility, Depression and Anxiety.*

- Licensed to practice in both Massachusetts and Rhode Island
- Credentials from the National Certification Commission for Acupuncture and Oriental Medicine
- Published numerous articles and presented on topics ranging from stress to complementary medicine's role in substance abuse recovery.
- Combines her training in Japanese and Chinese acupuncture and Chinese Herbal Medicine to assess, diagnose and treat your condition.

**Christopher Oliveri**, PERSONAL CHEF SERVICES • **Liz Smith**, REIKI MASTER • **Julie Mollo**, LICENSED MASSAGE THERAPIST

5784 Post Road, Suite 5, East Greenwich, RI • 401.398.2933 • [www.HolisticHealthRI.com](http://www.HolisticHealthRI.com)

## Laser Therapy Opens in E. Providence

Laser Professional Therapy has recently opened an office in East Providence, offering therapeutic programs to help manage pain, stop smoking and lose weight. These programs use a low level laser treatment applied to acupuncture points on the body. Dr. Dennis Hardy and Dr. Eva Ligeri, who administer treatment, say there is no pain and the treatment will not interact with any medicines the patient is taking. They add that this natural and noninvasive treatment has been used successfully in Europe and Canada for 20 years with no side effects. Laser treatment can be effective in treating chronic headaches and in managing stress as well.



*Laser Professional Therapy is located at 174 Taunton Avenue, in East Providence. 401-434-1435.*



## Yoga Practitioners Form Collaborative

The Rural Yoga Teacher Collaborative (RYTC) is a newly formed community of yoga teachers/studios serving Rhode Island, Connecticut and Massachusetts. Its mission is to promote community awareness of classes and services offered by teachers and studios working in rural communities within

the tri-state area. RYTC also offers support to participants through professional development, promotion of each other's events and collaboration on programs and advertising.

In January, RYTC will celebrate the launching of its web site (RuralYogaTeachers.com) by offering the first collaborative event: 108 Salutations. Look for more details on the events calendar of the January edition of Natural Awakenings and join the email list for information on other upcoming and ongoing events.

*For more information, contact Ellen Schaeffer at 401-368-9642 or YouPhoria.biz.*

## Stand Up For Animals

The Providence Animal Rescue League (PARL), invites you to join them for holiday cheer and laughs in 2 separate upcoming events. Both of these seasonal events support one of the biggest animal shelters in the state.



On Saturday, December 5<sup>th</sup>, from 1-4pm, visit the shelter for pet pictures with Santa, tours of the shelter, holiday gifts for pets and people, a special tree lighting ceremony and a Blessing of the Animals.

The First annual Stand Up For Animals sponsored by Furry Friends Pet Care of Cranston, will be held at 7pm, December 11<sup>th</sup> at The Comedy Connection in East Providence. Attendees will experience a doggie fashion show and comedy show featuring nationally known comedian April Macie. With holiday shopping, a live auction and door prizes, the evening will raise money and awareness for animals in need. Tickets are \$20 each or \$19 with a canned cat or dog food donation. Reservations are suggested.

PARL is a privately funded, non-profit organization that takes in more than 2,500 of the state's homeless animals each year. In addition to vetting, housing, feeding, and caring for these animals, the shelter offers the community educational programs as well as low cost spay and neuter assistance for Rhode Island's cat population.

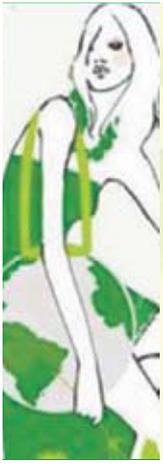
*For more information, contact PARL at 401-421-1399 or visit their website at [parl.org](http://parl.org).*

# Fill Your Sleigh With New Customers!

Advertise in  
**Natural Awakenings** this Winter!



Call **401-709-2473**  
or Email [info@rinaturalawakenings.com](mailto:info@rinaturalawakenings.com)



## Go Green for the Holidays

**G**reen Envy Eco-Boutique located at the Brick Market Place in Newport celebrates two years in business. As the holidays approach, many will be surprised at just what this "new to you" store has to offer

the savvy gift giver.

Owner Rachel Lessne had created a retail environment virtually unseen throughout the state, where every item in the store is environmentally friendly and/or fair-trade. With selections like super soft bamboo clothing, delicious smelling soy candles by Phebes, one-of-a-kind-jewelry and solar powered bags to charge cell phones and I-pods on the go, affordable gift options abound. "Most people think that organic is overpriced," says Lessne, who wants to debunk that myth by offering stylish merchandise at an affordable price. Green Envy carries a wide range of clothing in the \$25 to \$60 range and gifts and jewelry for under \$20. "Very rarely is there anything over \$100," she says, "and custom gift baskets are always available."

Customers often go in with the intention of buying a gift for someone else, but often walk away with something for themselves. "I know that the customer has seen something they've never seen before," says Lessne, "and that they leave with the knowledge that going green can be easy, affordable, and fun."

She says everything about the operation of Green Envy is sustainable as well. For example, all of the store's fixtures are reclaimed and use CFL light bulbs. "I am striving to reduce the impact on the environment in every way possible," she says.

Come in and browse the store on December 5<sup>th</sup> during their holiday shopping event and enjoy some hot apple cider. Spend \$40 and receive a free gift, while supplies last.

Green Envy Eco-Boutique is located at 223 Goddard Row at the Brick Market Place, in Newport. **See ad on page 19.**



**Melissa Sischo, LMT**  
Reiki Practitioner,  
Yoga & Meditation Instructor

**BodyinActionRI.com**

1645 Warwick Ave, Suite #224 • Warwick RI  
Upper Level of Gateway Plaza

**401-215-5698**

The Journey Within . . .

*Begins Here*

Nurturing your spirit, mind and body, offering:

-  Therapeutic Massage
-  Yoga/Pilates classes
-  Kids Yoga
-  Relaxation and Meditation

Call now to start your Journey!

**Discover a new perspective towards health!**

## Providence Wholistic Healthcare

*Integrative Natural Family Medicine & Acupuncture Clinic*

**Sheila M. Frodermann, MA, ND, FHANP**  
*Naturopathic Physician*

**Carol L. Seng, DA, LAc**  
*Doctor of Acupuncture*

Naturopathic Medicine & Homeopathy  Five-Element Acupuncture

Chinese Herbs  Nutritional Counseling

Western Herbal Medicine  Bowtech Body Therapy

144 Waterman St. / Providence, RI **401.455.0546** [www.ProvidenceWholistic.com](http://www.ProvidenceWholistic.com)



**Let Freedom Clean...  
We Clean Green!**

**EXPERT  
Area Rug  
CLEANING**

• Free Pick Up • Free Delivery • Free Fringe Clean • Free Sanitizer

**401-846-4319**

**800-369-1006**

Check out

**NewportFreedom.com**  
for more offers and information

**Get 1 area rug  
cleaned for FREE**  
*(up to 8x10)*

**No purchase needed  
Free pick-up**  
*Urine odor rugs not eligible*



Randy Santerre

# communityspotlight

The holiday season carries many promises. But for those who want their gifts to be filled with real joy and true meaning, the holidays can be a challenge as well. There are a number of gift ideas, however, that help reduce stress, lift spirits and encourage healthy living—things like really good food, inspiring books, gifts to pamper the body and handcrafted treasures made from the heart.



## Giving the Gift of WELLNESS

by Wendy Fachon

**GOOD FOOD** – When it comes to giving food, forget fruit cake and treat loved ones to a Fruit-of-the-Month Club instead. Come January, a box of fresh Florida citrus will seem like a breath of summer. Or how about giving raw honey or a jar of dried mushrooms? A single morel, rehydrated and chopped, makes an exquisite country omelet. I once received a rosemary topiary shaped like a Christmas tree. It lived in the breakfast nook window and provided fresh sprigs of rosemary to season many a comforting meal.



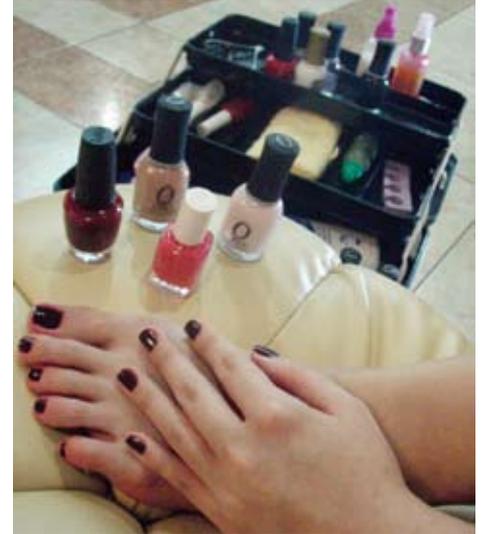
Another fun option is creating a gourmet food basket filled with products to suit the tastes or perhaps even the health challenges of the intended recipient – a gluten-free collection of foods for someone with gluten intolerance; a basket of organic vegetables and spices for a vegan; an assortment of hot pepper sauces for someone who loves spicy foods. For friends and colleagues, baked goods or candied nuts wrapped in festive bags are a wonderful and creative gift that anyone would enjoy.

**INSPIRING BOOKS** – Good books never grow old. Cookbooks make great gifts for those who love to spend time in the kitchen. Books about massage are perfect for a significant other, not to mention poetry, inspirational books and riveting novels.

Your own words are treasures that cannot be duplicated. My father wrote his autobiography – filled with his life's reflections – and had it hardbound to give to his chil-



dren and grandchildren. It inspired our family to compile our children's short stories and poems, along with a few of our own. This collection included some photography and artwork, and it was a gift my relatives are still talking about.



**BODY AND SOUL** – Gym shorts probably won't make a great impression, but an outfit for someone who loves yoga may well be appreciated. A gift certificate for yoga classes, Reiki sessions and massage is a gift that gives anticipation as well, and can be saved for times when they are really needed. Not every woman would spring for a pedicure, but nearly every one would love to receive one as a gift. Some men might even appreciate a manicure.

Handmade, even local, bath and body products make beautiful gifts. Soaps, lotions, creams and bath salts can be found at farmer's markets, co-operatives and other local haunts. They are unique gifts that give back to the community as well.

Of course, at the end of the day the gift that's most precious is simply sharing time with loved ones – a welcoming hug, a prayer of thanks, a candlelit dinner, a bottle of wine, a favorite game, joyful music, the sharing of stories by the fireplace and good jokes. This holiday season, it doesn't have to be challenging to give the gift of light, love and health – and there's nothing more rewarding.

*Wendy Fachon is the founder of Waking Up to Wellness. 404-884-1559. [WakingUptoWellness.org](http://WakingUptoWellness.org).*

**The Truth is...H1N1 is Here!**



Those most at risk, children, elderly and people with compromised immune systems need to be exceptionally careful. The rest of us need to insure our health is optimal. This is where **Shaklee** can make a world of difference. **Shaklee**, the leader in Natural Nutrition for over 50 years, offers patented, proven ways to strengthen your body and especially your immune system.

*Please give us a call for a free consultation!*

**Jeff & Matt St.Germain-Donnelly**

Independent Shaklee Consultants

*Serving New England since 2005*

**1-800-554-0031**

[www.live-life-now.com](http://www.live-life-now.com)



**CLEMENTS' MARKETPLACE**

*Natural & Organic Shopping Inside a Traditional Supermarket*

*Let us help with your holiday entertaining this season!*

**Creekstone Farms**  
All Natural Beef  
Rib Roast



- Fresh Organic Vegetables
- Organic Rice Mixes, Broth, Dessert Mixes & more!
- Organic Fruit Baskets & Platters

*Save Time - Shop Local!*

Annie's Homegrown  
Barbara's  
Burt's Bees  
Kashi  
Health Valley  
Nature's Path  
Newman's Own



Open Everyday  
7 am - 9 pm

2575 East Main Road • Portsmouth, RI • 683-0180 • [www.clementsmarket.com](http://www.clementsmarket.com)

Do not dwell  
in the past,  
do not dream  
of the future,  
concentrate  
the mind on  
the present  
moment.

~ Buddha

Our shows air live at our flagship station  
WBNW1120Boston  
simulcast with  
WPLM1370Plymouth &  
WESO970Southbridge  
internationally via the internet.  
[www.dreamvisions7radio.com](http://www.dreamvisions7radio.com)

Dreamvisions 7 exclusive  
now on Sundays  
12-8PM

**DREAMVISIONS 7 RADIO**



Deborah Beauvais



Andrea Frasé



Pavitra Ciavardone



Lydia Costa



Sheryl Turgeon



Jeanne White



Terry Porter



Christine Conway



Kate Beeders



Pat Hastings

For more info on how you can be a Radio Star call Deborah Beauvais  
[Deborah@dreamvisions7radio.com](mailto:Deborah@dreamvisions7radio.com) or call 508-226-1723

**SPECTRUM-INDIA**



Home of the Overflowing Glass!™

**Must reduce inventory  
BY HALF!**

**Save BIG with the name-your-own-price  
SALE on select items**

men's and women's clothes (including large sizes), shoes, large selection of colorful rain boots, belly dancing costumes, incense, soy candles, flameless scented candles, jewelry, books, cds, Woodstock chimes, heat and eat Indian entrees

*We bring you beautiful things at great prices!*

Mon/Tue/Wed-10am-10pm    Thur-10am-11pm  
Fri/Sat-10am-midnight    Sun-Noon-10pm



252 Thayer Street Providence, RI • **421-1010** • [spectrumindia.com](http://spectrumindia.com)

# yoga & PILATES

## YIN YOGA: A QUIET PRACTICE WITH DEEP RESULTS

By Kathryn Boger, RYT

Step into a Yin Yoga class, and you may wonder why everyone is just lying around on the floor. Hold a Yin Yoga pose, and you will realize that this quiet practice works at a profound level, providing a safe way to explore the deep physical and energetic openings in the body.

On a physical level, Yin Yoga goes beyond muscle work to gently stretch the connective tissues including ligaments, tendons and fascia. The stimulation of connective tissue helps to keep the joints healthy and to improve

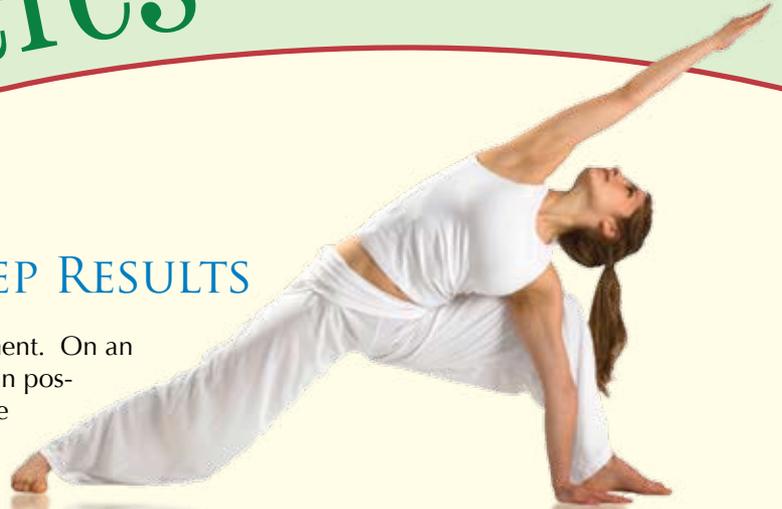
fluidity of movement. On an energetic level, Yin postures stimulate the meridians in the body. Meridian is a term that comes from

ancient Chinese medicine and represent a kind of map of the way energy flows through the body. A well-designed Yin Yoga class will help a student release deeply held tension, remove energy blockages, and restore a calm and balanced nervous system. The deeply relaxing effects of Yin Yoga make it an excellent end-of-day practice.

Most styles of hatha yoga emphasize an ideal form and teach alignment practices to help a student approximate that form in their own body. In Yin Yoga, there is no ideal form. Students are taught to pay attention to sensations arising in the area of the body that is being opened and then given the freedom to experiment with the form to enhance those sensations. Postures are held for three to five minutes; yoga props are often used to hold the postures comfortably.

Yin Yoga is a very accessible practice for most people: Students do not have to be in great physical shape to get started; they do not have to be particularly flexible; and the postures are relatively easy to do.

Yin Yoga was developed by Paulie Zink, and has been most widely disseminated in the West by his student, Paul Grilley. This system of Yoga is based on the spiritual/wisdom traditions of Taoism, Yoga, and the Taoist practice of Chi Kung (or Qigong).



find  
your  
center



ALL THAT *Matters*  
yoga + holistic health center

315 Main Street  
Wakefield, Rhode Island  
782.2126 allthatmatters.com

## PILATES BY CITY

### BRISTOL

EVOLUTION Bodywork and Nutrition  
685 Metacom Ave  
EvolutionRI.com • 401-396-9331

Ultimate Pilates Bristol  
259 Thames St.  
UltimatePilatesBristol.com  
401-253-3811

### EAST GREENWICH

Pilates West Bay  
5 Division St., Bldg D, 2nd floor  
PilatesWestBay.com  
401-261-4137

### JOHNSTON

Unique Total Body  
190 Putnam Pike  
UniqueTotalBody.com • 401-233-2348

### LINCOLN

Rhode Island Pilates Studio  
85 Industrial Circle, Ste 209  
RIPilatesStudio.com • 401-335-3099

### PAWTUCKET

Jen McWalters Pilates Studio  
1005 Main St, Ste 111  
PilatesJen.com • 401-475-0084

# YOGA BY CITY

## CHEPACHET

Healing in Harmony Wellness Center  
712 Putnam Pike Suites 7&8  
HealinginHarmonyWellness.com  
401-567-8855

## CRANSTON

Dr Lakshyan Schanzer  
1215 Reservoir Ave  
BodyMindRI.com • 401-369-8115

Iyengar Yoga Source  
2170 Broad St  
LindaDiarlo.com • 401-461-6665

Santosha Yoga Studio and Holistic Center  
14 Bartlett Ave  
YogaAtSantosha.com • 401-780-9809

## CUMBERLAND

The Yoga Studio of Blackstone River Valley  
99 Pound Rd at the Zen Center  
TheYogaStudioBRV.com • 401-658-4802

Yoga Connect  
1226 Mendon Rd  
YogaConnectsus.com • 401-333-5007

## EAST GREENWICH

Absolute Fitness  
2727 South County Trail  
AbsolutFit.com • 401-884-0330

CORE Fitness Center  
5600 Post Rd  
CoreFitness.us • 401-886-4700

Sundance Therapies  
410 Main St  
SundanceTherapiesRI.com • 401-398-0786

## EAST PROVIDENCE

Positive New Beginnings  
873 Waterman St  
PositiveNewBeginnings.com • 401-432-7195

## FOSTER

One Yoga Center  
142 A Danielson Pike  
Youphoria.biz • 401-368-YOGA

## GREENVILLE

Power Yoga Plus  
592 Putnam Pike  
PowerYogaPlusRI.com • 401-949-0755

## JOHNSTON

Unique Total Body  
190 Putnam Pike  
UniqueTotalBody.com • 401-233-2348

Yoga with Lora  
1665 Hartford Ave, 2nd Floor  
Multiple Locations  
Yogawithlora.com • 401-829-9148

## LINCOLN

Sunsalutations  
840 Smithfield Ave, Ste 303  
Sunsalutations.org • 401-632-7254

## MIDDLETOWN

Innerlight Center for Yoga  
850 Aquidneck Ave  
InnerLightYoga.com • 401-849-3200

## NARRAGANSETT

Sunrise/Sunset Yoga Therapy  
220 Boston Neck Rd  
joanelg1@cox.net • 401-783-9061

## NORTH KINGSTOWN

Deborah DeMarino  
401-884-7202  
DDeMarino@cox.net

Grace Yoga  
35 Weaver St  
GraceYoga.org • 401-667-2800

## PAWTUCKET

Breathing Time Yoga  
541 Pawtucket Ave  
BreathingTimeYoga.com  
401-421-9876

## PORTSMOUTH

Tenth Gate Center for Yoga and Meditation  
1016 East Main Rd  
TenthGateYogaCenter.com • 401-683-9642

## PROVIDENCE

Eyes of the World Yoga Center  
1 Park Row  
InnerHappiness.com • 401-295-5002

Motion Center for Yoga,  
Dance and Massage Therapy  
111 Chestnut St  
MotionCenter.com • 401-654-6650

## WAKEFIELD

All That Matters  
315 Main Street  
AllThatMatters.com • 401-782-2126

## WARREN

The Yoga Loft  
16 Cutler St., #106  
YogaLoftRI.com • 401-245-0881

## WARWICK

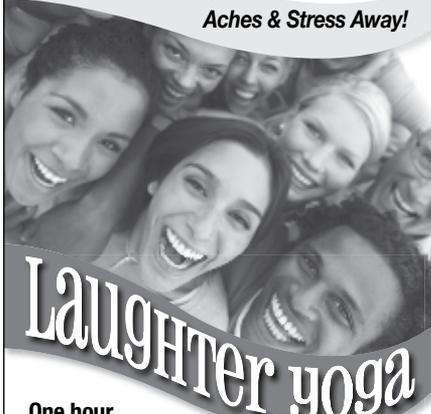
The Journey Within  
1645 Warwick Ave, Ste 224  
BodyinActionRI.com • 401-215-5698

Village Wellness Center  
422 Post Rd  
VillageWellnessCenter.com • 401-941-2310

West Shore Wellness  
2077 West Shore Rd  
WestShoreWellness.com • 401-734-9355

Whole of the Moon Yoga  
Multiple Locations  
Chris Belanger, RYT  
WholeoftheMoonYoga.com • 401-261-7242

**Create Joy While Laughing**  
*Aches & Stress Away!*



**One hour group sessions of guided interactive laughter and relaxation. No traditional yoga postures.**

**Group Building, Family Fun, Fundraisers, Senior Groups**  
*Private and Public Sessions Available*

**Chris Belanger, RYT**  
*Certified Laughter Yoga Leader  
Kripalu Yoga Teacher*

**wholeofthemoonyoga.com**  
**401-261-7242**  
*"As soap is to the body, so is laughter to the soul."*

*Yoga is the fountain of youth. You're only as young as your spine is flexible. —Bob Harper*

## Live a Centered Life

Eyes of the World  
Yoga Center

One Park Row  
Providence  
295-5002

[www.innerhappiness.com](http://www.innerhappiness.com)



# THREE DOG NIGHT

Should Fido and Fluffy Share our Bed?

by George Costa

Giving pets bed privileges is an age-old issue, with convincing arguments on both sides. The history of the pros and cons are evident in *The International Encyclopedia of Dogs*, which reports that in pre-Aztec Mexico, the Xoloitzcuintl, now known as the Mexican hairless breed, was a pet and a bed warmer. Today, an American Pet Products Association survey indicates that nearly half of all dogs, 46 percent, at least sometimes sleep in the owner's or a child's bed. Cats fare even better, with 79 percent sleeping with their people when they're in the mood.

When he worked as medical director of the Mayo Clinic Sleep Disorders Center, Dr. John W. Shepard, Jr. discovered that a significant percentage of his haggard patients slept with their animals. After surveying to see how much the pets disturbed their sleep, he declared that about half the pet sleepers asserted that their animal woke them more than once a night.

On the other hand, pet owners who desire to sleep with their four-legged companions will be delighted with a survey of veterinary behaviorists, who concluded that as long as a pet is a good sleeping companion, it's fine to count sheep with them. Dr. Marsha Reich, a vet with a private animal behavior practice in Maryland, agrees. "Unless a dog growls when you roll over, I don't have a problem with a dog in the bed."

*How To Be Your Dog's Best Friend*, the dog obedience manual by the Monks of New Skete, disagrees, advising that a dog should sleep on the floor, rather than in a person's bed. Dog behavior specialists, such as Dr. Ian Dunbar and British behaviorist John Rogerson, side with the monks' opinion, pointing out that if a bossy dog thinks the bed is his and he's sharing his space, it's the symptom of an unhealthy relationship.

Other concerns about sleeping with furry friends focus on pets that suf-

fer from anxiety. Clingy, needy Fluffys or Fidos should not share bed space, because nightly cuddling fuels a pet's codependence. A dog that suffers separation anxiety needs a little practice in feeling secure. Nighttime is a great time for a rehearsal.

Sleeping with cats is also a two-sided coin. According to Dr. Lynne Seibert, a behaviorist at the Veterinary Specialty Center in Lynnwood, Washington, the most common problem is that cats may not sleep at night. Seibert observes that cats are home sleeping all day, which leaves them ready to party all night. She recommends supplying cats with more daytime stimulation and engaging them in a play session before bed.



**Nearly half of all dogs, 46 percent, at least sometimes sleep in the owner's or a child's bed. Cats fare even better, with 79 percent sleeping with their people when they're in the mood.**

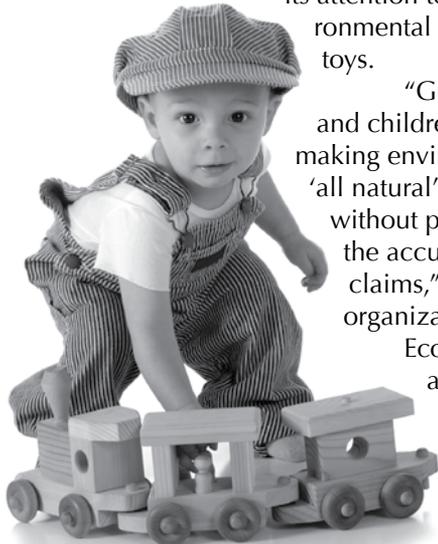
Source: American Pet Products Association, 2009

A positive outlook on animal bed companions, offered by Dr. Roger Valentine, a holistic veterinarian in Santa Monica, California, sheds light on why pet owners often experience lower blood pressure and cholesterol, fewer minor health problems and better psychological well-being. "It's a comfort to have a pet with you," observes Valentine, also pointing out that, "Sleeping with your pet can reduce stress and put you in a relaxed frame of mind for more restful sleep."

There may never be a clear verdict on such a personal issue as accepting a pet as a bedmate. Should one ever be officially rendered, it likely won't influence those who not only love their pets, but care for them as if they were children.

## Healthy Playthings EcoLogo Program Will Extend to Toys Next Christmas

The EcoLogo Program, known for two decades for certifying the world's 7,000 most sustainable products, this year turned its attention to initiating its first environmental standard for children's toys.



"Growing numbers of toys and children's products have been making environmental claims like 'all natural' and 'Earth friendly,' without providing any proof of the accuracy or relevance of the claims," explains Scot Case, the organization's executive director.

EcoLogo standards for toys are being developed in an open, public, transparent process, with input from interested parents, grandparents, manufacturers, retailers,

government agencies and nonprofit advocacy groups. Once the stringent standard of environmental leadership is finalized, a manufacturer must demonstrate compliance to win the EcoLogo mark.

Monitor progress of the new green toy standard at [TerraChoice-certified.com/en](http://TerraChoice-certified.com/en) under the drop-down menu "Standards in Development or Review." Contact is Katherine Stewart at [KStewart@EcoLogo.org](mailto:KStewart@EcoLogo.org), 613-247-1900, ext. 231.

## Solid K9 Training

### Real World At-Home Dog Training

*Awaken the true spirit in your dog and live a happier, more fulfilled life together*

- Award Winning Intensive Board and Train Program
- Award Winning Canine Massage and Reiki
- Beginner, Advanced and Off Leash Dog Training
- Rehabilitation and Behavior Modification
- Aggressive Dog Specialist with REAL Results
- Licensed-Bonded-Insured-Accredited

### Exciting Live Dog Training Seminar

Saturday, January 30, 2010 at 6 pm • Providence Westin

Plus! Catered Meet & Greet Session with Jeff Gellman

Tickets are \$15 each, \$25 per pair



Contact: 401.527.6354

[Jeff@SolidK9Training.com](mailto:Jeff@SolidK9Training.com)

[www.SolidK9Training.com](http://www.SolidK9Training.com)



**We are solely supported by our Advertisers, so please support them.**

## Gift-giving greatness.

Generic gifts got you down? Well, wake up your inner gifting genius! I have gift ideas that are anything but blah. Gifts girls adore. Gifts guys gotta have. Any budget. Any occasion. Any time. I'm here to make your life easier! Just ask!

MARY KAY

### Susan Culbert

Independent Beauty Consultant  
[www.marykay.com/sculbert](http://www.marykay.com/sculbert)  
401-578-6595

*expert*  
massage therapy

*Give the gift of ahhhhh*

HOLIDAY SPECIAL

Massage with Richard: *Buy 2* one-hour gift certificates for \$160.00 and *get one free*

Shop online at [BodySenseRI.com](http://BodySenseRI.com) or call 401.521.2565

**BodySense** 14 Basset Street in Providence

A black and white photograph of a woman sitting in a meditative lotus position on a low, dark wooden table in a modern living room. She is wearing a light-colored, long-sleeved button-down shirt and light-colored pants. The room features a fireplace with a fire, a television, bookshelves, and a large window. The text "A Space Defined" is overlaid in white at the top left, and "is a Space Divine" is overlaid in black at the bottom right.

# A Space Defined

by Dana T. Duellman, CPIA

## is a Space Divine

As 2009 quickly comes to a close, our thoughts might start to gather for the resolutions we will set in 2010. This year, why not set the intention to design a harmonious and balanced space in order to support your desires and goals? Often times we overlook how much impact our home and work space can be on our emotional, spiritual and physical well-being.

One of the most overlooked aspects of a healthy space is air quality. The air quality inside our space is often much more toxic than outside due to pets, cleaning products, dirty air filters and ventilation tubes, carpet and well sealed homes. An easy way to improve the inside air quality is to open several windows for a few minutes every day, and to bring in live plants. Live plants will attract energy, clean the air and remove toxins. From a Feng Shui perspective, live plants attract Ch'i, or life-force energy. No matter where you put a plant you will attract energy into your life.

Another aspect of a healthy space is the accumulation of clutter. Clutter

is defined different ways by different people, but it seems to happen on its own if we don't keep it in check. For our purposes, we will define clutter as something that is not needed, used or loved. Not surprisingly, love is the most difficult of the three. If you are holding on to clothes that no longer fit or items you are going to fix "someday", release them. This can be very difficult if the item was a gift or inherited. If it is difficult to release, but needs to be, it is a good idea to give it away to a nonprofit agency or to find someone who may benefit from it. Removing such things will make us feel lighter and more expansive and allow us to make room for new things. These new things can

be physical items, but they can also be intangible like new relationships or job opportunities.

It is also important to surround ourselves with items that support us and that inspire us. Art, music, candles and light are all space enhancers. Surrounding ourselves with things that bring us joy is another way to attract Ch'i and positive energy.

To create a home and work space that is inspiring and balanced will bring inspiration and balance into every aspect of your life. Home should be a space of rest, rejuvenation and balance; work space should be inspirational, energizing and balanced in order to keep us focused and productive. The best way to design a space for our soul is by doing everything with intention. When we utilize intention as the purpose behind our changes, the impact is profound.

*The author, Dana Duellman, is a Certified Practitioner of Interior Alignment Feng Shui and a licensed Realtor specializing in creating homes with soul. MyPerfectSpace.com.*



## Eco-Libation

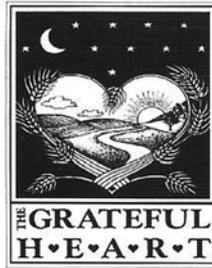
### Boxed Wine Beats Bottled

Boxed, instead of bottled, wine is becoming *au courant*. Choosing to sip boxed varietals saves half the shipping weight, avoids the environmental impact of glass manufacturing and keeps the product fresher longer (typically six weeks in the fridge after the seal is broken). It's why more wineries

leading the way with organic vino are packaging it in a plastic, vacuum-sealed bag inside a recyclable cardboard box.

According to wine writer Tyler Colman, Ph.D., who blogs at *DrVino.com*, upwards of 90 percent of American wine is produced on the West Coast, and then shipped to the East Coast, where the majority of wine consumers live. He notes that almost half the weight of an ordinary case of wine is from the bottles, whereas 95 percent of the weight of a case of boxed wine is the liquid. Colman concludes that switching to wine in a box for the 97 percent of wines that are made to be consumed within a year would reduce associated greenhouse gas emissions by about 2 million tons, the equivalent of removing 400,000 cars from our roads.

Sources: *Emagazine.com*; *BetterWinesBetterWorld.com* (lists bag-in-box brands).



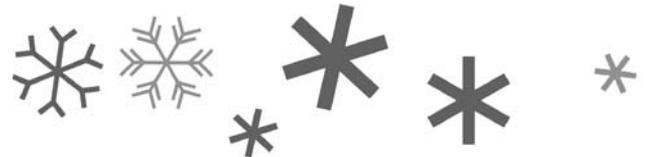
"An Old House Welcomes  
The New Age"

## THE GRATEFUL HEART BOOKSTORE

Health Related Books  
Metaphysical & Spiritual Books  
Relaxation Tapes & Video Rentals  
Crystals, Jewelry, Candles, Gifts  
Kirlian Aura Photos  
Aura-Soma Color Bottle Readings

17 W. Main Street ▼ Wickford, RI 02852  
Phone: (401)294-3981  
<http://www.gratefulheart.com>

Open Sun. & Mon. 12-5 ▼ Tues.-Sat. 10-6



Go ahead.

Experience  
Local India

Now Accepting

**Holiday Reservations**

• Simply Vegetarian Buffet \$10.99

*Saturdays 11:30am - 3pm*

• Purely Vegetarian, Gluten and  
Dairy-free dishes *available daily*

You deserve a gourmet meal.



727 East Ave., Pawtucket  
728-5500 • [rasoi-restaurant.com](http://rasoi-restaurant.com)

Mon-Thur 11:30am-3pm/4:30-10pm  
Fri 11:30am-3pm/4:30-10:30pm  
Saturday 11:30am-10:30pm  
Sunday 11:30am-9:30pm

**20% OFF**

**Dine-in / Take-out & Parties**

*Cannot be combined with any other promotions*

**Expires 12/31/09**

Please also visit our sister restaurant:



**Kabob and Curry**

taste india | since 1987

Award-winning Indian Cuisine



261 Thayer Street, Providence  
273-8844 • [kabobandcurry.com](http://kabobandcurry.com)



## Set New Year's **INTENTIONS**

by Tony Burroughs

**On the eve of 2010, thousands of individuals throughout the world are set to write their New Year's intentions using Tony Burroughs' simple and effective methods for putting the laws of manifestation to work. Burroughs has authored nine books, including *The Code: Ten Intentions for a Better World* and *The Intenders Handbook*, and he explains that intentions are considerably more positive and powerful than New Year's resolutions. "As Intenders, we deeply comprehend that our thoughts and words are constantly creating our future. Therefore, we state our intentions out loud every day, framing them in positive and powerful words that are most apt to produce the results we desire."**

**I**ntention statements, framed negatively, evoke the opposite and do not work. For example, rather than say, "I intend I am not sick anymore," as Intenders, we would assert, "I intend that I am in perfect health." Because we haven't mentioned anything about sickness or disease, it cannot be created from our statement.

As Intenders, we are successful at manifesting because we add strong statements at the end of our intentions. When we finish stating an intention, we emphatically say, "So be it," "So it is," or "So it is done." These words are powerful because they allow us to see our intentions as already having

manifested. For us, the key to manifesting anything is to picture the end result from the beginning—to see it as "a done deal," and then hold that vision in mind until it actually appears in our three-dimensional world.

In order for our intentions to manifest, they must serve the highest and best good of the Universe, including ourselves and everyone concerned. We would never make an intention without including a "highest good" clause, as it ensures that only those intentions which are truly for our highest good will manifest. All other intentions that do not serve us or our fellow men and women will not be created.

Intenders place tremendous value in coming together in community to make intentions with other like-minded and lighthearted people. At every opportunity, we take advantage of the fact that there is strength in numbers. We create Intenders

Circles, in which we get together with others who align with us and who help us to envision our intentions as already manifested. This makes everything manifest more swiftly and easily. In 15 years of observing Intenders Circles in action, we have learned that it is of prime importance that we gather and work together in community in order to create a world where we live in peace, freedom, abundance and fulfillment.

*For more information about the Intenders of the Highest Good, visit [Intenders.com](http://Intenders.com).*

# globalbrief

## Save Greenbacks

Choose to Travel Green This Holiday Season

U.S. Bureau of Transportation statistics show that Americans take 54 percent more long-distance trips (50 miles or longer) during the Thanksgiving holiday than the rest of the year. Then, we top it off with 23 percent more such trips between Christmas and New Year's.

The Union of Concerned Scientists offers these tips to help us minimize our personal transportation emissions: travel off peak, a day before and after the rush to avoid traffic holdups; fly coach class, and nonstop, if possible, on a budget airline where every seat is coach; go by train if traveling solo; drive by car or rented hybrid for a family; or simply get on a bus, the best eco-choice for everyone (especially true for journeys of under 500 miles).

Source: [ucsusa.org](http://ucsusa.org)



## Healing Choices

P.C.



Offering relief from  
Pain, Distress and Fatigue  
with Drug-Free Options

**Services include:**  
Medical Evaluation  
and Diagnostic Testing,  
Acupuncture, Chiropractic,  
Massage Therapy, Sotai (new)  
Mind Body Medicine, Nutrition,  
Homeopathy, Shiatsu, Tai Chi  
and Far Infrared Sauna Therapy.

116 EDDIE DOWLING HWY, NORTH SMITHFIELD, RI 02896

**Keith W.L. Rafal MD, MPH**  
with his expert team offers comprehensive  
assessments and interdisciplinary programs.

**401-766-0800**

Ext. 5519

FAX **401-765-5904**

[www.Healing-Choices.net](http://www.Healing-Choices.net)

**Winter, a lingering season, is a time to gather  
golden moments, embark upon a sentimental  
journey, and enjoy every idle hour.**

— John Boswell



## GREEN ENVY ECO-BOUTIQUE

FEEL GOOD ABOUT WHAT YOU BUY.

EVERYTHING WE SELL IS ORGANIC,  
FAIR TRADE OR ECO-FRIENDLY

Did you know clothing made from  
BAMBOO feels like CASHMERE?

FEATURING STYLISH ORGANIC AND FAIR TRADE CLOTHING,  
JEWELRY, ACCESSORIES, BABY WEAR, SKIN, FACE & HAIR CARE.

CHECK OUT OUR SOLAR PURSES AND BACKPACKS.

CHARGE YOUR CELL PHONE OR IPOD IN YOUR BAG.

223 GODDARD ROW, BRICK MARKET PLACE, NEWPORT, RI  
401.619.1993 [WWW.GREENENVYSHOP.COM](http://WWW.GREENENVYSHOP.COM)

SAVING  
THE  
EARTH  
WITH  
EVERY  
PURCHASE

## Buy Nothing

Consider No Cost Holiday  
Gifts and Activities

Christmas won't be the same when families get creative and gift each other loving services and home-made crafts, and then venture into the community to do good unto others. The *Buy Nothing Catalogue* at [BuyNothingChristmas.org](http://BuyNothingChristmas.org) presents a compendium of ideas, materials and testimonies celebrating the true spirit of the holiday. Searching under Alternatives on the site yields everything from initiating a cookie exchange, scrapbooking family recipes and offering instruction in a personal skill to creating a dress-up trunk for kids and printing out babysitting coupons.

Source: *Mennonites of Canada*

## Wellness Within Counseling Center

**Outpatient Therapy  
with a focus on:**

Depression  
Anxiety/Panic Disorders  
Mood Disorders  
Trauma/PTSD  
Co-Occurring Disorders  
Chemical Dependency/Addictions  
Court Ordered/DWI/DUI  
Toxicology Screens on site  
Phase of Life Problems  
Vocational Counseling

**Elisa Robley** MA, CAGS, LMHC, LCDP, CCDP-D

**Marie Capobianco** MA, CAGS, LMHC, LCDP, CCJP, CCDP-D

ADULTS, ADOLESCENTS, INDIVIDUALS & COUPLES

**Long & Short Term Therapy**

**HOURS**

**WE ACCEPT**

M - Th	8 am - 8 pm	Most Insurances Self Pay
Friday	8 am - 5 pm	
Saturday	8 am - 5 pm	

900 Reservoir Avenue Cranston, RI • Phone: 401-632-4114 Fax: 401-632-4880

# Awakening Consciousness

Bold New Visions for Us, the Earth and the Universe

by Barbara Amrhein

“Identify yourself with the whole of mankind. Everyone who wills can hear the inner voice. It is within everyone.”

~ Mohandas Gandhi



In our emerging global community, the digital age has propelled us, with ever-increasing velocity, towards a world that seems at once limitless and all-encompassing, yet infinitely smaller and more fragile than previously imagined. Events that a few decades ago may have aroused a nation’s compassion or concern—drought in Asia, nuclear power plants in Russia and Europe, political upheavals in Africa—now have a recognized potential to affect every world citizen, both physically and spiritually. Today, as we text and Twitter, blog and link in to Facebook, MySpace, Badoo, Bebo and dozens of other social networking websites, we create instant communications that span continents, cross cultural barriers and bridge political divides. We awaken consciousness and forge connections.

Such connections are becoming the warp and weft of a universal fabric, weaving us all together. Now, inspired organizations are deftly exploring, encouraging and researching the global awakening that accompanies them.

One of the better-known is the Fetzer Institute (*Fetzer.org*), in Kalamazoo, Michigan. A privately operating foundation, the institute is on a course to foster awareness of the power of love and forgiveness in the emerging global community, through research, education and service programs. This mission, according to Fetzer’s website, “rests on our conviction that efforts to address the world’s critical issues

must go beyond political, social and economic strategies to their psychological and spiritual roots.”

In late 2000, the Fetzer Institute supported an initiative investigating the current character of group and collective consciousness, the Collective Wisdom Initiative (*CollectiveWisdomInitiative.org*). The website is a dynamic clearinghouse for information, insight and individuals, all linked within the emerging field of collective wisdom. The organization’s motto, “Together, We Can Know More,” sums up its credo that to succeed, the quest requires a partnership between scientific processes and wisdom traditions.

Robert Kenney, Ph.D., a Fetzer Institute fellow and faculty member of the California Institute of Integral Studies, discusses his vision of collective consciousness: “By coming together in groups to consciously generate collective wisdom, we believe we have the potential to heal conflicts that seem impossible to heal; embrace with compassion, polarities and paradoxes that tear the fabric of our psyches and communities; and cultivate our capacities to love and forgive in groups splintered and polarized.”

He explains that as people come together as artists, educators, mystics, practical idealists, scholars, activists and especially, pragmatists, we bring forward some of our own light, seeking to do together what is not possible alone.

## Heeding Our Inner Voice

The Global Oneness Project ([GlobalOnenessProject.org](http://GlobalOnenessProject.org)), a nonprofit organization that produces films and Web-based



**Emmanuel Vaughan-Lee**

multimedia featuring scores of world thinkers and visionaries, is exploring how the radically simple notion of interconnectedness can best be lived in an increasingly complex world. Since 2006, the nonprofit's staff and volunteers have circled the globe, gathering and telling stories of creative, courageous people who believe that we bear responsibility for each other and our shared world. Founder and Director Emmanuel Vaughan-Lee, a producer,

director, composer, musician and practicing Sufi, is the son of renowned Sufi teacher and author Llewellyn Vaughan-Lee.

While working on the film *One: The Movie*, in 2005, Vaughan-Lee the younger says he was struck by the response to the film's focus on unity. "People from all walks of life and backgrounds were telling me they wanted to see more of this. So we developed the Global Oneness Project to explore how people around the world were applying a unitive consciousness to practical problems within their local and global communities."

One of the project's online interviews, among several highlighted here, shares the perspective of Vusamazulu Credo Mutwa, a Zulu sangoma (traditional healer) from South Africa. "We must awaken the Mother Mind within each human being," advises Mutwa, author of several books on African mythology and spiritual beliefs and well-known for his work in nature conservation.



## Divinely Touched

**Utilizing**  
Reconnective Healing & The Reconnection®  
**A new form of energy-based healing**  
Mary has studied with Dr. Eric Pearl, author of **The Reconnection**, published by HayHouse, who has used Reconnective therapy to cure disorders such as: cancer, AIDS, MS & chronic pain (results may vary from patient to patient).

**401-263-8828** [Divinelytouched.com](http://Divinelytouched.com)



## Personal Narrative Process™

reAwaken, reClaim, reCultivate,  
reVitalize, reEngage in the  
PurposeFull Life Worth Living

**Identity**



Who am I anyway?

*Class size is intimate to ensure you gain the most during your Personal Narrative Process™ act swiftly to ensure your seat...classes enrolling in Providence and Wakefield*

Visit [Universitypdc.com](http://Universitypdc.com) or call 401.284.1511 to find out more...

237 Robinson Street, Wakefield, RI 02879 [universitypdc.com](http://universitypdc.com)

# Wellness & Yoga

- Deep Tissue
- Swedish (*Relaxation*)
- Neuromuscular
- Hot Stone
- Myofascial Release
- Reflexology
- Shiatsu
- Manual Lymphatic Drainage
- Traditional Thai Massage
- Kinesiotaping
- Facials
- Waxing
- Yoga
- Bellydancing
- Reiki Circle

[www.VillageWellnessCenter.com](http://www.VillageWellnessCenter.com)  
[www.HeartInHandMassage.com](http://www.HeartInHandMassage.com)

**Open  
7 Days**  
by Appointment  
Only

Village Wellness Center  
Heart in Hand Massage Therapy

422 Post Road / Warwick, Rhode Island 02888

**401.941.2310**



“We always divide the world into little pieces, and we think that this camera, for instance, [the journalist’s camera or some other inanimate object] is isolated from the wholeness. It is isolated because it has no consciousness. But if you go into the deep consciousness, there is no separateness. There can’t be.”

~ Vera Kohn, community leader,  
psychologist and Zen teacher

“Every human being has two minds: the Mother Mind and the Warrior Mind,” Mutwa continues. The Warrior Mind looks at things logically and says, “Two plus two is four.” But the Mother Mind does not think in a straight line; rather, it thinks sideways and upwards and downwards. “We must awaken the Mother Mind within us. We must feel what is going on in the world,” he urges. “We mustn’t just listen to newspapers.”

“It is said by our Zulu people that women think with their pelvic area, where children grow and are born. We must think that way,” explains Mutwa. “I must no longer look at a tree [and see simply a tree], I must see a living entity like me. I must no longer look at a stone as just a stone, but I must see the future lying dormant in that stone.”

## Listening with the Heart

Bringing everyone in represents the life work of Ibtisam Mahameed, a Palestinian peaceworker on the board of Middle-



**Ibtisam Mahameed**

way, a non-governmental organization (NGO) promoting compassion and non-violence. A Muslim, Mahameed embodies interfaith respect and understanding in her bid for global oneness, encouraging Palestinian, Jewish, Druze and Christian women to learn about each other’s religions and cultures. She asks us all to learn the language of mutual love.

“First,” advises Mahameed, “we have to learn about all the principles found in the world. As a Muslim, Arab, Palestinian woman, I know my principles. But I don’t know yours. In order for me to understand your principles, I should ask you about them, and understand what they are.”

Next, we need to learn mutual respect from each other, urges Mahameed. We need to know how to listen, not with our ears, but with our hearts.

“I should tell you that I want to give you my hand, not to betray you, but to say you are welcome in my home. I shall like to visit you at your home, to hear more from you and to hear more about the world. This is what I call the ‘language of mutual love in the world.’”

## One Mind, or Electronic Membrane

This universal language already speaks intuitively to thousands, though skeptics may dismiss the concept as a gossamer New Age theory. If, indeed, such global connectivity exists, can it be scientifically proven?

The research of Dean Radin, Ph.D., a laboratory scientist and author in the field of parapsychology, may provide some preliminary answers. Radin discusses the possibility of a global mind and whether that global mind could “wake up.” He suggests that, with the Internet, humans may be approaching a system sophisticated enough to carry the electronic membrane, or “brain,” of a global self-awareness.



**Dean Radin, Ph.D.**

Radin’s Global Consciousness Project has tested the relationship between mind and matter to determine whether collective human attention corresponds to a change in the physical environment. Intriguingly, it does. (More at <http://globalonenessproject.org/videos/deanradinclip8>.)

“We have six billion or so people in the world... and there is already some experimental evidence suggesting that there is something like a global mind reaction to large-scale world events,” remarks Radin. The Global Consciousness Project has empirical markers for 200 major events [including the televised courtroom verdict of the O.J. Simpson murder trial and 9-11 attacks] that have attracted attention around the world. “We find changes in the physical environment as a result of that attention—changes that, by any conventional theory, shouldn’t be there,” says Radin. “And yet, they are there.”

At this point, scientists haven’t concluded that a global mind exists, but if evidence is suggesting that something strange is going on—“then maybe the mind of Gaia is waking up,” Radin reasons. “Or, maybe... there has always been a giant mind, but we weren’t quite clever enough, until just now, to begin to get an inkling that maybe that was what was going on.”

“As a species, for the last 35,000 years, we’ve been pulling back from nature. We’ve been differentiating ourselves and cultivating our capacity to stand apart from nature, to know or empower our uniqueness as hunter-gatherers, as farmers, as industrialists. But now... we’re beginning to see that the world is a living, integrated system. We need to turn from separatism to communion [in] an extraordinary transition in the life of our planet.”

~ Duane Elgin, activist

### Shifting Societal Structures

American spiritual teacher, activist and artist angel Kyodo Williams believes a shared collective consciousness—and conscience—can benefit all of humanity. This founder of the new Center for Urban Peace and author of *Being Black: Zen*



angel Kyodo Williams

*and the Art of Living with Fearlessness and Grace*, reminds us that societies can change on a massive scale.

She speaks of how we can replace the view of separation: “That view can be shifted [exchanged] as no longer the acceptable way in which we do things, in the same way that we no longer accept slavery. That was an economic choice—how will I get

my cotton picked if I don’t have slaves, that’s just impossible, I can’t give that up. Well, we’ve had changes in society that said, you will have to find another way. We have to make the structures of society unwilling to bear separation as a way of approaching things, individualism as a way of approaching things.”

That united commitment is crucial. “We are participants in a process that will always be larger than our imagination or our best sciences can fully explain,” advises Mary Evelyn Tucker, a senior lecturer and senior scholar at Yale University. “Can we evolve fast enough?” is a critical question.”

### Summoning Spirituality

Tucker, who is active in Yale’s School of Forestry and Environmental Studies, as well as its Divinity School and department of religious studies, has authored many books, including *Worldly Wonder: Religions Enter Their Ecological Phase*. She focuses on the vital role of spirituality in her Global Oneness interview and is prominently featured in a newly released film, *A Thousand Suns*, which PBS will broadcast in early 2010.



Mary Evelyn Tucker

“I do sense that the possibility for human evolution, human consciousness, is absolutely at hand,” says Tucker. “These alternative ways of being that have grown in the periphery of our societies and other societies around the world are coming into the center, are being valued: ecological economics, green politics, alternative technologies, sustainable farming and food. All these suggest that this evolution is very much in progress. If we have a reverence and respect for moving it forward with deep spiritual strength and grounding, I think we can do it.”

Sufi teacher, dreamworker and author Llewellyn Vaughan-Lee, Ph.D., concurs with Tucker’s emphasis on the importance of calling upon spiritual grace (visit <http://globalonenessproject.org/videos/lvclip4>). He writes and lectures extensively on the emerging global consciousness of oneness and our individual spiritual responsibility during this time of transition.

The world is going through a time of crisis, and during any time of crisis, there is the possibility for transformation, Vaughan-Lee the elder asserts. The good news is that, “Many people around the world are committed to this work of oneness on financial, ecological and cultural levels,” he explains. “There are many, many fields in which humanity is coming together in new ways...”

“But what I have found lacking in a lot of approaches is that they think we have to do it all ourselves. And I think we need the help of God. I think we can participate; I think we can be attentive, receptive, for when the Divine comes. Can we do it ourselves? No. Can we wake up the world? No. But we can be ready, waiting and prepared.”

Story Source: For more information and video interviews, visit [GlobalOnenessProject.org](http://GlobalOnenessProject.org).

Barbara Amrhein is an editor with *Natural Awakenings* magazines.

## HEALING RITUALS AROUND THE WORLD

Many of today's healing rituals draw from the tried-and-true wisdom of our ancestors.

by Debra Bokur

From acupressure massage, Ayurvedic facials and Shiatsu to hot stone massage, seaweed treatments and the use of herbs and botanical oils, many of today's healing rituals share a vital component. Each has a firm foundation in an ancient, re-

spected healing modality that's recently made its way back into our collective awareness. Thanks to migrating populations and the efforts of world explorers, a glorious overlapping of regions and practices has occurred.

Along the way, these traditions have gained renewed respect in today's forward-thinking wellness communities.

### Native American Wisdom

As recently as the mid-1800s, nearly 80 percent of all medicine in Europe and the United States was derived from native plants. Native American populations have a long history of tapping into the healing world of botanicals, awarding great respect to plants and recognizing the life force within them as integral to healing.

Cleansing sweat lodge ceremonies, for example, as well as the use of such natural elements as sage, clay, willow, agave cactus and honey, have become staples in spas throughout Mexico and the West. Recently, another tradition has been rediscovered: burden baskets.

These small, woven baskets are used in an adaptation of an Apache custom, in which they provide a physical receptacle for worries, concerns and mental burdens. Today, guests symboli-

cally place their cares and burdens in the basket. The therapist then removes it from the room and empties it, leaving each guest free to garner the maximum healing benefit from their therapy.

### Caribbean, Coastal Mexico, West Indies and South America

Healing traditions within every part of the world share common elements. In tropical locations, local fruit crops of papaya, mango and coconut provide an abundance of natural, antioxidant-rich ingredients for facials and body treatments. On islands throughout the Caribbean and other coastal areas, seaweed, sea water, volcanic mud, sea salt and marine algae provide the same detoxifying and exfoliating benefits today as they did centuries ago.

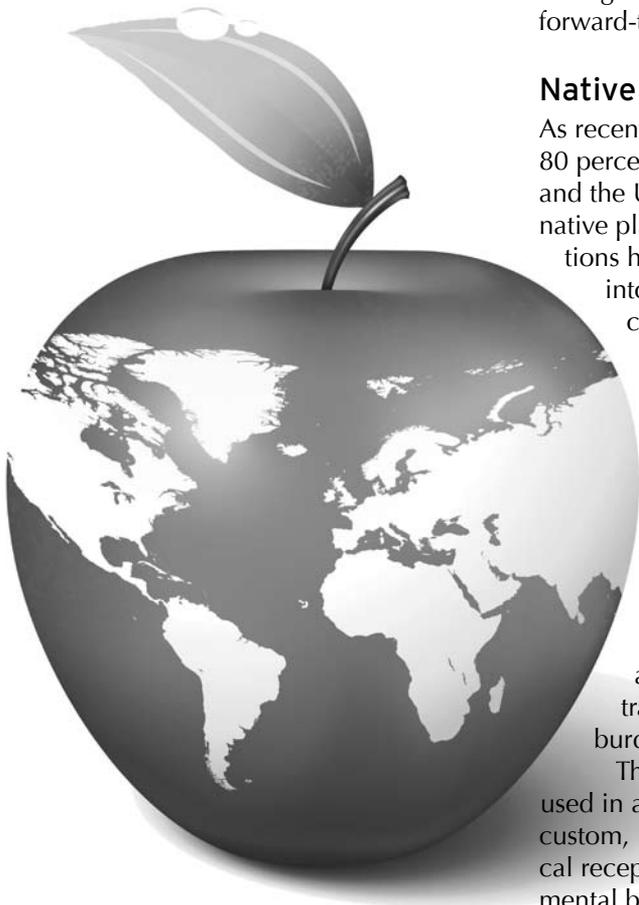
Mayan-themed rituals available along Mexico's east coast include meditation in the shadows of area ruins and seaside purification rituals. During one intense ritual, guests are blindfolded and guided through a series of experiences that involve and awaken every sense.

Further south, in the Amazon region of Venezuela, shamanism revolves around the practice of calling upon the spirits of native plants during healing rituals—a respected method that has helped to maintain and restore human health for centuries. Indigenous peoples in this rainforest environment believe that demonstrating proper respect for each plant is essential to the healing process. This respect ranges from asking the plant's permission before removing it from its source and thanking it for bestowing its healing powers, to guarding against overharvesting and acknowledging that the plant's spirit is every bit as important as its chemical components.

### Hawaii

In Hawai'i (native spelling), kahunas—traditional healers and holy men—have provided a solid basis for modern island spa treatments. Centuries-old lomi-lomi massage, with its long, stroking movements, helps stimulate and drain lymphatic glands, while easing the sore muscles of countless visitors.

Honey, popular in facials and moisturizing body treatments, has long been recognized for its topical heal-



ing properties. It was used in numerous healing rituals throughout ancient Greece and Rome; Cleopatra was said to use honey in her royal bath water.

## India

Today, increasing numbers of people are accessing India's 5,000-year-old medical system of Ayurveda and the centuries-old practice of yoga. Modern studies of the healing qualities of harmonic sound also have resulted in the production of soothing Eastern and other soundtracks for various traditions of massage as well as the use of Tibetan singing bowls during massage and energy treatments.

The use of gemstones to balance emotions and realign energy patterns, too, has gained popularity. Gemstone therapy has roots in many cultures, including Greek, Egyptian and Judaic societies. It was in India, however, that their spiritual and healing powers were most recognized, with mentions in the Vedic scriptures. Gemstones have been shown to emit specific vibrational frequencies that many believe capable of affecting the body's own frequencies, functions and well-being.

## Africa and Australia

From Africa, the practice of rhythmic drumming to induce a meditative state is still used by shamans as a way to enter the spirit world, where questions may be answered and individuals can progress along their healing journey.

Aboriginal medicine men in Australia also use drumming, repetitive percussive music and crystals to gain insight into dreams, which they believe are mediums for important messages—including messages of healing.

## Asia

Asian cultures understand the health benefits of meditation practice. Today's moving meditative methods include Tai chi and qigong, as well as the tradition of Japanese flower arrangement known as ikebana.

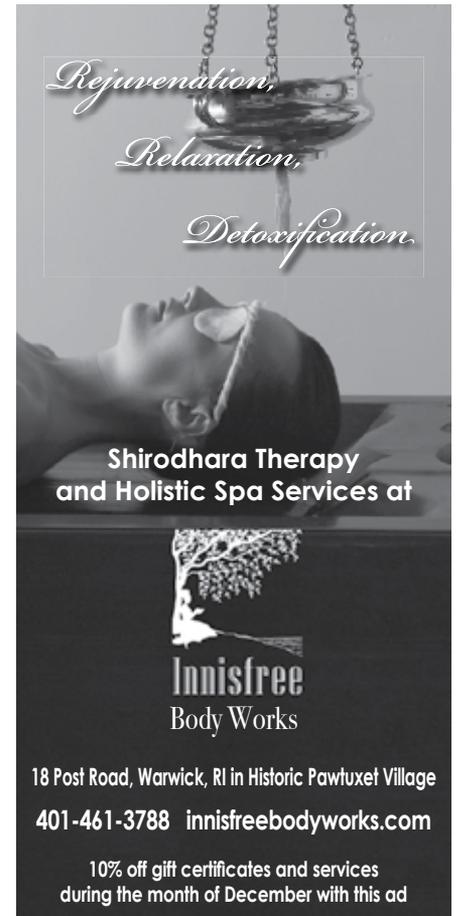
Once restricted to Japanese male nobility, today, the inspiring and calming ritual of ikebana can be practiced by everyone. The practice makes use of found objects, such as rocks, branches,

feathers and other offerings from nature, often with the addition of fresh flowers or greenery. Through contemplation and meditation, the practitioner seeks to create a harmonious arrangement of the gathered components.

Japanese tea ceremonies are another time-honored ritual with multiple health benefits. Today, the antioxidant properties found in tea are well known. The practice of slowing down and taking time for introspection at a regular interval each day also works to reduce stress and create an oasis in the midst of a busy schedule.

Participating in healing rituals and therapies from around the world provides ways for us to reconnect with our past. They remind us of what our ancestors knew so well—that body, mind and spirit cannot be separated. True health embodies the whole person.

*Debra Bokur is the travel and wellness editor at [HealingLifestyles.com](http://HealingLifestyles.com) and a regular contributor to *Fit Yoga and Global Traveler*. Connect at [NextPlane-Media.com](http://NextPlane-Media.com).*



*Rejuvenation,*  
*Relaxation,*  
*Detoxification.*

**Shirodhara Therapy  
and Holistic Spa Services at**

**Innistree  
Body Works**

18 Post Road, Warwick, RI in Historic Pawtuxet Village  
401-461-3788 [innistreebodyworks.com](http://innistreebodyworks.com)

10% off gift certificates and services during the month of December with this ad



**Vel-Pet** **Maintain Your Pets' Well Being—Naturally!**

with Deer Antler Velvet, a powerful, traditional Chinese medicinal tonic, over 2000 years in use

- Safe, natural supplement for animals
- Anti-Inflammatory and Arthritic Joint Support
- Strengthens Bones
- Helps heal hip dysplasia
- Increase energy levels

**Call Henry today!**  
**401-738-6084**  
**401-556-2262**

Email: [GraniteAcres@Verizon.net](mailto:GraniteAcres@Verizon.net)

Buying Vel-Pet supports a locally sourced and produced product



**Give a Special Gift**

**For the Person Who has Everything!**

I create **Personal Vision Boards** and collages for your hopes, dreams, plans, visions, gifts, talents, hobbies, interests.

*A portion of the proceeds will benefit women battling gynecological cancer.*

Call Joy @ **401-946-0670**

Coming in  
January

## INTEGRATIVE MEDICINE

The future of  
healthcare



*Plus:*  
Look and feel  
younger in 2010  
with new  
anti-aging tips in  
*Natural Awakenings'*  
January issue.

For more information  
about advertising and how  
you can participate, call  
**401-709-2473**

fitbody

# BRING ON THE BEAT!



Workout music  
pumps up motiva-  
tion, while building  
fitness.

by Joan McCutcheon

**W**ho can keep their feet still and their body-motor idling while listening to Steppenwolf's *Born to Be Wild*? Or, for post-Boomers, AC/DC's *T.N.T.*? As Sonny and Cher sang succinctly in *The Beat Goes On*, "Drums keep pounding a rhythm to my brain." Music is, indeed, the magic that can boost our heart rate, energy levels and mood—it's a perfect workout buddy.

During the late 1990s, noted sport and exercise psychologist Dr. Costas Karageorghis conducted studies to determine if listening to music aided the physical performance of athletes. His research revealed that it could reduce our perception of effort and divert fatigue; positively affect mood and motivation; enhance the acquisition of motor skills;

and be either stimulating (useful for vigorous exercise) or calming (helpful for Pilates, yoga and cool-down sessions). Karageorghis concluded that music is "an often untapped source of both motivation and inspiration for sport and exercise participants."

Karageorghis further emphasized the importance of synchronizing music with activities. He advised, "For a piece of music to truly inspire the listener, it must have strong rhythmic qualities that match the activity at hand, and also a tempo that matches the predicted heart rate." In addition, "The melody and harmony of the music should promote a positive mood state; that is, they should energize the listener and increase vigor." One of the largest music-exercise

**"The melody and harmony of the music should promote a positive mood state; that is, they should energize the listener and increase vigor."**

matchmakers in the world is Power Music, a leading source for fitness professionals and the public. Its website, *Workout-Music.com*, offers thousands of compilations from a music library that encompasses most musical genres. Exercisers can create their own playlist via MP3 downloads or buy ready-made CDs appropriate for each activity and suited to their preferred style of music.

National fitness guru Tracey Staehle is partial to upbeat, popular Top 40 tunes when she's walking outdoors or on her treadmill. "I like songs that are happy and have a great beat to keep me going," advises Staehle, whose exercise DVDs include the bestseller, *Walking Strong*, and her new *Walking Stronger*. Some of her current favorites are Rihanna's *Please Don't Stop the Music* and Usher's *Yeah!*—which she says are a great help in moving uphill. "I like songs that have a beat I can focus on," she explains. "That way, it helps keep the workout fun and pushes me to work harder."

Much commercial dance music and numerous pop-rock songs bounce along at 120 to 140 beats per minute, a rate that coincides with the average person's heart rate during a routine workout or fitness walking. These lists of suggested tunes all fall within that range. They're a ready-made, fun way to listen for the magic beat that helps us get a move on.

### Classic Rock & Disco

*Born to Run* – Bruce Springsteen  
*Dancing Queen* – ABBA  
*Feelin' Alright* – Joe Cocker  
*Help Me, Rhonda* – Beach Boys  
*Listen to the Music* – Doobie Brothers  
*Love Gets Me Every Time* – Shania Twain  
*Turn the Beat Around* – Gloria Estefan

### Tracey Staehle's Personal Playlist

*All Summer Long* – Kid Rock  
*Bad Girls* – Donna Summer  
*Don't Change* – INXS  
*Fire Burning* – Sean Kingston  
*Love Story* – Taylor Swift  
*Pocketful of Sunshine* – Natasha Bedingfield  
*So What* – Pink

Sources: Dr. Costas Karageorghis, Brunel University, UK;  
*WorkoutMusic.com*, *FitByTracey.com*



**MAKE A HEALTHY CHOICE**

- Affordable High Quality Products
- Monthly Specials
- New Massage/Reflex Clients B2GIF!  
(buy 2, get 1 free)

---

Massage Therapy • Reflexology • Ear Coning  
 Iris Analysis • Health Consultations

---

2374 Mendon Rd. (Mendon Plaza), Cumberland RI • 401-405-0819  
[www.its-my-health.com](http://www.its-my-health.com)



## Herbs & Angels

A New Age Spiritual Experience  
 ECLECTIC SPIRITUAL GIFT SHOP

- Practitioner of Reconnective Healing™ & the Reconnection®
- Mediumship and Angel Messages
  - Positive Energy Program
  - Meditation and Seminars
  - New Age Spiritual Gifts

572 Tiogue Avenue (Rt.3) • Coventry, RI 02816 401-828-9959



**BULK HERBS, CLASSES, HERBAL PRODUCTS,  
 FREE STUDENT CLINIC and more!**

401-270-5223      [farmacyherbs.com](http://farmacyherbs.com)  
 28 Cemetery St, Providence, RI, 02904

---

Sundays 12am-5pm, Mondays 10am-5pm, Thursdays 10am-5pm, Fridays 10am-5pm

Don't go around saying the world owes you  
 a living. The world owes you nothing.  
 It was here first. — Mark Twain

**POSITIVE NEW**

## Beginnings

*Your Holistic Center  
 for the Mind, Body  
 and Spirit*

**REIKI TREATMENTS  
 SPIRITUAL COUNSELING  
 GIFTS & METAPHYSICAL  
 ITEMS**

873 Waterman Ave  
 East Providence, RI  
 401.432.7195  
[www.positivenewbeginnings.com](http://www.positivenewbeginnings.com)

## Solid K9 Training

*Real World At Home  
 Dog Training!*

**Awaken the  
 true spirit  
 in your dog  
 this winter!**



**\$100 off** any  
 dog training package

**\$200 off** any  
 board & train program

**SolidK9Training.com**  
[Jeff@SolidK9Training.com](mailto:Jeff@SolidK9Training.com)  
**401-527-6354**



Like the Grinch, we too, come to realize that Christmas comes from no store. As the book reveals, "It came without ribbons! It came without tags! It came without packages, boxes or bags!"

Relatively few Americans need more stuff. Most of us are looking for more meaning at this time of year.

McKibben explains that the message of the Hundred Dollar Holiday went deeper. It was conceived out of concern for the poor families who need help to survive and those going into debt in pursuit of a 'proper' Christmas. Too many of us have seen how holiday binge buying can encourage a lack of fiscal responsibility and even contribute to bankruptcy.

Yet, the inner craving for satisfaction often eludes us. Mere possessions cannot make our lives whole or fill the need for communication and unity. Although we may know this intellectually, the psychological force wielded by merchandisers has made a science of manipulating our feelings. We're caffeinated, buzzed, wired and plugged-in, 24/7.

All the stuff we accumulate has an enormous effect on the environment, too. Earth is suffering from the resulting pollution. According to the Worldwatch Institute, North Americans have used more natural resources since the end of World War II than all of humanity throughout history.

If there's one thing we'd really like to experience this Christmas, it's a little of that season of sacred peace that the greeting cards and *Silent Night* promise. "For me, the moment when we sing this carol each year at the end of the Christmas Eve service, with the lights out and everyone holding a candle that frames their face with soft light, marks the absolute height of Christmas joy," notes McKibben. "It doesn't cost a nickel, let alone a hundred dollars."

*Bill McKibben has been an American environmentalist and author for 20 years. His book, Hundred Dollar Holiday, offers tips for giving one another the priceless gifts of time, attention and fellowship.*

Many people dread the approach of the holidays; a season that should be the most relaxed, intimate, joyful and spiritual time of the year. Author Bill McKibben offers welcome perspective for rethinking the Yuletide season, so that our obsession with buying presents becomes less important than soul-nourishing traditions and celebrations.

"The only name I have ever been called that really stung was 'Grinch', remarks McKibben. That was the year he and a few friends started the Hundred Dollar Holiday program through their neighborhood churches. They simply asked families and friends to limit the amount of money spent on the holiday to \$100.

Local business columnists didn't get it. Instead, they charged them with being dour do-gooders, bent on taking the joy out of Christmas. "As in the classic, *The Grinch Who Stole Christmas*, they foresaw us robbing the town of its packages, tinsel, trees and food, down to the logs in the fireplace," he says. "But, the Grinches of our culture really are those relentless commercial

forces that have spent a century trying to convince us that Christmas does come from a store, catalog and virtual Internet mall.

"We thought we wanted less for Christmas, remarks McKibben, "but in fact, we wanted more... we wanted this to be a more special time."

Relatively few Americans need more stuff. Most of us are looking for more meaning at this time of year. Many of the best traditions of Christmas and other holidays predate society's current commercial celebrations. Customs that connect us with others, such as singing carols, laughing around the table and special family activities are among the things we need to recapture as we invent new, more deeply felt moments of celebration.

# Celebrating Winter Solstice



**A HEALTHY GLOW**

Candles made from soy are an easy alternative to expensive beeswax candles for revelers who have learned to shun passé petroleum-based paraffin for a glowingly Earth-friendly holiday home. Both beeswax and soy candles are nontoxic and produce less soot than old-style candles; they also burn longer and clean up more easily in the event of spillage.

Source: *Soya.be*



In many cultures, traditions associated with the winter solstice on December 21—marking the longest night and shortest day of the year—spark celebrations. But with all the winter holiday to-dos and fewer daylight hours, this fun time of year can also be draining. Rituals can help us remember that life, like the sun, is cycling itself to rebound with strength.

We can recognize the solstice as a powerful moment of annual turning by lighting a candle or burning a Yule log, in keeping with ancient traditions. It's a time to seek warmth by surrounding ourselves with friends and family dear to our hearts. It's a time to bring mistletoe, holly, ivy and piney evergreens home, gather around the table, laugh over shared stories, read poetry and renew our spirits with photographed memories of recent vacations.

Solstice brings a time of stillness and reflection. Placing seeds such as acorns into an offering bowl serves as a gentle reminder of nature's empowering renewal of life through rebirth. Children will enjoy venturing outdoors to look at the stars through a telescope. Stargazing on a clear night is a humbling experience that can shift and lift our mood and perspective.

Source: *Adapted from Shambhala.org.*



**After you've tried the rest...join us to be your **ABSOLUTE BEST****

**NEW 8 week Personal Challenge**  
8 one hour small group personal training sessions, with nutritional counseling

**Try Kettlebell Class**  
certified kettlebell personal trainer

**Zumba is here!**

Hours: Mon-Thurs 5am-9:30pm Fri 5am-8pm  
Fall & Winter Hours: Sat 8am-5pm Sun 8am-4pm

- Certified Personal Training Available
- Heated 60x24 Pool & Spa
- Free Motion  
- a 45 minute total body workout - we call it **ABSOLUTE BLAST**
- Steam Rooms for Men & Women  
**Come take a tour!**

**All New Aerobic Schedule**  
check it out at [absolutefit.com](http://absolutefit.com)

2727 South County Trail • East Greenwich • 884-0330 Southern RI's Best Full Service Health Club • [www.absolutefit.com](http://www.absolutefit.com)

**REVIVE  
REFRESH  
RELAX**  
massage therapy



**Ann M. Easterbrooks, NCLMT**  
Contemporary Classics Hair Salon  
1018 Charles Street | North Providence | 401-723-3100

THERAPEUTIC MASSAGE AND DAY SPA

## It's Your Body's Symphony



**Open 7 Days**  
A WEEK

Offering an array of outstanding therapies:  
MASSAGE | REFLEXOLOGY  
FACIALS | LA STONE | CUPPING

[ItsYourBodysSymphony.com](http://ItsYourBodysSymphony.com)

2051 Plainfield Pike | Johnston, RI | 401-464-6100

# calendar of events

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

## WEDNESDAY, DECEMBER 2

**Stop Smoking Seminar** – 7-8pm. Join us to learn about a natural, non-invasive, painless method to stop smoking. Seminar will answer questions and inform you about the benefits of low-level laser therapy to fight smoking addiction. Space is limited, reservations required. Free. Laser Professional Therapy, 174 Taunton Ave, East Providence. 508-643-0622.

## THURSDAY, DECEMBER 3

**Shake Your Soul** – 6-7:30pm. Come access your own power, joy, freedom, vitality and connection to others through a dynamic repertoire of energizing, healing, and stress-reducing movements and world music. \$20. EVOLUTION Bodywork & Nutrition, 685 Metacom Ave, Bristol. 401-396-9331. EvolutionRI.com.

**Maintaining Your Healthy Lifestyle Seminar** – 7-8pm. Seminar will review the latest developments in the field of natural health. Come to hear how you can create a positive environment for you and your family. Space is limited, reservations required. Free. Laser Professional Therapy, 174 Taunton Ave., East Providence. 508-643-0622.

**Yoga Nidra** – 7-8:30pm. Thursdays 12/3, 12/10, 12/17. The hectic days of December deplete your energy, and Yoga Nidra is the way to replenish your spirit. \$55/3 week series. Karen Lee, 541 Pawtucket Ave, 2nd Floor, Pawtucket. BreathingTimeYoga.com. 401-421-9876.

**Shamanic Journey Group** – 7-8:30pm. Build and maintain your journey practice as a way to access inner guidance. Knowledge of how to journey is required. Bring a journal. If you would like to learn how to journey, private sessions are available. Suggested donation \$10. Katharine Rossi, All That Matters, Wakefield. ArcheOfSpirit.com. 401-245-0398.

**Energy Kinesiology: A conversation with your body** – 7-9pm. Learn how to access and help transform physical symptoms, emotions and belief systems, learning and performance systems to a place of balance. \$40. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

## FRIDAY, DECEMBER 4

**Celiac Support Group of Southeast New England** – 5-7pm. Gluten free 'Seafood Night'. Reservations and payment in advance is required. No walk-ins will be accepted. Call Kathi Thiboutot for more information, to make a reservation, and for Alice's Gluten free menu. Alice's Diner, 2663 South Main St, Fall River, MA. 401-624-8888.

## SATURDAY, DECEMBER 5

**Weaving A Tapestry of Light** – 9am-4:30pm. Join Deb Neubauer for, "Joy is What you are Made of" from 9am-12:30pm. An investigation into the radiant essence of joy, uncover the joy that is your birthright. "Enlightenment is NOW" 2pm-4:30pm. Learn to shift from the mundane to the magical. \$45 per workshop. Innerlight Yoga, 850 Aquidneck Ave, Middletown. 401-849-3200. InnerlightYoga.com.

**Health Food Store Tour** – 10-11am. Ever wondered how to cook with Whole Grains and where to buy them? If you want to shop with your health, budget and planet in mind this is a tour for you. Free. The Food Coop, 357 Main Street, Wakefield. 401-789-2240.

**Holiday Open House** – 10am-4pm. A day of relaxation. Offering mini massages, facial massages, Reiki and reflexology treatments [\$15.00 for 15 minutes] Also Akashic record readings available [\$20.00 for 20 minutes]. Jewelry show featuring one of a kind gemstone jewelry & holiday gift cards. Healing in Harmony Wellness Center, 712 Putnam Pike, Chepachet. 401-567-8855. HealingInHarmonyWellness.com.



Wrapping with virgin paper is obsolete. If every American went paper-free for just three gifts, we'd save a collective 47,000 football fields' worth of wrapping paper. Better choices include cloth wrapping materials like scarves, guest or kitchen towels, T-shirts and even socks. Outdated maps work well, too. It's a fun, easy, chic way to go green.

Source: [kstw.com](http://kstw.com)

## Save Time and Ga\$!

Certain events listed in our calendar might be subject to change. Please call in advance to ensure that the event you're interested in is still available.



**The Second Annual Global Heart Trunk Show and Sale** – 10am-5pm. Buy consciously for the holidays; support non-profit and fair trade organizations all over the world. All products made of sustainable materials. Local artists: Sundlun Photography, SilverTides Jewelry & Samaritan Carvers represented. Free chair massage. Free. Holistic Health Rhode Island, 5784 Post Rd, Suite 5, East Greenwich. 401-398-2933. HolisticHealthRI.com.

**Journeying with the Chakras: Sexual Energy and Mysticism** – 10am-5pm. Through various exercises and discussions, explore the gnostic tradition of Tantra and its methods of working with energy as we examine the Chakra System and its relevance for our times. Includes a healthy lunch and tickets to Russill Paul's concert on Saturday night. \$150. Call to reserve. Shunyam Productions, The Center for Arts at the Armory, 191 Highland Ave, Somerville, MA. 978-996-1925. ShunyamProductions.com.

**Integrated Energy Therapy (IET)** – 10am-6pm. The IET trainings offer self-healing and energy therapy certification training. In each class, you will be attuned to a powerful angelic energy ray that activates your 12-strand Spiritual DNA. \$215. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

**Go Green for the Holidays. Holiday Shopping Event** – 11am-8pm. Green Envy will be full of deals and steals just in time for the holidays. Come in and browse our huge selection of earth friendly gifts for the whole family while sipping some hot apple cider. Spend \$40 and receive a free gift while supplies last. Free. Green Envy Eco-Boutique, 223 Goddard Row, Brick Market Place, Newport. 401-619-1993. GreenEnvyShop.com.

**Expecting Couples Rhythmic Journey** – 12:30-2pm. Expecting parents bond with each other and their soon-to-be-born children. Explore anticipations, questions, and intuitive knowledge around the birthing process through meditative drumming, breathing & yoga. No previous drumming experience necessary. \$30 per couple. Breathing Time Yoga, 541 Pawtucket Ave, 2nd Floor, Pawtucket. BreathingTimeYoga.com. 401-421-9876.

**Nikkomo Celebration** – 1-4pm. Storytelling, social dances, Native games, and the joy of giving. Join our Give-away ceremony by bringing a wrapped and labeled gift for someone in need. Donations are given to local agencies. Buy unique gifts, foods, and decorations at our holiday market. Free. Tomaquag Indian Memorial Museum, 390 Summit Rd, Exeter. 401-539-7213





**Summerwood**

Best selection of Buddha Statues in the Northeast, Jewelry and More!

Mon, Thurs-Sat 10:30-5:30 Sun 11-5

Bring In This Ad & Receive One Item This Month **20% OFF**

57 Water St, Warren, RI  
**401-855-1751**  
[www.summerwood.cc](http://www.summerwood.cc)

*Open Your Arms to Healing*

Reiki • IET® • Ear Candling  
 Magnified Healing® • Angel Readings

*Angel Whispers Rhode Island*

The Wellness Center at Gold Plaza  
 917 A Warwick Ave • Warwick, RI 02888  
**401-741-2278**  
[adriene@angelwhispersri.com](mailto:adriene@angelwhispersri.com) • [angelwhispersri.com](http://angelwhispersri.com)

Adriene Smith  
 RMT

Holistic Healing /  
 Employee Wellness Programs

**Whole Foods 101 – Cooking Class** – 3-5:30pm. Learn how to cook whole grains. You will leave this class feeling confident about using whole natural ingredients in your kitchen plus you will take home the food you cook. Email [traceyblahy@mac.com](mailto:traceyblahy@mac.com) to book your place. \$35. The Food Co.op Wakefield, 357 Main Street, Wakefield.

**Saint Lucia Celebration** – 4-6:30pm. The candlelit festivity is significant as it introduces the beginning of the Swedish Christmas season. Includes the St. Luke's Bell Choir, Birgitta Anderson Whitened, and the Lucia procession. Reception will follow with Swedish refreshments. \$9/Adults \$20/Family \$6/Students with ID St. Luke's Episcopal Church, 99 Pierce St, East Greenwich. 401-943-0547. [StLukesEG.org](http://StLukesEG.org).

**An Evening of High Energy Chanting** – 6-10pm. Leave your worries behind and allow the sacred power of sound to bring you fully alive in a workshop that blends high energy chanting with devotional bliss. \$30. Shunyam Productions, The Center for Arts at the Armory, 191 Highland Ave, Somerville, MA. 978-996-1925. [ShunyamProductions.com](http://ShunyamProductions.com).

## SUNDAY, DECEMBER 6

**Full-Day ChiRunning Workshop** – 9am-5pm. Learn to run efficiently and injury free. This 8 hour workshop will teach you the essentials of ChiRunning, and provide extended time in practice to ensure you leave knowing exactly how it should feel in the body. \$225. Michael Krushinsky, Pawtucket. 401-441-1520. [KineticDharma.com/Chirunning](http://KineticDharma.com/Chirunning).

**The Yoga of Sound: Healing and Enlightenment through Mantra** – 10am-5pm. You will be introduced to an expansive range of possibilities in mantra through exploring the Vedic, Tantric, Bhakti traditions of mantra, as well as Nada Yoga, the traditional term for the yoga of sound. \$150. Call to reserve. Shunyam Productions, The Center for Arts at the Armory, 191 Highland Ave, Somerville, MA. 978-996-1925. [ShunyamProductions.com](http://ShunyamProductions.com).

**FREE Meditation Class** – 11am-12:15pm. Marsha will teach a meditation technique that she has been using for over 8 years. It's brought an abundance of light and energy into her life and she's happy to share it with anyone interested in learning to meditate or looking for something new to try. Free. Breathing Time Yoga, 541 Pawtucket Ave, Suite A208 or B208, Pawtucket.

**Usui Reiki II Class/Attunement** – 11am-5pm. Learn/practice receiving and giving Reiki healing treatments using Reiki II symbols, scanning, and sending Reiki to others. Reiki II manual, attunement certification, and lunch will be provided. Prerequisite-Reiki 1. \$225. Lise Bohannon, 20 Central Ave, Groton, CT. 734-417-9755. [ReikiandMassageforYOU.com](http://ReikiandMassageforYOU.com).

**Family Laughter Yoga – Laugh Your** – 2-3pm. Experience family harmony and wellness this holiday season. Through playful exercises that promote laughter you will: bond with your children, reap countless health benefits and welcome more joy into your family's life. Happy Happy Joy Joy! Peace! \$10/adult \$5/child \$30/max per family. Chris Belanger, RYT & Familytopia, Positive New Beginnings, 873 Waterman Ave., East Providence. [WholeOfTheMoonYoga.com](http://WholeOfTheMoonYoga.com).

**Beginner's Yoga Workshop** – 2-5pm. Voted 2009 – "Best Beginner's Yoga" by Rhode Island Monthly magazine. User-friendly introduction to yoga: postures, breath, and philosophy. \$35. Innerlight Center for Yoga, 850 Aquidneck Ave, Middletown. 401-849-3200. [InnerlightYoga.com](http://InnerlightYoga.com).

## MONDAY, DECEMBER 7

**Overcoming Emotional Eating with EFT** – 6:30-8:30pm. Simple, effective energy psychology tool for relieving stress and transforming the negative emotions that can cause us to use food to address needs not related to hunger. \$45. All That Matters, 315 Main St, Wakefield. 401-782-2126. [AllThatMatters.com](http://AllThatMatters.com).

## TUESDAY, DECEMBER 8

**Stop Smoking Seminar** – 7-8pm. See December 2nd for details. Free. Laser Professional Therapy, 174 Taunton Ave., East Providence. 508-643-0622.



## WEDNESDAY, DECEMBER 9

**Elegant Evening at Whole Foods** – 4-7pm. Taste exquisite samples and decadent treats around the store, while listening to live music. Come see us at our finest while we show our appreciation to our customers in a fancy way. Free. Whole Foods Waterman St, 261 Waterman St, Providence. 401-272-1690.

**Experience the Crystal Bowls** – 6-9pm. Awaken your chakras (energy centers) in one or both of these special crystal bowl sound meditations with Rhys Thomas, certified Energy Medicine Practitioner and Crystal Bowl Sound Healer. \$55. All That Matters, 315 Main St, Wakefield. 401-782-2126. [AllThatMatters.com](http://AllThatMatters.com).

**Sedona Method Introduction** – 6:30-8pm. Simple, powerful, easy to learn, easy to use technique that shows you how to tap into your natural ability to let go of any uncomfortable or unwanted feelings in the moment bringing a new feeling of inner strength, ease & confidence. Free. Cheryl Wright, 1 Richmond Square Suite 103K, Providence. 617-448-8749.

**\$1 Movie Night. Snacks included** – 7-9pm. Movie Title: The Future of Food. \$1. Holistic Health Rhode Island, 5784 Post Rd, Suite 5, East Greenwich. 401-398-2933. [HolisticHealthRI.com](http://HolisticHealthRI.com).

## THURSDAY, DECEMBER 10

**Healthy Holiday Appetizers** – 6-7pm. Join our Registered Dietitian Kali Garges and sample some healthy holiday appetizers, get tips on how to eat smart at a party to avoid holiday weight gain and receive a packet of recipes to take home and use this holiday season. \$20. EVOLUTION Bodywork & Nutrition, 685 Metacom Ave, Bristol. 401-396-9331. [EvolutionRI.com](http://EvolutionRI.com).

**New England Holistic Chamber Networking** – 6-8pm. Come and network with like-minded individuals. Bring plenty of business cards. Free/Members, \$10/Non Members, Haddie Pierce House, 146 Boston Neck Rd, Wickford. 401-427-2233.

**Energy Kinesiology: A conversation with your body** - 7-9pm. See December 3rd for details. \$40. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819.

**Maintaining Your Healthy Lifestyle Seminar** – 7-8pm. See December 3rd for details. Free. Laser Professional Therapy, 174 Taunton Ave., East Providence. 508-643-0622.

## FRIDAY, DECEMBER 11

**Guided Meditation for Peace, Stability and Balance** – 7-8:30pm. Join us as we gather together for a guided meditation designed to help you find stillness in the midst of the busy holiday season. \$10. Heavenly Hugs, 917A Warwick Ave, Warwick. Heavenly-Hugs.com. 401-935-8451.

## SATURDAY, DECEMBER 12

**Angels 101 – An Introduction to the Messengers of Light** – 10am-12pm. Angels are mentioned in most all ancient and sacred texts throughout the world. Come and spend some time learning about Guardian Angels, Archangels, and how we can learn to connect with their presence. Angel gift included. \$33. Adriene Smith, The Wellness Center at Gold Plaza, 917A Warwick Ave, 2nd floor, Warwick. 401-741-2278. AngelWhispersRI.com.

**Jewelry Making Workshop** – 10am-12pm. Create one of a kind gifts for your mom, daughter, aunt, or best friend. Friendly, easy instruction. Plenty of beads and chakra colors. Pre-made pieces available for sale as well. \$5/Earrings, \$15/Bracelet, \$20/Necklace. Nancy Foley, 2077 West Shore Rd., Warwick. 401-734-9355. WestShoreWellness.com.

**Free Yoga for Food! Holiday Yoga Food Drive** – 11:30am-12:45pm. Enjoy a gentle/all levels yoga class for a donation of 5 (or more) items of non-perishable food. Donations go to West Bay Community Action for distribution in their Marketplace. Minimum 5 item food donation. Chris Belanger, Kripalu Yoga Teacher, Warwick Public Library, 600 Sandy Ln, Warwick. WholeOfTheMoonYoga.com.

**Women's Shamanic Wisdom Group** – 3-5pm. Journey into the shamanic realms, connect and commune with spirit and the power of female mysteries. Meant for those who already have the knowledge of journeying into the lower and upper worlds. Call for more info. Donation. Danica Connors, 24 Salt Pond Rd, Bld H, Ste 3. Wakefield. 781-962-6724. TrinityEnergetics.com.

**Pawtucket Winter Wonderland** – 4-8pm. See 400 decorated Christmas trees, twenty Victorian buildings, a talking snowman, and enjoy free visits and photos with Santa, train rides, hay rides, carousel rides, food court, and entertainment. Free Admission and parking. Slater Memorial Park, Newport Ave & Armistice Blvd., Pawtucket. 401-726-3185. PawtucketWinterWonderland.org.

## SUNDAY, DECEMBER 13

**Drum Making Workshop** – 10am-4pm. Learn the art of drum making to create your own native drum which can be used for drum circles, in your healing practice, at native events, sweat lodges, or just for fun. \$125. Peter Bradley, 2077 West Shore Rd., Warwick. 401-734-9355. WestShoreWellness.com.

**FREE Meditation Class** – 11am-12:15pm. See December 6th for details. FREE. Marsha, Breathing Time Yoga, 541 Pawtucket Ave, Suite A208 or B208, Pawtucket.

**Book Signing and Reading** – 11:00am-1:30pm. from Linda Hogan's book "Walk Gently Upon the Earth". A book of spiritual awakening through Nature. Free/Books available for purchase. Linda Hogan, Positive New Beginnings, 873 Waterman Ave., East Providence. 401-949-0049. SacredNewEarth.com.

**Pawtucket Winter Wonderland** – 4-8pm. See Sunday for details. Slater Memorial Park, Newport Ave & Armistice Blvd., Pawtucket. 401-726-3185. PawtucketWinterWonderland.org.

**Winter Solstice Drum Circle** – 6-7pm. Community gathering to honor the season and focus on healing for the community and the earth. If you have a drum or rattle, please bring it. Sponsored by Foundation of the Sacred Stream. No experience necessary. Free. Katharine Rossi, All That Matters, Wakefield. SacredStream.org. 401-245-0398.

## TUESDAY, DECEMBER 15

**Free Reiki Talk and Demonstration** – 6:30-8pm. Bobbie Schaeffer and Linda Bowers, Reiki Masters/Teachers will present a brief explanation of Reiki, the ancient Japanese system of energy healing. They will also demonstrate a Reiki treatment used to gently balance one's energy field. Free. Greenville Library, 573 Putnam Pike, Greenville. reiki4animalsandyoud@cox.net.

**Stop Smoking Seminar** – 7-8pm. See December 2nd for details. Free. Laser Professional Therapy, 174 Taunton Ave., East Providence. 508-643-0622.

**Cooking Class: Root Vegetables & Holiday Side Dishes** – 7-9pm. World's Fare Chef Chris Oliveri. Learn how to prepare root vegetables and delicious holiday side dishes. Food samples included. \$20 per person. Holistic Health Rhode Island, 5784 Post Road, Suite 5, East Greenwich. 401-398-2933. holistichealthri.com.

**Reiki Share** – 7-9pm. For Practitioners and Non Practitioners interested in energy healing and Reiki. Come exchange energy with others. Donation. Debi Chalko, South Kingstown Office Park, 24 Salt Pond Road Bld H Ste 3, Wakefield. 401-263-1107. TrinityEnergetics.com.

## THURSDAY, DECEMBER 17

**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. Apeiron Institute, 17 Gordon Ave, Providence.

**METTA: Loving Kindness Meditation** – 6-7:30pm. Come join Wabi Sabi Way for a workshop to awaken your mind and body to the relaxing and energizing effects of various meditation and breathing techniques. For more information please visit our web site. \$20. EVOLUTION Bodywork & Nutrition, 685 Metacom Ave, Bristol. 401-396-9331. EvolutionRI.com.

**An Evening with the Archangels** – 6:30-8:30pm. Join us as we gather together to bask in the Glorious energy of the Archangels. Hear their messages for you, tell inspirational stories and enjoy an Archangel guided meditation on this special night. All learning levels welcome. \$20. Heavenly Hugs, 917A Warwick Ave, Warwick. Heavenly-Hugs.com. 401-935-8451.

## SUNDAY, DECEMBER 20

**Sunday Chanting Meditation: Free Monthly Event** – 10-10:45am. Take time to relax and tune inward. Chanting can create deep peace, vitality, freedom, and spiritual awareness. No prior experience needed. Free. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

**Community Yoga: Free Monthly Event** – 11am-12:30pm. Join us for Community Yoga to support yourself and those in need. Once a month we offer 2 yoga classes, Kundalini and Basic, for a donation of a non-perishable food item that is brought to local food center – The Johnny Cake Center. Free. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

**West Side Caroling** – 5-8pm. Fun for the entire family. 5-6pm warm up with drinks and complimentary hors d'oeuvres at Loie Fuller's. 6-8pm-neighborhood Christmas caroling, with two hot drink/cookie stops along the way. Email Mike@Connect-Providence.org. for more info. Loie Fuller's, 1455 Westminster St., Providence. 401-726-3185.

## FRIDAY, DECEMBER 25

**Relaxing Yoga – The Only Class Available Today!!!** – 10-11am. Christmas not your thing? Need to get the mind & body prepped before spending time with the family? Enjoy a relaxing yoga experience, suitable for all levels. Stretch the body, quiet the mind and soothe the soul. All welcome... including beginners!. \$10. Chris Belanger, RYT, Village Wellness Center, 422 Post Rd., Warwick. WholeOfTheMoonYoga.com.

# planning ahead

## FRIDAY, JANUARY 1

**New Year's Day Yoga: ReNew YOU!** – 11am-1pm. Come experience the joy of new beginnings as we celebrate the New Year with a special all levels practice. Energizing yoga/meditation class focused on connecting the body and breath and setting intentions for the New Year. \$25. Studio Exhale, 1263 Oaklawn Ave, Cranston. tara@trikulacoaching.com.

## SATURDAY, JANUARY 9

**108 Salutations** – 9-12am. Join us for the first event of the Rural Yoga Teachers Collaborative. We will teach 9 different styles of Yoga salutations. A continuous flow of postures for all levels. Come for all or part, but please do join us! Visit our web site for all the details. In kind donation for charity. RYTC members/certified teachers, One Yoga Center, 142A Danielson Pike (Rt. 6), Foster. 401-368-9642. ruralyogateachers.com.

**Holistic Health Rhode Island Health Fair & Open House** – 10am-5pm. Food by World's Fair Chef; Chef Chris Oliveri. Door prizes, free massage, educational & fun demos, thermography and more! Free. Holistic Health Rhode Island, 5784 Post Rd, Suite 5, East Greenwich. 401-398-2933. HolisticHealthRI.com.

## Mark Your Calendar

### SUNDAY, FEB 14 - MAR 2

**Integrative Yoga Therapy Teacher Training** – 8am-6:30pm. Feb. 14- March 2, 2010 on the beach in Mexico. 200hr. level training. Discover Yoga as a healing art. Develop skills to adapt teaching to all populations. Curriculum covers all aspects of Yoga. Experienced & compassionate teachers. "Live your dream now"! \$2,300 for program, lodging and food. Ellen Schaeffer & Karen Sandler, One Yoga Center, 142A Danielson Pike (Rt. 6), Foster. 401-368-9642.

## Sunday

**Vinyasa Flow Yoga** – 10-11:15am. 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.

**Kripalu Yoga** – 10-10:45am. A community class emphasizing body and breath awareness. Gentle yoga postures, breathing and relaxation. Certified Instructor: Liz Marsis. Free. Mediator, 50 Rounds Ave, Providence. 401-941-3070.

**Group Meditation** – 10:30-11:30am. Although not a cure itself, daily meditation can help you manage stress, create inner peace, reduce anxiety, improve sleep patterns, awaken your intuition and connect to spirit using techniques such as breath control, creative light visualization & sound. Donations welcome. Robert Arnold, Under The Sun, 31B Bridge St, Newport. 401-339-6092. UnderTheSunecc.com.

**Meditations for World Peace** – 11:30am-12:30pm. Without first developing inner peace, world peace will remain impossible to achieve. Classes include teachings, meditations and discussion. Everyone is welcome. Drop-in to any class. \$8. Providence Meditation Center, 339 Ives St, Providence. MeditationInProvidence.org.

**Reiki Clinic** – 12-2:30pm. 2nd Sunday. Experience a half hour of Reiki for a love offering that will be given to a local charity. It's My Health donates their space, Reiki practitioners donate their time, clients make a cash donation to benefit a good cause. Must call to schedule your half hour. Donation. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

## Monday

**Monday Morning Yoga** – 9-10am. Enjoy easy asanas (positions) and relaxation (savasana). 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. Pre-registration required. \$12/class \$80/package of eight. Unique Total Body, 190 Putnam Pike, Johnston. 401-233-2348. UniqueTotalBody.com.

**Yoga Basics** – 9-10:15am. Designed to effortlessly strengthen and tone the body while increasing flexibility and suppleness of the joints. Explore foundational postures through an attention to body alignment and breath awareness. Senior rates available. \$14. Unique Total Body, 190 Putnam Pike, Johnston. 401-233-2348. UniqueTotalBody.com.

**Yoga with Childcare** – 9:30-11am. Be at ease knowing your little ones are right next door under the care of another mom & having fun with arts & craft projects designed by Jennifer Neuguth of OOP. Earn free yoga classes by volunteering for childcare. \$68/4 weeks and receive a \$20 gift from OOP. Breathing Time Yoga. 541 Pawtucket Ave, 2nd Floor, Pawtucket. BreathingTimeYoga.com. 401-421-9876.

**Vinyasa Yoga (All Levels)** – 10-11:15am. Yoga in the peaceful setting of the Zen Center. Gentle warm-ups, moderately-paced Yoga flow to energize, and floor postures to help release tension, tone the body, & boost the immune system. \$96/8 classes, \$14/drop-in. The Yoga Studio of Blackstone River Valley, 99 Pound Rd, Cumberland. 401-658-4802. TheYogaStudioBRV.com.

**Noontime Meditation** – 12-1pm. Mid-day meditation to receive practical advice on how to enjoy a meaningful life through contemplation and meditation. Includes teaching and guided meditation. \$8. Providence Meditation Center, 339 Ives St, Providence. MeditationInProvidence.org.

**Environment Council of RI Meeting** – 5:30-7:30pm. 1st Monday. 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. 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. 401-258-6537. TheLifeBreathInstitute.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.

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

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

**Beginners Yoga School** – 7-8:30pm. Designed to introduce the new student to the essential elements of Yoga practice. Study foundational Yoga poses & modifications for special needs, breath work & meditation/relaxation techniques for alleviating stress. \$50/4 classes. Ellen Schaeffer & Staff, One Yoga Center, 142A Danielson Pike (Rt. 6), Foster. 401-368-9642. youphoria.biz.

## Tuesday

**Vinyasa Yoga** – 6:15-7:30pm. Linking the movement to the breath brings one to a deep state of awareness where transformation begins. \$10/drop-in. \$42/ 6 weeks. Yoga School of South County, 1058 Kingstown Rd, Peace Dale. 401-782-9511. MakeItSoYoga.com.

**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, \$12/series. The Life Breath Institute, 378 Main St, East Greenwich. 401-258-6537. TheLifeBreathInstitute.com.

**Tuesday Morning Bird Walks** – 8-10:30am. The Kimball Advisory Committee will be continuing mid-week bird walks through January 2010. For advanced details email Phil Budlong at pbudlong@cox.net. Free. Audubon Society of RI, Charlestown Mini-Super Route 1-A, 4071 Old Post Rd, Charlestown. Asri.org.

**Body Sculpting Class** – 9:30-10:30am. Non-impact weights-based exercise class that works every major muscle group. Learn proper techniques and use various equipment to tone, strengthen and define your body. Finish your workout with stretching and flexibility. \$12. Unique Total Body, 190 Putnam Pike, Johnston. 401-233-2348. UniqueTotalBody.com.

**Open Yoga** – 9:30-10:45am. Suited to the needs of the students. Expect a challenge while covering the basics in a relaxed and comfortable atmosphere. All levels. \$10/Drop in, \$42/6 weeks. Yoga School of South County, 1058 Kingstown Rd, Peace Dale. 401-782-9511. MakeItSoYoga.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/per class. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.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 EdwardKingHouse, 35KingSt, Newport. 401-846-7429. TheEdwardKingHouseSeniorCenter.com.

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

**Svaroopaa 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.

**Yoga Kids Ages 5-11** – 4:30-5:15pm. Kids lengthen and strengthen their bodies while learning Yoga postures, relaxation techniques, breathing exercises, all while playing games and having fun. Call or email to register. \$10/class. Call for additional child discounts. The Journey Within, 1645 Warwick Ave, Suite 224, Warwick. mjsischo@yahoo.com. 401-215-5698.

**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.com.

**Beginning Level Yoga** – 5:45-7pm. Yoga in the peaceful setting of The Zen Center. Learn basic alignment skills, Yoga postures, & breathwork techniques. Emphasis is placed on learning how to safely hold postures & to move with the breath. \$96/8 classes, \$14/drop-in. The Yoga Studio of BlackstoneRiverValley, 99 Pound Road, Cumberland. 401-658-4802. TheYogaStudioBRV.com.

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

**Childrens Aikido** – 6-7pm. New Program Enrolling Ages 5-8. See website MartialArtsComplex.com, call George 261-2552 or email Training@MartialArtsComplex.com for more details. \$60/monthly. Martial Arts Complex, 118 Littlefield St, Pawtucket. 401-724-2250.

**Mixed Level Yoga with Meditation** – 6-7pm. Combining work with strength, breathwork, balance, and internal focus. Sometimes our practice is at a slightly quicker pace, and at times we work with longer holds. Each class ends with relaxation. \$10. Call to reserve space. The Journey Within, 1645 Warwick Ave Suite 224, Warwick. 401-215-5698. BodyInActionRI.com.

**Reduce Stress during the holidays: Learn to Meditate** – 6:30-8pm. Meditating can help you manage stress, create inner peace, improve sleep patterns, awaken intuition & connect to spirit using techniques such as breath control, creative light visualization & sound. Gift Certificates available. \$40/4 weeks or \$12/at the door. Robert Arnold, Under The Sun, 31B Bridge St, Newport. 401-339-6092. UnderTheSunecc.com

**Introductory Amrit Yoga** – 7-8pm. Developing confidence in yoga basics, postures, breathing, body science and meditation. Focus is on 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.

**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.

**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.

**Reiki Share** – 7-9pm. 3rd Tuesday. For Practitioners and Non Practitioners interested in Reiki and energy therapies. Donation. Danica Connors, 24 Salt Pond Rd, Bld H ste 3, Wakefield. FourFoldHealing.com.

**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.

**All Level Yoga** – 7-8:15pm. Yoga in the peaceful setting of the Zen Center. Emphasis is on easy Yoga postures, breathwork & deep (Yin Yoga) floor postures to open tight areas, release tensions, & calm the nervous system. \$96/8 classes, \$14/drop-in. The Yoga Studio of Blackstone River Valley, 99 Pound Rd, Cumberland. 401-658-4802. TheYogaStudioBRV.com.

**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. Integrates joyful inner stillness with effortless outer action in the world. Open to beginners of all levels, and to more experienced students who would like to refine their practice. \$18/2 classes. Santosha Yoga Studio, 14 Bartlett Ave., Cranston. 401-780-9809. YogaAtSantosha.com.

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

## Wednesday

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

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

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

**Westerly Arts Night** – 5-8pm. 1st Wednesday. 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.com.

**New Svaroopaa Yoga classes** – 6-7:30pm. See Tuesday at 4 for details. \$112/series of 8, \$17/drop in. Blissful Moment Yoga, 1006 Charles St. #10A, N Providence. 401-742-8020. Lkorb7@aol.com.

**Full Wave Yoga Class** – 6-7:30pm. See Tuesday at 7am for details. \$15/drop in, \$12/series. The Life Breath Institute, 378 Main St, East Greenwich. 401-258-6537. TheLifeBreathInstitute.com.

**Chakra Chant** – 6-7pm. Through knowledge gained at the Omega Institute, Spot Musical Director 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. TheSpotOnThayer.com.

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

**Family Science Night** – 6:30-7:30pm. Last Wednesday. Parents & kids sit down together and perform 3 simple but fun & engaging science experiments. All materials are supplied. Ages 4-12. Pre registration is required. Call to reserve your spot. Free. Pow! Science! 192 Wayland Sq, Providence. 401-432-7040. PowScience.com.

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

**Northern RI Conservation District Monthly Meeting** – 7-8pm. 1st Wednesday. 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. NRICD.org.

**Revive the Spirit of Abundance** – 7-8pm. 1st Wednesday. A guided Prosperity Meditation while receiving Reiki. Free. Danica Connors, 24 Salt Pond Rd, Bld H Ste 3, Wakefield.

**Reiki Circle/Share** – 7-9pm. 3rd Wednesday. Gathering of Reiki practitioners for a social and healing session. Practitioners participate in giving and receiving Reiki within an atmosphere of friendship and love. Donation. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

**Intro to Meditation & Christian Mysticism** – 7:30-9:30pm. Learn the principles of meditation that will allow you to move deeper than the body, beyond thinking and emotions, and into the reality of God's peace and presence within. People of all faiths and traditions are welcome. For more info see website or contact Reverend Michaela. Free. Centers of Light, Motion Center, 111 Chestnut St, Providence. 857-231-1920. Boston.CentersOfLight.org.

## 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.com.

**Gentle Vinyasa Yoga** – 9:30-10:45am. Creates heat in the body, which will lead to purification and detoxification. Class is suitable for all levels. Pre-registration is required. \$14/class, \$96/package of 8. Unique Total Body, 190 Putnam Pike, Johnston. 401-233-2348. UniqueTotalBody.com.

**Yoga with Childcare** – 9:30-11am. See Monday at 9:30 for details. \$68/4 weeks and receive a \$20 gift from OOP. Breathing Time Yoga, 541 Pawtucket Ave, 2nd Floor, Pawtucket. 401-421-9876. BreathingTimeYoga.com.

**Svaroopaa Yoga classes** – 9:45-11:15am. See Tuesday at 4pm for details. \$112/series of 8, \$17/drop in. Blissful Moment Yoga, 1006 Charles St. #10A, N Providence. 401-742-8020. Lkorb7@aol.com.

**Nia Class** – 10-11am. Nia is a fitness technique that replaces the idea of punishment with pleasure. Adaptable to every level of fitness, every age and body type. \$4/members/\$8 non members. Smithfield Community Center, One Williams J. Hawkins Jr. Trail, Smithfield. 401-487-6977. NIANow.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, \$40/non members. The Edward King House, 35 King St, Newport. 401-846-7429. TheEdwardKingHouseSeniorCenter.com.

**Zumba Kids with Melissa ages 5-11** – 5-5:45pm. All the Hip hoppin, shakin', groovin' high energy fun of Zumba in a fun atmosphere for kids! Get them off the couch or burning off some extra energy. salsa, merengue, hip hop, and more! All levels and lots of fun. Call to save your Space. \$5/2nd child discount avail. Body In Action, 1639 Warwick Ave, Warwick. 401-215-5698. BodyInActionRI.com.

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

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

**Childrens Aikido** – 6-7pm. See Tuesday at 6pm for details. \$60/monthly. Martial Arts Complex, 118 Littlefield St, Pawtucket. 401-724-2250.

**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 McMahan, 24 Salt Pond Rd, Bld H Ste 3, Wakefield.

**Zumba** – 6:30-7:30pm. Latin-inspired aerobic program that anyone can learn and enjoy. Mixes body sculpting movements with easy to follow dance steps. Maximizes caloric output up to 750 calories per hour with fat burning and total body toning. \$12/class, \$80/package of 8. Unique Total Body, 190 Putnam Pike, Johnston. 401-233-2348. UniqueTotalBody.com.

**Hatha Yoga Psychology** – 6:30-9pm. 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, \$40/drop in. Body Mind RI, 1215 Reservoir Ave, Garden City, Cranston. 401-369-8115. BodyMindRI.com.

**Continuing Level Yoga (Vinyasa Flow)** – 6:30-7:45pm. Yoga in the peaceful setting of the Zen Center. Moderate to vigorously paced class which emphasizes Sun Salutations & posture flows. Ends with deep relaxation. \$96/8 classes, \$14/drop-in. The Yoga Studio of BlackstoneRiverValley, 99 Pound Rd, Cumberland. 401-658-4802. TheYogaStudioBRV.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.com.

**Yoga Nidra (Guided Meditation)** – 7-8:30pm. 2nd Thursday. 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.

**Gaia's Hearth CUUPS Monthly Meeting** – 7-8:30pm. 1st Thursday. We invite anyone interested in becoming part of Rhode Island's only CUUPS (Covenant of the Unitarian Universalist Pagans) to join us. 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. GaiasHearth.com.

**Wine, Cheese and Chart-Chat** – 7-8:30pm. A Providence-based astrology group is now forming. If you have a basic knowledge of astrology and are interested in natal charts, current events, etc. – let's get together for a monthly chart-chat. Please email for more information. Free. Astrological Chart-Chat. h\_moreau@hotmail.com.

**Reiki Share/Reiki Exchange** – 7-9pm. 3rd Thursday. Gathering of Reiki practitioners for a healing/nurturing session and includes a healing attunement. Open to people new to Reiki and want to gain personal understanding/experience. \$10. Lise Bohanon, 20 Central Ave, Groton, CT. 734-417-9755. ReikiandMassageforYOU.com.

**Mixed Level Amrit Yoga** – 7:30-8:30pm. See Monday at 6:30pm for details. \$60/Series of 6, \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

**Meditation Nights (Free event)** – 7:30-9pm. Every 1st, 3rd, and 5th Thursday. 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. West Shore Wellness, 2077 West Shore Rd, Unit 3, Warwick. 401-734-9355. WestShoreWellness.com.

## Friday

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

**Moms' Yoga** – 9:45-10:45am. We'll provide the daycare right in the next room or right outside our door at the Village Playground. Please call to register for free daycare. \$42/6 weeks SK residents. \$49/non-resident. Yoga School of South County, 1058 Kingstown Road, Peace Dale. 401-782-9511. MakeltSoYoga.com.

**Reiki Clinic** – 5:30-7:30pm. 1st Friday. If you have never experienced the relaxing energy of Reiki, please join us. By donation. Santosha Yoga Studio, 14 Bartlett Ave, Cranston. 401-780-9809. reiki4animalsandyoud@cox.net.

**Yoga Dance** – 6-7pm. 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.

**Zumba with Melissa** – 6-7pm. One of a kind combination of dance and exercise which puts the FUN back into fitness. Salsa, Merengue, Hip Hop, Callypso, Bellydance, Cha Cha and more. Check out our full schedule online. \$10/Call to reserve space. Body In Action, 1639 Warwick Ave, Warwick. 401-732-2899. BodyInActionRI.com.

**Hatha Yoga Group** – 6:30-7:45pm. Make a commitment to your body, mind, and spirit with Hatha Yoga, taught by Kripalu Certified instructor. Quiet the mind, increase flexibility and strength, relax, restore, and rejuvenate. Free. Dr. Lynda J. Wells, 260B Columbia St., Wakefield. abundance44@verizon.net. 401-789-5185.

**Women's Spirituality/Intention Group** – 7-9pm. 2nd Friday. See Monday at 7pm for details. \$15. Pat Hastings, Providence. 401-521-6783. SimplyAWomanOfFaith.com.

**Meditation Nights** – 7:15-8:15pm. 1st and 3rd Friday. Explore healing meditations on various themes and styles. No experience necessary just an open heart and mind. Please call or email to register. \$10. The Journey Within, 1645 Warwick Ave, Suite 224, Warwick. 401-215-5698. BodyInActionRI.com.

**Hawaiian Hula for Exercise** – 7:30-8:30pm. 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. \$18/2 classes. Santosha Yoga Studio, 14 Bartlett Ave., Cranston. 401-780-9809. YogaAtSantosha.com.

**Waves: 5 Rhythms Movement Practice** – 7:30-9:30pm. 2nd Friday of every month. Explore the movement maps of the 5 Rhythms: flowing, staccato, chaos, lyrical, and stillness. Come to move, sweat, breathe and dance in a playful and nourishing introduction to a powerful practice. \$18/cash or check. Studio Exhale, 1263 Oaklawn Ave, Cranston. 401-383-0839. StudioExhale.com.

## Saturday

**Full Wave Yoga Class** – 8-9:30am. See Tuesday at 7am for details. \$15/drop in or \$12/series. The Life Breath Institute, 378 Main St, East Greenwich. 401-258-6537. TheLifeBreathInstitute.com.

**Gentle Vinyasa Yoga** – 9-10:15am. See Thursday at 9:30am for details. \$14/class, \$96/package of 8. Unique Total Body, 190 Putnam Pike, Johnston. 401-233-2348. UniqueTotalBody.com.

**Yoga Basics** – 9-10:15am. See Monday at 9am for details. \$14. Unique Total Body, 190 Putnam Pike, Johnston. 401-233-2348. UniqueTotalBody.com.

**Kripalu Yoga** – 9:30-10:30am. With Chris Belanger. Mixed levels, beginners welcome. Ask about new student specials. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter.com.

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

**Nia Class** – 9:30-10:30am. See Thursday at 10am for details. \$3/members, \$6/non members. Johnston Community Center, 1291 Hartford Ave, Johnston. 401-487-6977. NIANow.com.

**Beginners Yoga** – 10-11am. Developing confidence in yoga basics, postures, breathing, body science and meditation. Focus is on 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 at 7am for details. \$15/drop in, \$12/series. The Life Breath Institute, 378 Main St, East Greenwich. 401-258-6537. 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. LivingBalance.us.

**Coastal Growers Market** – 10am-1pm. Wintertime Farmers Market featuring a variety of locally produced goods, including fruits, vegetables, herbs, cheeses, meats, jams, bakery items, flowers, crafts and gifts. Free. Coastal Growers Market, Lafayette Mill, 650 Ten Rod Rd, North Kingstown. CoastalMarket.org.

**Wintertime Farmers' Market** – 10am-2pm. Wintertime Farmers Market featuring a variety of locally produced goods, including vegetables, jams, jellies, artisan breads and pastries, gluten free breads, tortillas, chocolates, fair trade coffee hot or by the pound. Free. Wintertime Farmers Market, 1005 Main St., Pawtucket.

**Gentle Prenatal** – 10:15-11:15am. Learn how to relax into your transforming body, and deepen your relationship with your baby through breathing and comfortable yoga poses. No experience necessary. \$10/Drop in, \$42/6 weeks. Yoga School of South County, 1058 Kingstown Rd, Peace Dale. 401-782-9511.

**Nia Class** – 10:30-11:30am. See Thursday at 10am for details. \$3/members, \$6/non members. Johnston Community Center, 1291 Hartford Ave, Johnston. 401-487-6977. NIANow.com.

**Kids Yoga (ages 5-11) With Melissa** – 10:30-11:15am. See Tuesday at 4:30 for details. \$10/ 2nd child discount avail. The Journey Within, 1645 Warwick Ave, Suite 224, Warwick. BodyInAction.com. 401-215-5698.

# Reach Your TARGET MARKET

by advertising in  
*Natural Awakenings.*

Distributed at over  
**500 locations**  
throughout Rhode Island.



Call 401-709-2473  
or Email  
info@rinaturalawakenings.com

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

**NIA** – 11am-1pm. 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. \$12. The Spot on Thayer, 286 Thayer St, Providence. 401-383-7133. TheSpotOnThayer.com.

**Zumba Kids with Melissa Ages 5-11** – 11:30am-12:15pm See Thursday at 5pm for details. \$5/2nd child discount. Body In Action, 1639 Warwick Ave, Warwick. 401-215-5698. BodyInActionRI.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. 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. Donation. The Healing Circle, Providence. 508-292-2798. ProvidenceHealingCircle.com.

**Learn to Meditate** – 2-3:30pm. Meditating can help manage stress, create inner peace, improve sleep patterns, awaken your intuition & connect to spirit using techniques such as breath control, creative light visualization & sound. Gift Certificates available. \$40/ 4 sessions or \$12/at the door. Under The Sun, 31B Bridge St, Newport. 401-339-6092. UnderTheSunec.com

**Seagrave Observatory Public Night** – 8-10pm. Skyscrapers conducts Public Night viewings through a variety of telescopes every clear Saturday Night, weather permitting. The public is invited to attend. For more information see web site. Free. Skyscrapers, 47 Peep Toad Rd, North Scituate. TheSkyScrapers.org.

## classifieds

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

### FOR RENT

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

### HELP WANTED

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

**TRAVEL AGENT WANTED** Earn an Extra \$500- \$1000 a month. For more information visit: <http://smartravel2.traverustravelnetwork.com>. Ask about our promotion: Call Elizabeth at: 401-300-6895.

### OPPORTUNITIES

**DISTRIBUTION SITE** – Offer your patrons the opportunity to pick up their monthly copy of *Natural Awakenings* magazine at your business location, and promote your events for free with 2 calendars listings a month. Contact Classifieds@RINaturalAwakenings.com.

### CURRENTLY PUBLISHING NATURAL AWAKENINGS MAGAZINES

– Be part of a dynamic franchised publishing network that is helping to transform the way we live and care for ourselves. As a Natural Awakenings publisher, your magazine will help thousands of readers to make positive changes in their lives, while promoting local practitioners and providers of natural, Earth-friendly lifestyles. You will be creating a healthier community while building your own financial security working from your home. Currently for sale: Atlanta, GA; Denver, CO; Mobile, AL; Morris County, NJ; New York City, NY. Call for details 239-530-1377.

**YOUR CLASSIFIED HERE** – For only \$1 per word. Reach readers all over the state. Distribution in over 500 locations. Contact Info@RINaturalAwakenings.com.

# Join our family of publishers

be your own boss and make a difference in your community



## Our Family Tree Is Growing Strong

As a *Natural Awakenings* publisher, your magazine will help thousands of readers to make positive changes in their lives, while promoting local practitioners and providers of natural, earth-friendly lifestyles.

You will be creating a healthier community while building your own financial security in the franchise market of your choice.

You'll work for yourself but not by yourself. We offer a complete training and support system designed to help you successfully publish your own magazine.

Become a new *Natural Awakenings* franchise publisher in the market of your choice, or purchase one of the existing magazines currently for sale: Asheville, NC; Birmingham / Huntsville, AL; Denver, CO; Mobile, AL; Morris County, NJ; and New York City, NY.



For more information call **239-530-1377** or visit us online at **NaturalAwakeningsMag.com**

## BOOKSTORE

### THE GRATEFUL HEART

17 West Main Street  
Wickford, RI 02852  
401-294-3981  
GratefulHeart.com



Books on Spirituality, Metaphysics, Psychology, Shamanism, Alternative Healing, Gourmet Vegetarian Cooking. Kirlian Aura Photos. Meaningful jewelry with crystals and gemstones, Angels, Buddhas, Tibetan Singing bowls, Native American sacred herbs, dreamcatchers. Candles, incense, cards and beautiful music on CD. Psychic and Tarot Readings - Call for appointment. *See ad, page 15.*

## COACHES

### PERSONAL & PROFESSIONAL DEVELOPMENT

Donna McGoff, Life Coach - Living...ON PURPOSE  
401-662-2707 • dmcgoff@cox.net



Harvest the Rewards of Your Rich Life Experiences. Overcome Limiting Beliefs .Set Goals and Reach Them. Harmonize "Wheel of Life". Create Life You Want. Ready for Living...ON PURPOSE? Call Today for Free Half-hour Consultation and Introductory Session

## DEPTH HYPNOSIS

### KATHARINE A. ROSSI

401-245-0398  
archeofspirit.com  
info@archeofspirit.com

Holistic counseling using hypnosis to access the root cause of imbalances and transform your relationship with others and self. Depth Hypnosis works with your inner wisdom to heal and create lasting change. Phone and office sessions available.

## DOG TRAINING

### SOLID K9 TRAINING

Jeff Gellman  
401-527-6354 • SolidK9Training.com



Jeff Gellman, a nationally recognized dog trainer and whisperer, will show you the 4 most important things to get you the most out of your relationship with your dog using his own system of obedience training, behavior modification, household management and exercise. Jeff is a real world at home dog trainer who does not use treats, clickers, choke chains, head halters, punishment or bribery. Based in Providence and traveling nationwide. *See ad page 15 & 27.*

## GREEN CLEANING

### GREEN HOME CLEANING

Deborah DeMarino  
401-884-7202 • GreenHomeCleaning@cox.net

Green Home Cleaning has been serving our environment for 15 years effectively and efficiently with full cleaning service. We have expanded our service offerings to include: FULL SERVICE- complete home cleaning, ASSISTANCE -assisting you while YOU clean your home too and CONSULTATIONS- on how to go green. Same hourly rate for all three services. Free estimate with full service. *See ad page 6.*

### WOW GREEN

Lisa Kline and Sheri Lough, Distributors  
401-497-6380 • cleansafe@cox.net  
WowGreen.net/CleanSafe



Let us introduce you to Wow Green! Our cleaning products are 100% SAFE for you, your family, your pets & the environment. Finally, a household line that is tailored to each room in your home that is non toxic-chemical free, effective and affordable. Ask about preferred customer pricing and other ways to save green and earn green. Mention this ad for your Free Wow Green Gift.

## HEARING SERVICES

### GLASS AUDIOLOGY, SERVICING RI

Dr. Jodi Glass  
401-575-9951 • GlassAudiology.com



Dr Jodi Glass is an Audiologist with over 30 years of experience testing the hearing of newborns through seniors. She has a reputation of compassion, professionalism and reliability. Now, she is available statewide, to come to YOU for all your hearing and hearing aid needs, and would be honored to hear from you.



## HERB FARM

### SEVEN ARROWS FARM

346 Oakhill Avenue  
Seekonk/AttleboroTownline  
508-399-7860  
sevenarrowsfarm.com



Extensive Herbal Apothecary includes: Herbs, Teas, Essentials Oils, Hard-to-find ingredients- Butters, Oils, Waxes, Clays, Salts, & much more for natural skin care product-making. Bottles, jars, Mortars & Pestles, Crystals, Gemstones, Crystal Readings. (Call for appointment.) Tea Room. Sit. Relax. Enjoy.

## HYPNOSIS

### MARK ASHLEY HYPNOSIS HEALTH & WELLNESS

Consulting Hypnotist, Coach & Motivator  
401-623-6709 • markdashley@gmail.com  
MarkDashley.com

Motivation by means of hypnosis. Achieve amazing success with weight loss, fitness goals, stress management, insomnia, motivation, procrastination, anxiety, phobias, smoking and compulsive behaviors. Schedule a complimentary wellness consultation including body composition analysis, a \$100 value, with the mention of this ad.

## INTERFAITH MINISTER

### INTERFAITH MINISTER

Rev. Natalia de Rezendes  
Slatersville, RI  
401-766-8316 • nathalia47@aol.com  
OneVoiceCentral.com



Create the Wedding ceremony of your heart's desire with Rev. Natalia! Whether it be traditional or non-traditional or an Interfaith marriage. All types of love unions welcomed! Rev. Natalia co-creates ceremonies with you and enhances the beauty of your traditions: weddings, baby christenings and namings, seasonal healing rituals, memorials and funerals.

## NATUROPATHIC PHYSICIANS

### KERI LAYTON, N.D.

111 Chestnut St., Providence, RI  
Also at All That Matters, Wakefield, RI  
401-536-4327 • KLAYTONND.com



Naturopathic medicine at its best. Diet and nutrient therapy, herbal medicine, NAET, homeopathy. Safe and effective treatments for men, women and children of all ages.

## NATURE CURES NATUROPATHIC CLINIC

Dr Cathy Picard, N.D.  
250 Eddie Dowling Hwy • North Smithfield RI  
401-597-0477 • DrCathyPicard.com

Whole-person health care for the entire family using safe and effective natural medicines. Meeting your health care needs with homeopathy, herbal medicine, nutrition and biotherapeutic drainage. Focus includes pediatrics and childhood developmental issues including autism and ADHD.

## PROVIDENCE WHOLISTIC HEALTHCARE

Sheila M. Frodermann, MA, ND, FHANP  
144 Waterman St., Providence, RI  
401-455-0546 • ProvidenceWholistic.com

Holistic family health care: your comprehensive natural medicine clinic offering diet and nutritional counseling, herbal and homeopathic medicines, and acupuncture. Optimize health and wellness naturally! *See ad page 9.*

## NUTRITION

### ADVANCED NUTRITION AND NATURAL MEDICINE

342 Atwood Avenue  
Cranston, RI 02920  
401.942.6967 • DrRichardPicard.com



Dr. Richard Picard specializes in developing individualized nutritional programs based on clinical findings and patient profile. If you are tired, fatigued, frequently ill or just not as healthy as you'd like to be, nutrition is one of the best places to start. Dr. Picard has 18 years of clinical experience dealing with weight gain, cholesterol and lipid disorders, diabetes, gastrointestinal disorders and metabolic syndrome.

## RECONNECTIVE HEALING

### DIVINELY TOUCHED

Mary DiSano, C.R.P.  
1542 Main St • West Warwick, RI  
Divinelytouched.com



Utilizing Reconnective Healing & The Reconnection®. A new form of energy-based healing, Mary has studied with Dr. Eric Pearl, author of The Reconnection, published by HayHouse, who has use Reconnective therapy to cure disorders such as; cancer, AIDS, MS, & chronic pain (results may vary from patient to patient). *See ad page 21.*

## REIKI

### REIKI MASTER & TEACHER

Amanda de Rezendes  
Slatersville, RI  
MoveYourEnergy.com  
amanda@moveyourenergy.com



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

## THERAPEUTIC MASSAGE

### IT'S YOUR BODY'S SYMPHONY

2051 Plainfield Pike • Johnston RI 02919  
401-464-6100 • ItsYourBodysSymphony.com



ITS ALL ABOUT YOU. You deserve the BEST The journey begins. Enter a new plateau @ ITS YOUR BODYS SYMPHONY We offer: A variety of massage therapies including La Stone, Cupping, Thai, Ultimate pumpkin & back facials, Reflexology... We look forward to your arrival. *See ad page 29.*

## WELLCARE COLLABORATIVE

### IT'S MY HEALTH

Marie Bouvier-Newman  
2374 Mendon Rd., Cumberland, RI  
401-405-0819 • Its-My-Health.com

We provide much more than products, services and education. We provide the tools you need to optimize your health in a comfortable environment. We care. *See ad on page 27.*

## YOGA

### CHRIS BELANGER, RYT

401-261-7242  
wholeofthemoonyoga@hotmail.com  
wholeofthemoonyoga.com

Offering Kripalu Yoga, Laughter Yoga, Yoga in the Park, Men's Yoga, Gentle Yoga & Senior Yoga throughout RI – Classes are suitable for all levels. Explore your body, breath, mind & spirit. Chris is now offering Yoga for Vets - a program to thank vets for their service, while providing a valuable wellness tool for the mind & body. *See ad on page 13.*

## YOGA AND HOLISTIC HEALTH CENTER

### ALL THAT MATTERS

315 Main Street • Wakefield, RI  
401-782-2126 • Info@allthatmatters.com  
AllThatMatters.com

Choose from 45 yoga classes each week. Enjoy a variety of therapeutic health services. Experience workshops on yoga, meditation, self-care, self-discovery and the healing arts. *See ad on page 12.*

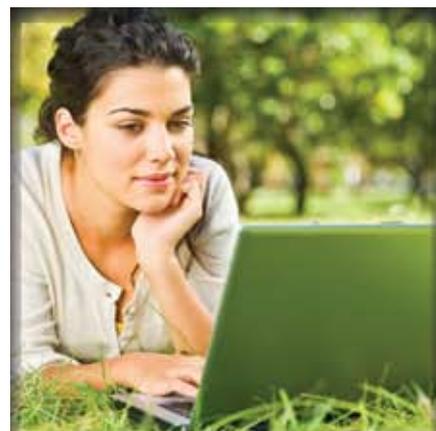
## VOICE COACH

### ONE VOICE STUDIO

Natalia de Rezendes, MM New England  
Conservatory '78  
Slatersville, RI  
401-323-SONG (7664) NataliaOneVoice.com



Private instruction in Piano and Voice: Classical, Broadway and Commercial Contemporary for Ages 6 to senior citizen. Certified in the LoVetri CCM method. Enroll now in our Fall class for December performances.



# Make the Connection

Join the online *Natural Awakenings* national directory filled with natural living business listings from around the country

**REGISTER** for your **FREE** business listing. It's easy.

**SEARCH** for hundreds of green and healthy living companies with products and services good for people and the planet.

**FIND** local *Natural Awakenings* magazines publishing in communities across America.

Follow your path to well-being... Visit *NaturalAwakeningsMag.com/Directory* to sign up for your **FREE** listing and to find the resources you need to lead a truly good life.

natural  
awakenings



# SMART ADVERTISING IN A TOUGH ECONOMY!

## WHY NATURAL AWAKENINGS

### MORE FOR YOUR MONEY

Customers want more than an ad. They want an explanation. Natural Awakenings teaches our readers about you with news briefs, articles, calendar listings, and classifieds. Don't just place an ad. Become part of the magazine.

### 100% TARGETED AUDIENCE

Mintel International, an industry leader in providing market intelligence, recently called the green marketplace one of the fastest growing, most dynamic sectors of the US economy. 100% of our readers are interested in healthy living, a healthy environment, and personal growth. THAT'S 100%

### CREDIBILITY AND SCOPE

The Natural Awakenings family of magazines has been a respected source for cutting-edge healthy living information across the country for 15 years. Reaching more than 2.5 million readers each month with 60 individual magazines in 60 cities across the nation and Puerto Rico.

**401-709-2473**

**Info@RINaturalAwakenings.com**  
**RINaturalAwakenings.com**