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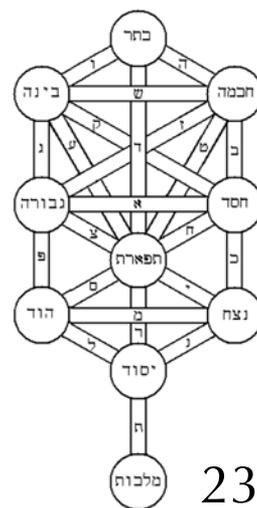
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# letterfrompublisher



Ah, the simple life. Just thinking about it makes me sigh. There is something almost romantic about it that conjures up visions of an uncomplicated time, when life wasn't so crazy and our lives weren't so hectic. I know of two people who have recently packed up what they could carry on the back of a motorcycle and headed west: No plans, no particular agenda, just what they can carry and the open road.

Twenty years ago, my brother in law and his wife set sail on a 40-foot Trimaran. Now they live in New Zealand with everything they own on the boat. At first pass, it all sounds so exciting and, well, simple. But on further reflection, the idea of not having many of my belongings around me and not having a home with my creature comforts doesn't sound so idealistic after all. Generally, I strive for a minimalist life, but I like the idea of having roots. There is comfort to be had in my own belongings that I'm just not ready to give up, however wistful it may sound to some.

When I was first thinking about the editorial theme of this month's issue, I was only focusing on the material part of simple living, but it turns out there is a lot more to it than that. In our feature article this month by Judith Fertig "Living Simply" on page 20, Fertig explores what else it means. On the human scale, there is a lot we can do to simplify our lives from the perspective of environmental awareness, self-determination, personal growth, and of course material simplicity. Much of it comes down to making conscious decisions about what we want to do with our valuable time and resources and choosing the simpler path.

It seems that no matter how hard we try to avoid it, more stuff enters our lives all the time. It is a constant battle to keep it all in check—but what amazing satisfaction there is when we remove some of it! As Linda Breen Pierce writes in her recipe for simplicity on page 21 too much stuff is suffocating us. Cleaning out a closet, a room or even a desk can feel like lifting a burden. It is liberating and in doing so we can breathe easier. Even landfills are full of stuff (some of it still usable) that we have thrown away because we have collected too much. Recycling and reusing whenever possible can not only simplify our lives but take the burden off the earth and perhaps help others in the meantime. There are plenty of charities around to benefit from the clothes that no longer fit, or the books we have read. The concept of simplifying doesn't stop with physical things. Clearing our calendars, our minds, and our hearts of too much "stuff" can help too. The idea is, without so many possessions in life weighing us down, we have more energy for value-based activities: Spending time with family, enjoying nature, having time for our health and our spirit and appreciating the truly valuable things in our lives.

Maureen Cary, Publisher



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## New Reiki Master Joins Practice

Reiki Master Heather Mowry has joined the group of healers at It's My Health in Cumberland. Mowry received her Master level attunement under the direction of Myra Partyka. She will be taking appointments Tuesday evenings and Saturdays. As with all other It's My Health practitioners, she will offer "buy 2 get 1 free" sessions to new clients.

It's My Health will also begin offering Reiki Clinics one Sunday afternoon each month from 12 to 2 p.m. This is an opportunity for people to receive and experience a half hour of Reiki for a small donation that will be forwarded to a local charity. The first clinic is scheduled for Sunday, December 13, and those interested are invited to call to schedule an appointment. Practitioners who would like to participate may contact It's My Health.

Reiki is universal life-giving energy that balances and harmonizes and can be used for all purposes, conditions and situations. It can be safely used at any time, in any place and for any purpose. To practice or receive Reiki, no faith or belief is required.

*It's My Health is located at 2374 Mendon Road, in Cumberland. 401-405-0819. Its-My-Health.com. See ad, page 7.*

## Weekend Retreat Opens Spiritual Vision

Pat Hastings, author, inspirational speaker, coach and radio talk show host, will lead a retreat December 11-13 at La Salette Retreat House, in Attleboro, MA. The cost is \$175, which includes lodging and food. The retreat is for those who want to connect with the Spirit within and have their prayers answered. Learn what beliefs block us from creating what we want in life and what God wants for us.

"When you change your thinking and see with 'spiritual vision,' you will live with power and abundance," says Hastings. "You have the power to live the life of your dreams, improve your self esteem and be happy." There will be time for prayer, quiet reflection, small group sharing and play.

*Register at 508-222-8530. SimplyAWomanofFaith.com.*



## Kabbalistic Healers of Rhode Island

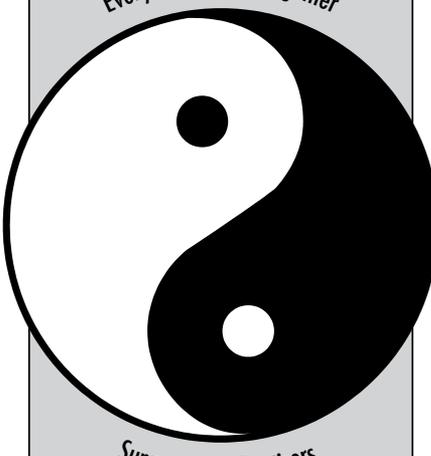


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## New Store Donates 10 Percent of Profits

Robert Arnold and Dottie Rudolf, owners of the online book and music store Under the Sun, have now opened a storefront at 31B Bridge Street, in Newport.



"We cater to your personal and spiritual growth and development by not only providing resources, but also valuable

information through our blogs, dream interpretation and how-to steps in reaching your goals," says Arnold.

The store offers a wide selection of spiritual and self-help books, audio books and inspirational CDs and movies, with 10 percent of all proceeds donated to Child Fund International to aid children who face hunger, disease, violence, natural disasters and extreme poverty. "It's really why we do all of this," says Rudolf. "We want to give back."

Under The Sun also offers interactive programs, like weekly meditation groups, hiking in local parks and a book club. More programs are in development.

Visit [UndertheSunECC.com](http://UndertheSunECC.com) or call 1-877-699-0097.

## newsbriefs

### Antler Supplements Available for Pets and Humans

Stiff joints, bone density and flexibility are all health issues we face as we age. These same issues affect pets, too. Rhode Island based Granite Acres Deer Farm produces "Vel-Pet," an effective product designed to help our pets live healthier, happier lives. Granite Acres has been harvesting and selling Red Deer antler velvet supplements for over a decade. Red Deer antler velvet has been used in Chinese medicine for 2000 years and is known to improve bone strength, joint support, energy levels and modulate the immune system, says Granite Acres co-owner Henry Duranleau. "The velvet is rich in glucosamine and chondroitin, substances taken to promote good circulation and reduce inflammation," he adds.

Duranleau says he began using the supplements after suffering a difficult recovery of his own after an injury. "It is a natural, holistic remedy, and it changed my life for the better," he says. These supplements, offered in bottles of 60 capsules, are lab tested, affordable, natural and local.

Contact Duranleau at 401-738-6084 or [GraniteAcres@verizon.net](mailto:GraniteAcres@verizon.net). See ad, page 25.



### Peace Project Planned for Sept. 2010

Drawing on a rich local culture of art and peace, the Providence Peace Art Partnership will mount exhibitions in September 2010 in support of the city's annual September celebration of the UN International Day of Peace. The exhibits will take place in downtown Providence at several venues such as the URI Providence Arts and Culture Program and Providence Art Windows. The 2010 exhibit will run throughout September and will be free to the public.

Participants include URI Feinstein Providence Campus Urban Arts and Culture, Providence Art Window, RI Commission on Prejudice and Bias, the Peace Flag Project and the Arts, Communication and Teaching Academy of Central Falls High School, a URI Academy public school

"Art can inspire us, move us; it helps us to see the world in a fresh way. Opening us up to new ways of thinking about peace through art is the focus of this new year-long collaborative effort by several Providence art, peace and educational organizations," said Steven Pennell, Coordinator of the URI Providence Arts and Culture Program. "We're delighted to be working with all these groups to create and exhibit art about peace, an important issue for each of us and for our world."

Ginny Fox, Director of the Peace Flag Project and principal organizer of Providence's Peace Day celebrations for the last six years added, "It has been an inspiration to watch these annual peace celebrations grow year after year. We are particularly pleased that in 2010 the peace celebration will span the whole month of September."

For details, see [ThePeaceFlagProject.org](http://ThePeaceFlagProject.org).





## Eight Weeks to Health

**A**bsolute Fitness in East Greenwich announces the beginning of the 8-week weight loss program. Both members and nonmembers are encouraged to take advantage of the lower cost to work with a personal trainer. Groups of 4-8 students work in groups once per week. Says owner Alice Santos, the idea is to encourage the use of all components of the gym.

"Most people take the orientation and then never use anything other than what they were shown that first day," she says. The program entails using every part of the gym throughout the 8-week program, from free weights to yoga classes to the swimming pool. No corner of the gym goes unused by the students. "The idea of a small group as opposed to one-on-one training is to bring people together so they become comfortable enough to utilize everything we have to offer," says Santos. "And we are finding that many people enjoy the camaraderie and the competition of working with others."

The program also includes nutritional counseling. The personal trainers will contact students throughout the week through phone calls and emails, helping them along and offering tools and advice, such as the use of diaries.

*Absolute Fitness is located at 2727 South County Trail, in East Greenwich. 401-884-0330. absolutefit.com. See ad, page 9.*

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## newsbriefs



### Buying Tips for the Camera Shy

Today's digital cameras are amazing. The quality just keeps getting better, even compared to cameras produced as recently as 4 years ago. If looking for a new camera, or purchasing one as a gift, here are a few hints from local photographer Barbara Bourgette: Start with a specific price range. Because there are so many makes and models, the choice of cameras is too bewildering not to

narrow it down by this reasonable standard. Next, research cameras online at one of the various web sites, such as Consumer Reports, which reviews cameras by price range. Other good websites, says Bourgette, are DPreview.com and Imaging-Resource.com.

Once you have narrowed down the choices, visit a big box store to see and hold the cameras. "If you are purchasing a small pocket size camera for a man, make sure the exposure button and the dials on the camera aren't too small for large fingers," she says. "In fact, it is best to find a camera that has easily manipulated controls and that has an easy-to-understand menu."

When you have decided on the type of camera, it is time for comparison-shopping both online and in local stores. "Purchasing local is always a great deal, since you will almost always receive better-than-big-box service," says Bourgette. "Additionally, most clerks in local camera shops have more experience than in other types of stores."

*Bourgette offers digital camera courses for first time and new camera owners. 401-374-8424. BarbaraBourgette.com. See ad, page 5.*

### Child Care Meets Yoga Bliss

Yoga can help moms find an island of quiet bliss, while getting stronger, more limber and more centered. But finding time can be challenging.

Breathing Time Yoga in Pawtucket now offers a childcare co-op for the Basic Heated Vinyasa classes, which run Monday and Thursday mornings. Every week, a different children's activity will be planned such as making luminaries and reading circles. Participating children must be potty trained and no older than 10 years of age.

Owner Karen Lee has formed the co-op in partnership with OOP! a local retail store selling everything from handmade crafts to furniture and kitsch. Mothers who sign up for four classes will receive a \$20 gift certificate to OOP! Additionally, moms can earn one free yoga class every time they participate as a



co-op volunteer. "This is a supportive environment for everyone and no one is really doing this right now in Rhode Island," says Lee. Yoga classes can be purchased individually or in a discounted series.

*Breathing Time Yoga is located at 541 Pawtucket, in Pawtucket. Visit BreathingTimeYoga.com or call 401-421-9876.*



## Local Fall Harvest is Still Plentiful

The chickens are still laying eggs and the salad greens are still leafy and crisp. Even apples and squashes are getting sweeter by the day. It may be chillier, but local farmers keep producing food for everyone. Come find out what's in season on opening day of the Pawtucket Wintertime Farmers' Market on Saturday, November 7 at the Hope Artiste Village at 1005 Main Street. Hours are 11 a.m. to 2 p.m.

Local produce good through the spring includes: lettuces, arugula, bok choy, kale, collards, cabbage, chard, apples, cider, potatoes, sweet potatoes, onions, leeks, garlic, radishes, fresh herbs, beets, carrots, parsnips, turnips, winter squash, oysters, beef, pork, Narragansett Creamery cheese, eggs, honey and maple syrup. Also from local producers: jams, jellies, artisan breads and pastries, gluten-free breads, tortillas, chocolates and fair-trade coffee hot or by the pound.

Saturday will also bring the "Perfect Pickle" contest at 12 p.m. Categories include: Best brine, best alterna-brine and best ferment. Entrants will be separated into chefs and home-batch. Register by Oct. 31. First time picklers are encouraged to join. Winners will receive a unique, handcrafted basket of local goodies as well as the honor of being Rhode Island's Perfect Pickler.

*In its third year, the Wintertime Market will boast more than 45 farms and producers. Cash, Fresh Bucks, food stamps/EBT and credit cards are all accepted.*



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## NEW ENGLAND HOLISTIC CHAMBER OF COMMERCE

# Helping the Holistic Community Grow

By Beth Davis

Citing the lack of networking opportunities for holistic practitioners and holistically minded individuals, the *New England Holistic Chamber of Commerce* (NEHCC) was formed in May 2006. The launch of the non-profit organization was met with great enthusiasm and the group has continued growing and building since its inception.

“The Chamber,” says Executive Director, Susan Lataille, “is similar to most other Chambers across the country in that they support businesses.” However, as the name suggests, the NEHCC is focused strictly on those who are committed to a holistic approach to business and life.

Their mission, she says, is to create a group that works to increase the business opportunities and mainstream acceptance of the holistic community. “It is a place that like-minded individuals can come together, be supportive and cultivate their businesses,” notes Lataille. “People are open and accepting to what other people are doing, and that is not always the case at other chamber events. We are here to change that.”

For now, the Chamber is focusing only on Rhode Island with the intention of adding more chapters throughout New England once a solid model is created. “We are going through a lot of positive changes right now and are so excited about the future of our chamber and the enormous benefits we can offer our members.”

Members are the most important aspect of the Chamber’s success, and Lataille encourages them to become

more involved. “Often, businesses sign up, but don’t participate and take advantage of the opportunities offered to them as much as they should,” explains Lataille. “Our goal is to not only bring on new members, but to urge them to really participate.”

Already, members can attend regular monthly meetings held at various sites throughout the state, usually at a member location. Meetings are held at different times to make it more convenient to everyone. Eventually, says Lataille, she would like to offer breakfast meetings, luncheons and evening gatherings.

In addition to monthly networking events, the Chamber offers a multitude of benefits aimed at increasing opportunities for the members and creating consumer awareness of the various types of holistic practices available to the public.

“We are forming committees in which members can become involved,” says Lataille. “These offer the chance to share ideas and input about the future of the Chamber.”

Other offerings include educational and business development seminars and workshops that are specifically designed to give members the resources and tools they need to grow their business. An

online membership directory is meant to increase visibility through an online searchable member directory. Individual members can choose up to three categories to display their member profile and company members may choose up to six categories.

Another great benefit is the Online Member Calendar of Events. This allows members to get the word out about their events and workshops that are open to the public. “The calendar lets you advertise your events with a link to your email or website and is searchable by visitors,” explains Lataille.

Finally, NEHCC members can enjoy savings and discounts offered by other NEHCC members. Lataille says this is a wonderful way to encourage members to learn about each other’s businesses through first-hand experience, making it easier for them to generate referrals.

“The NEHCC has such wonderful potential and we look forward to growing a solid, supportive chapter of individuals focused on the body, mind and spirit.”

*To find out more about the New England Holistic Chamber of Commerce call 401-427-2233 or email [info@NEHolisticChamber.com](mailto:info@NEHolisticChamber.com).*

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During flu season, a strong immune system is a person's first line of defense against harmful bacteria and viruses. To boost immunity, enrich the diet with fruits and vegetables high in antioxidants to help fight free radicals; eat less fat and animal proteins; manage stress; and get enough sleep. Green tea and herbs such as astragalus, echinacea, ginseng and licorice root act as immune boosters, by both providing antioxidants and stimulating protective enzymes in the body.



Sources: *My.ClevelandClinic.org*, *Healthy.net*



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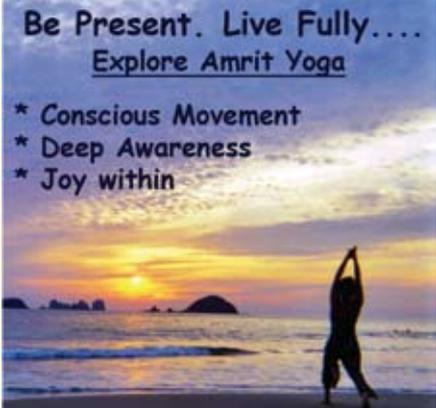
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# YOGA & PILATES

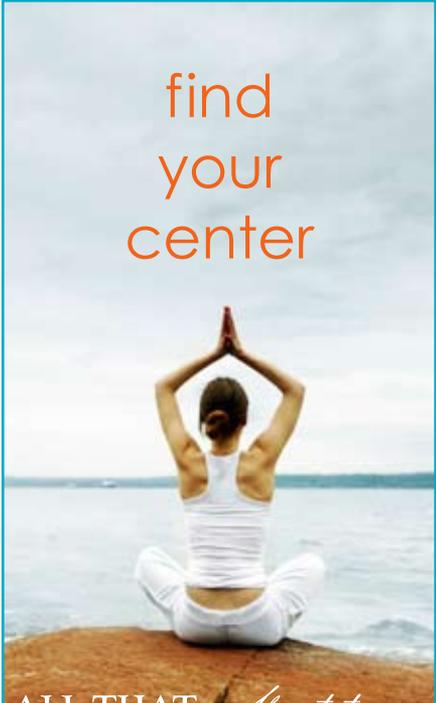
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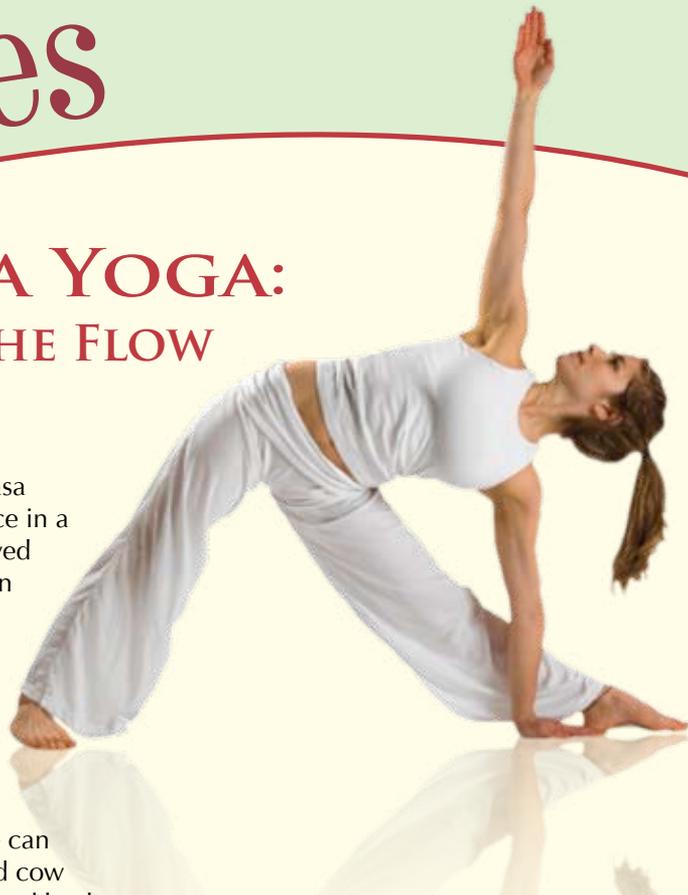
## VINYASA YOGA: GO WITH THE FLOW

Chris Belanger, RYT

The Sanskrit term vinyasa means simply “to place in a special way.” It has evolved into a catch-all term, often associated with a vigorous or power based yoga experience. However, examples of vinyasa can be found in even the most gentle of yoga classes.

A vinyasa experience can range from simple cat and cow stretches (subtle forward and back bends from a table or seated position) to a repetition of sun salutations (a series of 12 postures, including forward bends, back bends and lunges.) Whether gentle or power, a vinyasa session features a logical series of postures, each building on the other while flowing gracefully into the next. Vinyasa students are encouraged to focus on the posture and the transition from one posture to the next, creating a dynamic and fluid experience that may be meditative or invigorating. Particular attention is paid to the breath as the link between poses. The pace of a vinyasa flow can range from a rapid-fire series of numerous sun salutations in a short period of time to a single sun salutation mindfully practiced for an hour.

Vinyasa teachers and schools vary greatly. When looking for a class, take the time to ask questions and thoroughly acquaint yourself with class descriptions. Vinyasa classes representing a wide variety of styles and philosophies are plentiful in Rhode Island. Local offerings range from beginners, gentle and mellow to heated, vigorous and powerful.



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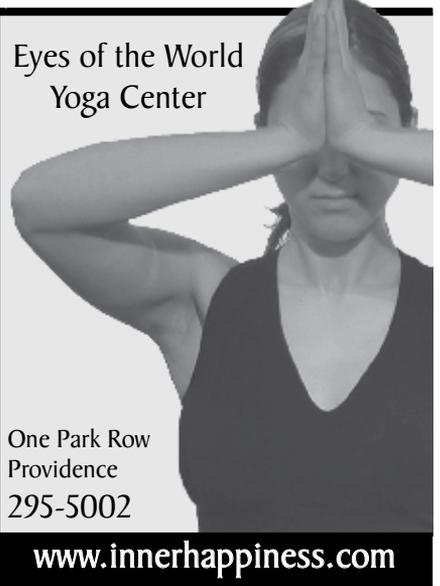
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—Sharon Gannon



# Refocusing the American Dream

## Young Adults Adopt Simpler Lifestyles

by Sharon Jayson

The Millennial Generation, or Gen Y, ranges from people in their 20s to those still in grade school. What they all have in common is the knowledge that the current recession has in some way rocked the world they thought they knew. Depending upon how long the downturn lasts, historians, economists and psychologists say it could shape this generation's values and attitudes in much the same way the Great Depression shaped the widespread frugality of their grandparents and great-grandparents.

Today, young people are reordering their values. "It is their version of the American Dream," advises Michael Bradley, a Philadelphia psychologist who specializes in adolescent development. "They talk more about having autonomy and freedom and in so doing, not being as enslaved to material goals that they perceived their parents being caught up in. They do talk about life happiness, [but] not based on economic success or achievement as much."

### The New Frugality

The virtues of simple living now coming into vogue especially strike a chord with Millennials, whom pollster John Zogby describes as more socially conscious, environmentally aware and demanding consumers than previous generations.

"This is the time [of life] when a lot of their attitudes are set. The long-term is still in question, but it has the potential to have a big impact and change the views that they'll have throughout their lives," says economist Richard Curtin, who directs consumer research surveys at the University of Michigan, in Ann Arbor. He believes that Millennials will be "more oriented toward economic security and relationships,

more toward savings and less toward spending."

James Burroughs, an associate professor of commerce who studies consumer culture at the University of Virginia, in Charlottesville, has seen a shift in student attitudes in his classes since the economic downturn. "It wasn't necessarily that they weren't going to consume," he says, "but they were giving a lot more thought to consumption."

Anthony Durr, 21, of Columbus, Ohio, says the recession has influenced how he views money, especially since his grandmothers, both raised during

the Depression, are preaching caution.

"Their generation—they were all about saving money. They understood the value of every single dollar," says Durr, a senior at Case Western Reserve University, in Cleveland. "I would like to believe that with my generation, it's going to definitely come to that point. Even if you're very successful with your company, there's always that chance of losing your job, and then what?"

### Downsizing Expectations

"I just think we're having to get used to living a little less luxuriously than when we grew up," says Dan Appel, 21, a psychology student at Montgomery County Community College, in Blue Bell, Pennsylvania.

Angela Trilli, 26, of Kendall Park, New Jersey, concurs. "I don't know if our generation—from my perspective—needs as much."

Laurisa Rodrigues, 18, a freshman at the University of Puget Sound, in Tacoma, Washington, believes the recession will have longer-term effects on her financial future. "A lot of

us have seen our parents live paycheck-to-paycheck,” says this Pueblo, Colorado, high school graduate, “and we don’t want that for us. Our generation is learning, but I don’t think we’re learning quite as fast as we should.”

“Growing up, I felt like if you have a job and contribute to a retirement plan and save here and there, you’ll be okay. That was the mindset of many people my age from seeing their parents,” explains Mike Woodward, 23, of Fredericksburg, Virginia. “But now... I have to have a different way to do things. I feel like I need to be more creative and pay more attention to how I use and manage my money.”

**“You can’t expect that things are always going to be the same.”**

~ Angela Trilli, age 26

## A Change in Direction

Woodward, a 2008 bioengineering graduate of Stanford University, in Palo Alto, California, is living with his parents while he launches a nonprofit business to train the homeless, the unemployed and nonviolent offenders in construction techniques to help rebuild New Orleans. He had planned to go to medical school, but the recession piqued his interest in the new economy.

“I think people are going to shift what they go after, because they have to,” observes Woodward. “However, I think that sparks creativity. We will have people who are going to rise to the occasion and look for creative solutions.”

Jim Cullen, author of *The American Dream: A Short History of an Idea That Shaped a Nation*, expects that such attitudinal changes will take hold long-term, prompted by what he calls, “structural changes in the global economy.”

“We will see recovery,” he says, “but in some sense, I feel like the hard work of changing our values has barely begun.”

Yet Trilli, like many others, hasn’t given up on her dream: “I want to own a restaurant one day, and I still think I can.”

Sharon Jayson is a writer in Austin, Texas.

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# Putting the “I”

# in Holiday



by Whitney Q. Thompson, MFT

Many families maintain a connection to holiday traditions around the time of Thanksgiving and Christmas. Numerous movies released during the holidays are centered on family themes as testimony to these deeply held traditions. So, how can we get the most out of our family time and how can we use it to authentically connect to ourselves and our loved ones and celebrate the blessings of our lives?

The developmental stage of a family plays a major role in how holidays are celebrated. It may be the only time in a given year when adult children return home to visit siblings and parents. New parents may be creating their own traditions, in addition to remembering years past. Whatever the case, family dynamics peak with so many expectations and memories in the air.

While families come together to celebrate, it often stirs up old pain. Relational patterns that we may work on throughout the year can intensify during this time. With the goal of becoming more aware of ourselves in relationship to others in mind, how can we use this time as a rare opportunity for increased insight and self compassion rather than getting overwhelmed and becoming self critical?

Because of our differences, everyone experiences their own unique set of reactions and responses to their families. So not only does each family have its own strengths and weaknesses; each family is comprised of individual members who each have their own idiosyncratic ways of being. Siblings often respond to similar situations in diverse ways due to some mysterious combination of temperament and system dynamics.

The first step is to notice our responses. This can be a lot harder than perceived, but it is a much needed shift to attend to our own needs. Every person has parts of them that could benefit from getting more attention and understanding, particularly parts that may typically receive negative attention.

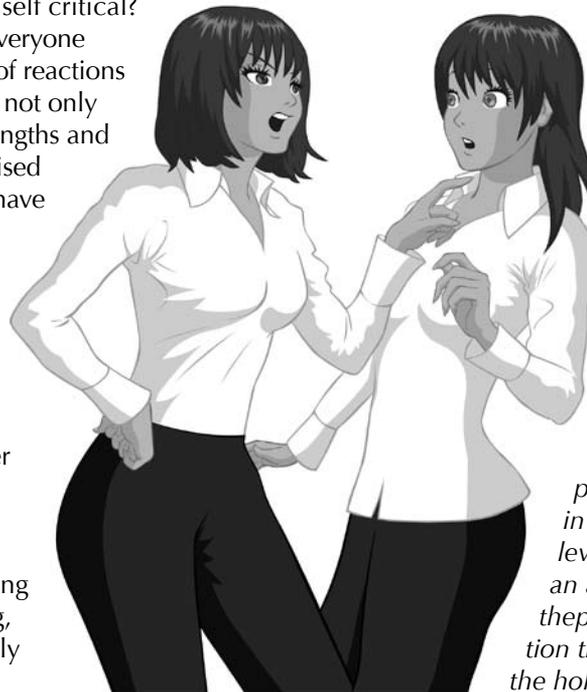
One popular method for attending to one's internal landscape is Richard Schwartz' Internal Family System, also referred to as the IFS<sup>SM</sup> model. According to this framework, through compassionately witnessing our own parts of the system, we are able to naturally calm down. Think of a two year old screaming for her mother's attention - the more she screams the less likely she is to get a loving reaction from her parent. However, the attentive parent can soothe her child much more easily simply by noticing her agitation before it reaches such a crescendo. Similarly, if we spend some time noticing how we are feeling in a given situation, we are likely to diffuse internal reactivity much more effectively.

With increased compassion for oneself comes increased curiosity about the experiences and reactions of others. What a difference it would make if, instead of becoming furious at a relative we simply asked ourselves, "why are they behaving this way?" Often people are operating from out-of-date fears, anxieties and beliefs. Simply by bringing curiosity into the equation a lot of new possibilities emerge.

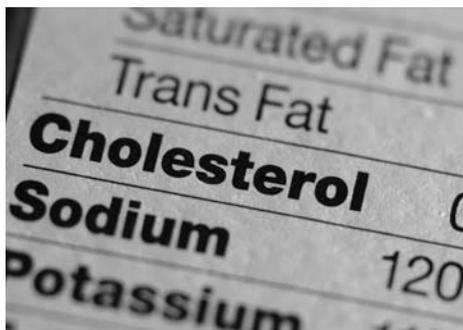
The holidays are a full menu of making plans, traveling, cooking and preparing. Take a few moments to reflect upon who in the family typically does what tasks and why. Ask yourself if you are at peace with these roles? Do they still feel appropriate or, might it be time to revisit some of these patterns? It is never too late to model for children (or parents) that honest communication and self awareness are the fundamentals of healthy relationships.

For more information on the IFS<sup>SM</sup> model visit [SelfLeadership.org](http://SelfLeadership.org).

Whitney Q Thompson, MFT, sees individuals, couples and families in her private practice located at 341 Broadway in Providence, Rhode Island. Whitney is a level three trained IFS<sup>SM</sup> therapist as well as an accredited marriage and family therapist. [thepointatwhich.com](http://thepointatwhich.com). 401-277-9993. Mention this article for a free consultation during the holiday months.



## THE CHOLESTEROL-ALZHEIMER'S LINK



Researchers at Kaiser Permanente's Division of Research and the University of Kuopio, in Finland, recently reported that elevated cholesterol levels in midlife—even borderline elevations—significantly increase the risk of developing Alzheimer's disease and vascular dementia later in life.

While scientists are still trying to pinpoint the genetic and lifestyle factors that cause Alzheimer's and dementia, levels of cholesterol are proving to respond well to lifestyle changes. Exercising and maintaining a healthy weight continue to be an important first goal; losing even 10 pounds can help improve cholesterol levels. Discerning between good and bad fats also helps. Good fats come from plants, such as avocados and nuts, or fish like salmon and mackerel; bad fats are usually found in meats and animal products.

Researchers recommend that we eat ample fiber from whole grains and vegetables, and consider a supplement of artichoke leaf. A study conducted by the University of Reading, UK, indicates that the leaf reduces plasma cholesterol. Include fruits, too, as they contain pectin, a special, soluble fiber that lowers cholesterol and helps curb overeating. Another tool for gaining the upper hand on cholesterol is managing stress, because there is a direct link between elevated cholesterol in the body and the output of stress hormones.

For more information visit [Alz.org](http://Alz.org).

Sources: GolinHarris, 2009; Prevention.com; University of Redding, 2008

## We Are What We Drink

When it comes to weight loss, what we drink may be more important than what we eat. Researchers at the Johns Hopkins Bloomberg School of Public Health who examined the relationship between beverage consumption among adults and weight change, found that weight loss was positively associated with a reduction in liquid calories. They further concluded that calories from beverages had a stronger impact on weight than calories from food.



Experimenting with several categories of beverages, based both on calorie content and nutrition, they discerned that sugar-sweetened beverages were the leading source of liquid calories contributing to unwanted weight gain. These are the same beverages reported to play a significant role in the obesity epidemic currently affecting two-thirds of American adults.

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## inspiration

# SILENCE IS GOLDEN

by Janet Luhrs

**H**ere's the big idea: Noise is bad for you. During my career as a pioneer in the simplicity movement, I have taken note of numerous studies that link unwanted sound to increased levels of stress. Even low-level noise has been associated with increased aggression and other mental health problems, as well as poor sleep, high blood pressure and heart disease. A few of the reporting organizations include Cornell University, the Acoustical Society of America and the World Health Organization.

The following tips for increasing moments of silence in daily life will help us all feel better and live healthier:

■ **Start each day with silence.** Before running headlong into another day, do something relaxing for 12 minutes upon waking. It may be meditating, stretching or reading inspirational literature. According to the National Institutes of Health, our cortisol levels ("the stress hormone" produced by the adrenal glands) are highest between 6 and 8 o'clock in the morning, when we first get out of bed. Most people have coffee and turn on the news. That's the worst thing we can do. Studies have shown that only 12 minutes of quiet in the morning can bring down the stress-hormone levels, and get you off to a better start that will last all day.

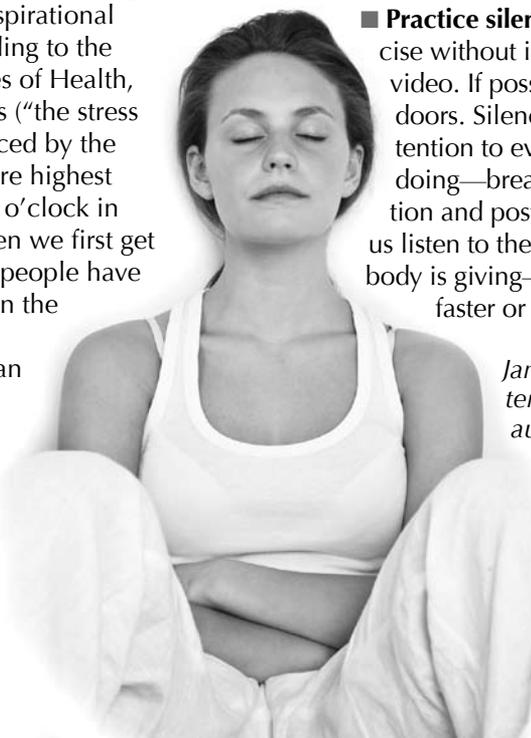
■ **Eat at a table, without watching television or reading.** Mindful eating helps us to enjoy our food more, prevents overeating because we are tuned into our body's satiety signals, and allows the body to metabolize food more efficiently.

■ **Try driving in silence.** Because there is so much noise that we can't control, find small ways to create silence that you can control. The car is a wonderful place to get in touch with your thoughts and just be with yourself. Silence is rejuvenating.

■ **Create a silence retreat at home.** Set aside an evening at home with no talking. Turn the phone ringer off and don't answer it; turn off the television. Don't run any extra machines. Try to have the family do this together, or trade nights with a partner in taking the kids out to dinner and a movie.

■ **Practice silent exercise.** Exercise without iPod, magazines or video. If possible, exercise outdoors. Silence helps us pay attention to everything the body is doing—breathing, muscle function and posture. Silence helps us listen to the helpful signals our body is giving—to slow down, go faster or straighten up.

*Janet Luhrs is the international bestselling author of The Simple Living Guide and guides people toward simpler, more enjoyable lives through her Simplicity Series Seminars, at [SimpleLiving.com](http://SimpleLiving.com).*





## Cozy Digs

### Living Large in Small Spaces

The desire to live simply, a cornerstone of the Small House Movement, has led to interest from architects and builders who are now providing smaller housing alternatives, according to *ResourcesForLife.com*. For example, Florida designer Ed Binkley, who used to design mansions, now offers a Shelter Series that includes homes ranging from 600 to 900 square feet, reports *Orlando Sentinel* writer Jean Patteson. Binkley describes them as “comfortable, affordable and green.”

Jewel box houses are another design being marketed to young professionals, empty-nesters, retirees and newlyweds, writes Patteson. Specifically designed to suit the owners’ way of life, they feature “top-quality materials, upscale detailing and custom built-ins.” With a modest size of less than 2,000 square feet, beauty and function are valued over accumulating stuff and the space to store it (tips at *TheJewelBox-Home.com*).

The trend is reflected in an annual Mayflower Transit Van Lines study, which reports that the average household moving weight has decreased by 10 percent since 1997, including a 2 percent drop from 2007 to 2008. Jennifer Bonham, director of Mayflower’s marketing communications, says it’s due to homeowners “transitioning away from McMansions to smaller, more sustainable living environments.”

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# Living Simply

**By wanting—and sometimes, doing—less, we create more space for the things that really matter.**

by Judith Fertig

Living simply is not a new idea. The Shakers, a celibate sect founded in the 18th century, believed that, “Tis a gift to be simple.” In the 19th century, Henry David Thoreau went back to basics on Walden Pond. “Less is more,” proclaimed Ludwig Mies van der Rohe, the renowned post-war minimalist architect, a century later.

The urge to simplify is timeless. What is new is recognizing the ripple effect when we choose a smaller life, explains Duane Elgin, in his new edition of *Voluntary Simplicity: Toward a Way of Life That Is Outwardly Simple, Inwardly Rich*.

“Contrary to media myths,” observes Elgin, “consumerism offers lives of sacrifice, while simplicity offers lives of opportunity. Simplicity creates the opportunity for greater fulfillment in work, meaningful connection with others, feelings of kinship with all life and awe of a living universe.”

In 1977, Elgin was part of a think tank group at Stanford Research Institute that studied the voluntary simplicity movement. Each of the movement’s values identified by Elgin’s group—human

scale, material simplicity, environmental awareness, self-determination and personal growth—build on each other. When an individual first chooses to live on a smaller, more human scale, the other values seem to fall in line.

## Human Scale

Human scale means that we easily fit with our surroundings, our schedule and our stuff. When that isn’t happening and we realize we’re overwhelmed by the demands of a too-much life, we ask, “Is this really all there is?”

Architect Sarah Susanka asked herself that question when, as a managing partner in a firm of 45 people, she realized she was “asleep at the wheel, while barreling down the road of life on cruise control.” She was working long hours and doing well, but not doing what she had wanted to do since childhood. “Often, the things we were passionate about as children are good indicators of natural proclivities that may have fallen by the wayside as we’ve moved into adulthood,” she observes.

One thing Susanka felt was not working for her anymore was the pace at which she raced through her days. “We’ve become incredibly productive in recent decades,” she remarks, “and our successes are measured by income and by acquisitions.” But what Susanka wanted was not a bigger house or a new car—she wanted time to write.

“Our culture is grappling with time,” Susanka reflects. While we can get multiple things done with a press of a button, we can’t seem to allow ourselves the slow, unstructured time to just be present with our own thoughts. Trading superhuman self-perceptions for simply human views allowed Susanka the time to recollect herself and begin to write. The process of simplifying her life in order to pen *The Not So Big House* became the subject of her next book, *The Not So Big Life*.

Linda Breen Pierce experienced a similar self-revelation. In 1991, she downsized her six-figure income as a Los Angeles attorney, moved to a smaller house in a quieter community, and has since been living and writing about the simplicity movement until



# Recipe for Simplicity

by Linda Breen Pierce

**“Simplify, simplify.”** More than a century after Henry David Thoreau uttered these words, his plea for simplicity has more significance than ever before. We work hard and play hard, filling nearly every moment with activity. Most families believe they need two incomes to pay for a standard of living that has doubled in the past 50 years. But do we? Based on my three-year study of more than 200 people who have simplified their lives, I found that we can work less, want less and spend less, and be happier and more fulfilled in the process.

Following these 10 suggestions will simplify life. Rather than try to do it all in a few weeks or months, know that most people need an initial period of three to five years to complete this transition. Small, gradual steps are best.

**1** Don't bring any material thing into your home unless you absolutely love it and want to keep it until it is beyond repair. Too much stuff is suffocating us. Purchasing, maintaining, insuring, storing and eventually disposing of our stuff sucks up our precious life energy.

**2** Live in a home with a cozy environment that you or someone in your family uses every day. It can be more satisfying than living in a museum designed to impress others. Spending time and money to maintain a home that is larger than you need diverts these resources from more fulfilling endeavors.

**3** Seek to limit your work outside of the home to 30 hours a week, 20 if you are a parent. To live a balanced life, we need downtime to daydream, relax, prepare a leisurely meal or take a walk. Surrounding activities with empty spaces whenever possible makes actions more productive and meaningful.

**4** Work no more than 30 minutes from home. Preserve your energy and money for more rewarding life experiences.

**5** Limit children to between one and three extracurricular activities a week, depending on their age. Otherwise, you will exhaust yourself, and your children may grow up addicted to constant stimulation.

**6** Live simply to dream big in a whole new way. Take a month or more every few years to go live in a foreign country. Living in a different culture fascinates, excites and vitalizes us. It teaches us to live in the present, a core practice of simple living. We gain perspective when we experience a foreign culture and learn how much we have to be grateful for.

**7** Spend at least an hour a week in a natural setting, away from crowds of people, traffic and buildings. Three or four is even better. There is nothing more basic or simple than the natural world.

**8** Connect with a sense of spirit in your life, whether through prayer, religious services, journal writing, meditation or spiritually related reading. Simplicity leads to spirituality and spirituality leads to simplicity. Cultivate a practice of silence and solitude, even if for just 15 to 30 minutes a day. Your spirituality will evolve naturally.

**9** Seek the support of others who want to simplify their lives. Join or start a simplicity circle if you enjoy group interaction. Living simply in our culture can be a lonely journey, one that friends and family still on the earn-and-spend treadmill may not understand.

**10** Practice saying “No” to things that don't bring you inner peace and fulfillment, whether they are material goods, greater career responsibility or added social activities. Be vigilant with your time and energy; they are limited resources. If you say “Yes” to one thing (like a job promotion), recognize that you are saying “No” to something else (perhaps more time with family). Live consciously and deliberately.

Linda Breen Pierce is the founder of The Pierce Simplicity Study and the author of *Choosing Simplicity: Real People Finding Peace and Fulfillment in a Complex World* and *Simplicity Lessons: A 12-Step Guide to Living Simply*.

recently retiring to Mexico. “We are living the American dream gone amuck,” she writes in *Simplicity Lessons: A 12-Step Guide to Living Simply*. But now, we are learning that, “A fast-paced lifestyle prevents us from living mindfully.”

## Material Simplicity

When life seems overwhelming, it's time to take a good look at where we are, figure out where we want to be and eliminate obstacles. Do we want a smaller dwelling? Less to keep organized? More time for ourselves?

“If your goals aren't clear and your thinking isn't focused, you can't break the habits that stand in your way,” states psychologist and author Peter Walsh, who appears regularly on *The Oprah Winfrey Show*. “So many of my clients seem to have lost focus in their lives.”

Walsh's main refrain is that in accumulating more things than we really need or want, many of us have been trying to meet a need for something more. Sometimes, he says, “There is an element of boredom, combined with a simmering sense of frustration, even anger.” Either way, the hope is that material things will bring meaning and fulfillment. In his experience, “It never works.”

In deciding how we can best simplify our lives, Elgin encourages us to ask the following questions: “Does what I own encourage activity and independence—or the opposite? Does what I buy satisfy or not? How tied is my present job to keeping up a large lifestyle?”

An even simpler approach is to heed the words of William Morris, a leader in the 19th century Arts and Crafts movement: “Have nothing in your house that you do not know to be useful or believe to be beautiful.”

Simplicity involves not only clearing out the physical and emotional clutter and replenishing mindfully, but also clarifies our view of how our actions have a wider impact.

## Environmental Awareness

“Reduce, reuse, recycle” is a philosophy that Zoe Weil has lived for years. As the author of *Most Good, Least Harm*:

*A Simple Principle for a Better World and Meaningful Life*, Weil understands that most of us have lived at least part of our lives looking through a single lens, focused on “what’s good for me.” Weil challenges us to look through multiple lenses that see beyond personal interest, to embrace what’s also good for other people and animals and the planet. It can start with a simple act, such as choosing to refill a stainless steel bottle with filtered water, instead of consuming plastic water bottles that can languish for generations in landfills or require recycling.

Her mantra, “most good, least harm,” means considering the big picture to arrive at a better solution. For example, we might choose to buy fair trade coffee. Or we can seek out local produce to serve at meals and help independent farmers, even though we have to drive farther to the store. We might even decide to grow our own produce to cut the carbon emissions of the drive.

We can choose to use green cleaning products that don’t relay toxins into our bodies and our environment, even though they cost more. We can shop for cage-free eggs and free-range chicken,

because these foods come from animals raised in a more humane manner, even if they’re harder to find.

The benefits are twofold: Making our lives simpler yields the time to make more thoughtful choices, and making thoughtful choices can make the world a more desirable place in which to live.

## Self-determination

According to Pierce’s research, simpler living results in “more time, personal freedom, reduced stress, a slower pace of life, control of money, less stuff to maintain, fulfilling work, passion and purpose in life, joyful relationships, deeper spirituality, better health and a connection with nature.”

She has observed that while many people approach a simpler life with an interest only in these self-directed values, they soon develop other-directed values. People who have a simpler life also have the time, energy and passion to turn their talents towards the betterment of the community, the environment and the planet.

## Personal Growth

What it all boils down to is this: Living simply can make us happy. “Happiness studies through the years show that what makes us happy isn’t stuff,” concludes Elgin.

“That can be a revelation,” adds Susanka, “because for so much of our lives we’ve been oriented toward the accumulation of things to prove that we’re getting somewhere or making it ‘up’ some sort of hierarchy. What is critical is companioning with that which is most significant to you.”

*For more information and inspiration, contact: Duane Elgin at [AwakeningEarth.org](http://AwakeningEarth.org); Sarah Susanka at [SarahSusanka.com](http://SarahSusanka.com) and [NotSoBigLife.com](http://NotSoBigLife.com); Linda Breen Pierce at [GallagherPress.com](http://GallagherPress.com); Peter Walsh at [PeterWalshDesign.com](http://PeterWalshDesign.com); and Zoe Weil at [ZoeWeil.com](http://ZoeWeil.com).*



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# KABBALISTIC HEALING and Integrated Kabbalistic Healing

By Joan Webb and Kathy Bernstein

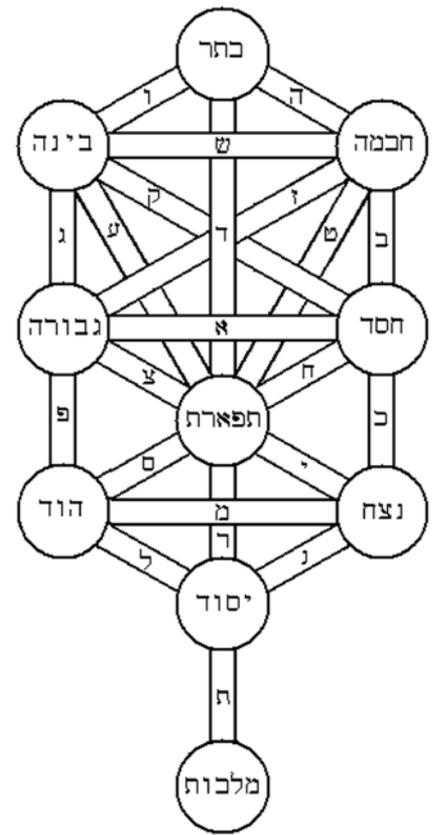
**K**abbalah is the ancient Jewish mystical path that speaks to the central fire of our being, our desire to know what life is about. Kabbalah quickens this seed that is always within us.

Jason Shulman, author of "Integrated Kabbalistic Healing," writes, "Kabbalah is a path of profound transformation, the fruit of which is to awaken into Life in such a way that our former lives seem like sleep in comparison. It brings about the ultimate healing of the human soul." A Buddhist teacher, Shulman integrates Eastern philosophy, Kabbalah, modern psychological theories and quantum physics in the development of this healing modality. IKH views physical and emotional problems in the largest context of the processes of life and creation so that healing occurs on all levels of being.

Kabbalists describe five universes; each is divine and also contains the one "below" it. Kabbalistic healing occurs in the third universe, called Briah, which includes the physical action plane, the psychological and the spiritual. Because healing is at this deep level, IKH can heal wounds that traditional psychotherapy may not reach.

The second Kabbalistic construct central to IKH is the Tree of Life, *etz chaim*, in Hebrew. The Tree of Life consists of 10 sefirot, or creative forces of the universe. Each one of these contains all the others, so that it is a holographic map of the universe. As humans, we live in a sea of inter-relating, ever-changing processes. We are part of that creative process and actively participate in creating our realities.

Integrated Kabbalistic Healing occurs in the context of a relationship between client and healer. This healing relationship enables the individual to experience a gradual healing on many different levels. A typical healing session begins with a discussion of what is happening for the client. The healer listens and sees issues from the largest possible framework: body, mind, emotions and spirit. Nothing is left out. During the discussion, the healer undertakes a diagnostic process, based on Kabbalistic concepts of The Tree of Life and Kabbalistic universes. The diagnostic process is healing in itself. The client receives clear attention and is encouraged



to include everything and move toward wholeness. As the person heals, so does the world.

IKH also includes an attitude of "radical kindness." We are not aiming for perfection. Being human means being imperfect, and wholeness includes imperfection. We are also not trying to transcend or get rid of our egos. Rather we are working to heal our egos and be in healthy relationship to them.

Integrated Kabbalistic Healing is a powerful modality for anyone looking to complement medical treatments, feel more present in relationships, become more centered in a life filled with constant change and unpredictability. It's excellent for those who feel stuck in repeating patterns, including addictions, and who want to feel more connected to divine presence and reality.

*Joan Webb is an IKH Healer and Kripalu Yoga Teacher and Kathy Bernstein is an IKH Healer and numerologist. Kabbalistic Healers of Rhode Island, established in 2007, is comprised of healers who have completed a 4-year certification program in IKH. [KabbalisticHealersRI.org](http://KabbalisticHealersRI.org). See ad, page 5.*

Left to Right: Joan Webb, Terry Beaudreau, Jacqui Meszaros, Donna Mann and Kathy Bernstein.



# BREATHE IN BREATHE OUT

by Amber Lanier Nagle

Most of us are oblivious to our breathing habits. It's simply something that we do thousands of times every day without thinking about it, breathing in life-giving oxygen and breathing out carbon dioxide.

Unfortunately, most of us do not breathe correctly. We tend to take 10 to 12 shallow, staccato breaths per minute, instead of the slower, deeper, oxygen-rich breaths that our bodies crave.

For centuries, specific breathing techniques have played an integral, healthful role in Eastern mind-body practices, including many forms of yoga and martial arts. Today, the element of disciplined breathing associated with those arts are drawing the attention of Western medical research. Studies are showing that while poor breathing has a negative effect on an individual's health, deep, optimal breathing can measurably improve body functions.

Dr. David Anderson, a senior investigator at the National Institutes of Health's National Institute on Aging, says that slower, deeper breathing may even help some people with hypertension lower their blood pressure, although he's not yet sure exactly how it works. "We know that slow, deep breathing relaxes and dilates blood vessels temporarily," he states, "but we think that it also helps



**“Practicing regular, mindful breathing can be calming and energizing, and can even help with stress-related health problems, ranging from panic attacks to digestive disorders.”**

~ Dr. Andrew Weil, integrative medical physician

our kidneys eliminate salt more efficiently, which would explain the drop in blood pressure.”

In his ongoing study, participants are asked to breathe in sync with tones generated by a special device. “The device trains them to breath slower

and pace breaths until they reach six to eight breaths per minute,” explains Anderson.

Other studies are also showing that varying our breathing techniques can be an effective tool in handling and managing depression, anxiety and stress-related disorders. Medical doctors Richard Brown and Patricia Gerbarg have studied the effects of various breathing practices on the stress levels of tsunami victims, Australian Vietnam veterans, emergency responders and other groups that suffer from post traumatic stress syndrome.

“We started out by looking at specific yogic deep breathing techniques, such as Sudarshan Kriya yoga, qigong and others, but soon realized that combining elements of several of these techniques yielded optimal results,” remarks Gerbarg. She adds that professional breathing instruction is necessary to achieve their results, yet, “skillful control of breath patterns can be used to calm emotions, eliminate anxiety, stop obsessive worry, reduce stress over-reactivity and induce greater mental clarity and focus.”

The road to better health may well be just a few breaths away.

*Amber Lanier Nagle is a freelance writer based in Adairsville, Georgia. Connect at [AmberNagle.com](http://AmberNagle.com).*

# 3 BREATHING EXERCISES

Because breathing is something we can all control and regulate, it makes a useful tool for achieving a relaxed and clear state of mind. Dr. Andrew Weil recommends these three breathing exercises to help relax and reduce stress. Try each one to see how it affects your stress and anxiety levels.

## The Stimulating Breath (or Bellows Breath)

The Stimulating Breath is adapted from a yogic breathing technique. Its aim is to raise vital energy and increase alertness.

- Inhale and exhale rapidly through your nose, keeping your mouth closed, but relaxed. Breaths in and out should be equal in duration, but as short as possible.
- Try for three in-and-out breath cycles per second. This produces a quick movement of the diaphragm, suggesting a bellows. Breathe normally after each cycle.
- Begin with a maximum of 15 seconds. Increase subsequent practice sessions by five seconds or so, until reaching a full minute.

Done properly, this exercise brings a feeling of invigoration comparable to the heightened awareness achieved after a good workout.

## The 4-7-8 Exercise (or Relaxing Breath)

This exercise is simple, takes little time, requires no equipment and can be done anywhere, in any position. Learn it first by sitting with your back straight. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth and keep it there. You will be exhaling through your mouth; try pursing your lips slightly if this seems awkward.

- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose to a mental count of four.
- Hold your breath for a count of seven.
- Exhale completely through your

mouth, making a whoosh sound, to a count of eight.

- Now, inhale again and repeat the cycle three more times, for a total of four breaths.

Note that you always inhale quietly through your nose and exhale audibly through your mouth. The tip of your tongue stays in position the whole time. Exhalation takes twice as long as inhalation.

The time you spend on each phase is not important; the ratio of 4:7:8 is important. If you have trouble holding your breath, speed the exercise up, but keep to the ratio of 4:7:8 for the three phases. With practice, you can slow it down.

This exercise is a natural tranquilizer for the nervous system. Practice it at least twice a day. Do not do more than four breaths at one time for the first month of practice. Later, if you wish, you can extend it to eight breaths. If you feel a little lightheaded, do not be concerned; it will pass.

Once you develop this technique by practicing it every day, it will be a useful tool to use when anything upset-

ting happens—before you react. Use it whenever you are aware of internal tension. Use it to help you fall asleep. Everyone can benefit from it.

## Breath Counting

Breath counting is a simple, yet challenging, technique used in Zen meditation. Sit in a comfortable position with the spine straight and head inclined slightly forward. Gently close your eyes and take a few deep breaths. Then, let the breath come naturally, without trying to influence it. Ideally, it will be quiet and slow, while depth and rhythm may vary.

- To begin the exercise, count one to yourself as you exhale.
- The next time you exhale, count two, and so on, up to five.
- Begin a new cycle, counting one on the next exhalation.

Never count higher than five, and count only when you exhale. You will know your attention has wandered when you find yourself counting up to eight or higher. Work up to 10 minutes at a time.

Source: *DrWeil.com*.

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# Don't Fence Me In

## Go with a Free-range Gobbler

by Jordana Gerson

For most Americans, memories of Thanksgiving focus on succulent, brown, juicy birds and a week of turkey sandwiches and cranberry sauce leftovers. While these images are typically guilt-free, the truth is that most turkeys come from industrial farms, where producers are more concerned with quantity than quality, raising the fowl under often foul conditions.

Tottering under the weight of immense breasts and packed into huge warehouses, industrially raised turkeys are kept tightly confined, with as many as 10,000 to a room, and fed additives and antibiotics, reports Ian Duncan, a professor of ethology in the Department of Animal and Poultry Science at the University of Guelph, in Ontario. "To some extent," remarks Duncan, "we've created a monster."

The cramped conditions often lead to turkeys infected with salmonella, campylobacter and other bacteria that may persist even when treated by antibiotics. Common practices include mixing antibiotics into rations to stave off such diseases, as well as adding animal fat to feed to bulk up the birds.

### The Free-range Choice

The good news is that choices for naturally raised turkeys are on the rise, so careful shoppers can purchase their holiday entree with an easier conscience. Free-range turkeys that are allowed access to the outdoors and may live a significant portion of their lives at pasture can be purchased at natural products stores or ordered from a free-range farm. Yet, experts still caution us not to be fooled by just any free-range label—that alone doesn't

guarantee we are getting a high-quality bird that's been raised naturally, without the use of antibiotics or additives.

Although free-range turkeys live in conditions closer to their natural habitats and are less likely to carry disease, the classification guidelines are loose. According to Margaret Riek, spokesperson at the U.S. Department of Agriculture's Food Safety and Inspection Service, "To have the label 'free-range,' poultry producers must provide a brief description of the birds' housing conditions. This written description is reviewed to ensure the birds have continuous, free access to the out-of-doors for more than 51 percent of their lives, i.e., through their normal growing cycle. During the winter months in a northern climate, birds are not [considered] free-range if they stay in coops all winter." She further notes that producer testimonials must state how the birds are raised in a northern climate in winter in order to conform to the meaning of the term "free-range" during the winter months.

Free range doesn't mean organic, so even when accurately applied, the free-range label doesn't ensure that turkeys have been raised on pesticide-free feed or without antibiotics, hormones or additives. Currently, the USDA is permitting certain meat and poultry products—including turkey—to be labeled Certified Organic by the name of the certifying entity. But again, labeling can be confusing, because some producers freely use the terms "organic" or "natural" without certification to back them up. Consumers must





## Beware of Debeaking

Virtually all industrially raised turkeys in the United States are debeaked. This partial removal of their beaks, done without anesthesia when the chicks are newly hatched, is a preventive measure to reduce compulsive pecking among birds in close confinement. Animal activist groups consider debeaking inhumane, and noted ethologist Ian Duncan says the practice causes immediate agony and chronic pain.

Despite having more space in which to roam, free-range turkeys often also arrive from breeders already debeaked. A growing number of poultry farmers, though, are opposed to the practice.

"Turkeys are good foragers and grazers, and can glean as much as 50 percent of their calories from insects, grass, clover and other greens," relates John Clark, of Applecheek Farm, in Hyde Park, Vermont. To graze most efficiently, he reports, they need intact beaks. Clark notes that his operation is a certified organic, sustainable family farm. "We raise our animals humanely—our turkeys are neither debeaked nor declawed."

Before reserving or purchasing a free-range turkey, ask the farmer or company about its practices. Those who follow humane practices welcome questions.

*For more information visit United Poultry Concerns at [UPC-online.org](http://UPC-online.org).*

carefully check for Certified Organic labels and/or contact the producers directly to determine the conditions under which the birds were raised.

Mary Pitman, of Mary's Free-Range Turkeys, in Fresno, California, emphasizes the importance of prudent label reading. "Consumers can really be fooled," she counsels. "Some farms can qualify for free-range, but they raise [turkeys] in the same conditions as industrial farms.

"Here, we have four times more space than industrial farms. We provide 8 to 12 feet per turkey. Some people think that just because turkeys go in and out of pens, they're free range. If they're truly [naturally raised], their feed doesn't have any drugs or hormones or antibiotics in it and they have the freedom to roam."

## Sleuthing a Turkey's History

If we have any questions about the production or treatment of a certain brand of turkey, it's best to call the company. Many turkey farms have toll-free information lines; the best of these can vouch for the fact that their turkeys have been raised with ample space—a minimum of four square feet per turkey when they are inside—in natural, primarily outdoor settings, and have not been fed or injected with preservatives or additives.

Getting to know a bird's biography may seem like just another chore on a long list of Thanksgiving preparations, but knowing that we're feeding our family safely and humanely is a satisfying payoff. Best of all, buying a natural bird has palate-pleasing benefits: It's as good to our taste buds as it is for our bodies, and that's something we can all be thankful for.

*Jordana Gerson writes about travel, the outdoors and holistic living.*



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## THE FAMILY FOOTPRINT Cutting Our Carbon Emissions Down to Size

by Brita Belli

Every individual has a carbon footprint, as does every household; that is, the amount of carbon dioxide and other emissions produced by our daily actions that contribute to global warming. Many decisions we make have an associated carbon value—whether we commute by train or car; use fans or air conditioning; how long we shower; and how often we wash clothes.

According to the U.S. Department of Energy (DOE), a typical U.S. home uses 11,000 kilowatt-hours (kWh) of electricity a year. Unless our household is powered by renewable energies, every single kWh we use requires the burning of 3 kWh of fossil fuels, like coal, at a power plant. The use of such conventional fuel emits carbon dioxide, sulfur dioxide and other toxins, such as mercury and lead, all of which contaminate our air, oceans, food chains and drinking water.

“If you use less energy,” says DOE spokesperson Chris Kielich, “there’s less demand on power companies, which means fewer new coal plants.”

Free online calculators provide a helpful tool to get a handle on our

current carbon footprint. Easy-to-use websites include *SafeClimate.net/calculator*, *CoolClimate.Berkeley.edu* and *Nature.org/calculator*.

When it comes to a family’s energy use, the biggest piece of the pie is heating and cooling. According to data from the latest *Buildings Energy Data Book*, space heating accounts for 31 percent of the average family’s energy use, and cooling 12 percent. Figure in the additional 12 percent it takes to heat household water, and that’s a whopping 55 percent of our total home energy consumption, just for heating and cooling needs—collectively representing 46 percent of annual utility bills. Rounding out our expenditures, lighting generally accounts for 11 percent of our energy use; computers and electronics, 9 percent; refrigerators, 8 percent; and various other appliances, 8 percent. The remaining 8 percent falls under “other.”

The DOE recommends starting an improvement campaign with a home energy audit, whether we do it ourselves or in collaboration with a professional. Be on the lookout for proper insulation levels and any air leaks, cracks or spaces around doors, window frames

and electrical outlets, all common sources of heat loss. The *EnergySavers.gov* website walks inquirers through the process—just search under “audit.”

After determining needed improvements, take a whole-house approach to energy savings. For instance, buying an energy-efficient furnace, while it reduces emissions, will have a much greater impact when combined with proper air sealing and insulation, better ventilation and adjusted thermostat settings. When all such actions are taken into account, notes the DOE’s *Energy Savers Booklet*, we can reduce our family’s environmental emissions by 20 to 50 percent.

The first efficiency update a homeowner needs, advises Kielich, is a programmable thermostat. For about \$35, a family can easily realize savings of 10 percent off their energy bills by simply lowering their heating settings or raising their cooling settings by 10 degrees for eight hours during the day. Another easy energy- and money-saving tip she recommends is replacing all home light bulbs with compact fluorescent bulbs (CFL).

“CFLs are hugely more efficient, and they also produce less heat,” Kielich says, so the air conditioner doesn’t have to work as hard during warmer months. According to research by the Rocky Mountain Institute (RMI), CFLs are four times as efficient as incandescent light bulbs and last 10 times as long. Over their lifecycle, reports RMI, they’ll save 75 percent of greenhouse gas emissions over conventional lights.

Starting with more manageable tasks helps families adjust gradually to a greener lifestyle. Soon, we witness first-hand how little actions—such as turning off lights, shutting doors and shortening showers—can have a big collective impact.

*For more information visit: Department of Energy, [EnergySavers.gov](http://EnergySavers.gov); and Rocky Mountain Institute, search “CFLs” at [RMI.org](http://RMI.org).*

*Brita Belli is the editor of E/The Environmental Magazine and author of The Complete Idiot’s Guide to Renewable Energy for Your Home. Connect at [Brita@EMagazine.com](mailto:Brita@EMagazine.com).*

# Farmers' Markets



## Wednesday

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

## Friday

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

## Saturday

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

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

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# calendar of events

NOTE: All Calendar events must be received by November 10th (for the December 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.

## SUNDAY, NOVEMBER 1

**Electronics Recycling Drive** – 10am-2pm. Computers, Notebooks, Monitors, Printers, Peripherals, TVs. No home appliances. Collection will take place in the north loading dock, Stateside Garage, just past the city side garage entrance on the corner of Promenade and Park St. Free. RI DEM, Providence Place Mall, 1 Providence Place, Providence. DEM.RI.gov.

**Relaxing Meditation and Yogic Sleep** – 12:2-3:30pm. Release deep seated tension as we progressively relax every area of the body/mind. Leave feeling totally relaxed yet energized. One hour of yogic sleep is equal to 4 hours of conventional sleep, with guided meditation, suitable for all. \$25. Yoga Connect, 1226 Mendon Rd, Cumberland. 401-333-5007. [YogaConnectsUs.com](http://YogaConnectsUs.com).

## MONDAY, NOVEMBER 2

**How to Survive on the Dance Floor with Lisa Medley** – 6-7pm. 6 week class on Mondays (no class on 11/23). Build your confidence and learn simple dance steps. Perfect for the beginner, no partner necessary. \$67/6 week session. The Journey Within, 1645 Warwick Ave, Suite 224, Warwick. 401-215-5698. [BodyInActionRI.com](http://BodyInActionRI.com).

**Understanding Fibromyalgia :A Holistic Approach to Chronic Pain and Fatigue** – 6-7pm. People who are suffering with fibromyalgia are desperate for relief from the constant nagging symptoms, pain and fatigue. Learn safe, effective and natural alternative methods. Free. Dr. Herbert Curtis, DC, CCRI Flanigan Campus Lincoln, 1768 Louisquissett Pk, Lincoln. 401-333-7070. [LincolnChiro.net](http://LincolnChiro.net).

**Holiday Stress Management with Lisa Medley** – 7-8:30pm. 6 week class on Mondays (no class on 11/23). Overeat, “forget” to exercise, exhaust yourself by over scheduling? Create a vision of your ideal experience, identify your biggest obstacle(s), and design a plan to minimize it. \$87/6 week session. The Journey Within, 1645 Warwick Ave, Suite 224, Warwick. 401-215-5698. [BodyInActionRI.com](http://BodyInActionRI.com).

## TUESDAY, NOVEMBER 3

**Balancing Hormones Naturally** – 6:30-7:30pm. Workshop educates attendees about some of the mysteries surrounding the symptoms of PMS and menopause and introduces women to alternative methods for addressing them. Free. Dr. Herbert Curtis Jr, DC, Greenville Library, 573 Putnam Pike, Greenville. 401-949-3630. [LincolnChiro.net](http://LincolnChiro.net).

**Meditation 4 Week course** – 6:30-8pm. 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. \$12/at the door, \$10/web sign up. Under the Sun, Robert Arnold, 31B Bridge Street, Newport. 401-339-6092. [UnderTheSunECC.com/meditation.html](http://UnderTheSunECC.com/meditation.html).

## WEDNESDAY, NOVEMBER 4

**Natural Approaches to the Prevention and Treatment of Low Back Pain** – 6-7pm. Millions of people suffer low back pain at least once in their lives. Many turn to medications or surgery to alleviate the pain. Learn safe, natural and effective approaches to preventing, treating, or recovering from low back pain. Free. Dr. Herbert Curtis Jr., DC, Lincoln Library, 145 Old River Rd, Lincoln. 333-2422. [LincolnChiro.net](http://LincolnChiro.net).

## THURSDAY, NOVEMBER 5

**Action Healing Circle with Doris Ann Bridgehouse** – 6:30-8:30pm. Delete negative feelings and emotions stored in your heart and align the connection to your spirit. Powerful and effective system of no-touch energy healing is based on the fact that our life force has an ability to heal itself. Mini reading included. \$40. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. [Its-My-Health.com](http://Its-My-Health.com).

**2012 a time for Miracles** – 7-8pm. Come and share your thoughts on 2012, and find out what all the hype is about. Workshop will follow a meditation for replacement and healing for yourself, and the Universe. Refreshments available. Space is limited. Reserve with Grace. \$15 or donation of love accepted. Healing Hearts, 1542 Main St, West Warwick. 401-615-2423. [HealingHeartsRI.com](http://HealingHeartsRI.com).

**Shamanic Journey Group** – 7-8:30pm. Build and maintain your journey practice 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, Wakefield. 401-245-0398. [ArcheOfSpirit.com](http://ArcheOfSpirit.com).

**Circo Aereo** – 7:30-10pm. Join the intellectual circus that mixes traditional circus arts such as juggling and aerial work with innovative theatre, movement and charming humor. \$35. Rhode Island College, Auditorium, Roberts Hall, 600 Mount Pleasant Ave., Providence. 401-456-8144. [RIC.edu](http://RIC.edu).

## SATURDAY, NOVEMBER 7

**Yoga Intensive for New Beginners & Continuing Students** – 8-9:15am. With basic Yoga postures, learn best alignment & Yoga prop practices for your body to improve your Yoga class experience. Improve breathing & learn ways to build core strength. Small class size/individual attention. \$84/6 weeks. The Yoga Studio of Blackstone River Valley, 99 Pound Rd Cumberland. 401-658-4802. [TheYogaStudioBRV.com](http://TheYogaStudioBRV.com).

**Blackstone Valley Polar Express** – 10:45am-3pm. Train departs at either 10:45am or 1:45pm from Ann & Hope Outlet Stores in Cumberland. The tour includes a 90 minute train ride, hot chocolate, visit with Santa & special Holiday gift. \$35 all seats. Blackstone Valley Tourism Council, Ann & Hope Department Store, 1 Ann & Hope Way, Cumberland. 401-724-2200. [TourBlackstone.com/polarexpress.htm](http://TourBlackstone.com/polarexpress.htm).

## 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.



**Free Zumba Class** – 12-1pm. Free Zumba lesson and a sign up to follow with refreshments and socializing. Classes will then run for 6 weeks, beginning November 11th either Wednesdays at 10am, Fridays at 5:30pm, or Saturdays at noon. Cost will be \$75/6 classes, \$15/for one. Stage Right, Studio for Arts and Wellness, 68 South Main St., Woonsocket. 401-356-0255. [StageRightStudio.org](http://StageRightStudio.org).

**North Node Astrology: Life Direction and Soul Purpose** – 12-4pm. The nodes are said to contain the soul's code, and synthesize the meaning of the entire chart. Gain practical and metaphysical insights by understanding these ancient astrological points. \$65. All That Matters, 315 Main St, Wakefield. 401-782-2126. [AllThatMatters.com](http://AllThatMatters.com).

**Meditation 4 Week course** – 2-3:30pm. See November 3<sup>rd</sup> for details. Under the Sun, Robert Arnold, 31B Bridge Street, Newport. 401-339-6092. [UnderTheSunECC.com/meditation.html](http://UnderTheSunECC.com/meditation.html).

## Mark Your Calendar

### SUNDAY, NOVEMBER 8

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

### SUNDAY, NOVEMBER 8

**Celiac Support Group of Southeast New England** – 1:30-4pm. Panel of speakers for informational/open forum meeting. This is your opportunity to ask a panel of speakers questions related to celiac disease. For more information, contact Kathi Thiboutot. Free. St. Theresa's Church, 265 Stafford Rd, Tiverton. 401-624-8888.

**Blackstone Valley Polar Express** – 10:45am-3pm. See November 7th for details. \$35 all seats. Blackstone Valley Tourism Council, Ann & Hope Department Store, 1 Ann & Hope Way, Cumberland. 401-724-2200. [TourBlackstone.com/polarexpress.htm](http://TourBlackstone.com/polarexpress.htm).

### TUESDAY, NOVEMBER 10

**Healing Event – Oneness Blessing** – 7-9pm. Meditation with Energy Healing – Come Experience The Oneness Blessing (Deeksha), a nondenominational benediction. This Divine Energy Transfer will help your enlightenment and spiritual Growth. \$20/Cash or \$25/non-cash. Herbs & Angels, 572 Tiogue Ave, Coventry. 401-828-9959.



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## WEDNESDAY, NOVEMBER 11

**Designing a New Life Through Feng Shui** – 6:30-8:30pm. Feel stuck or need to change the energy in your life? Learn about some immediate changes you can make to facilitate change using Feng Shui. Key points, easy to use suggestions and tips to shift your chi and get you moving forward. \$39. Dana T. Duellman & Heavenly Hugs, 917A Warwick Ave, Warwick. 401-935-8451. Heavenly-Hugs.com.

## THURSDAY, NOVEMBER 12

**Thai Yoga Bodywork – Certification Intensive Level 1** – 8am-4pm. 5-day intensive training presents the history, philosophy, and theory of TYB. Demonstration supported by experiential practice modules will be used to develop technique mastering. After this training, participants will be able to perform a traditional comprehensive Thai Yoga session. See website for additional dates and times. \$675. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

**Harvesting Weeds for Health** – 6-7pm. Provided by Natural Herbalist Karen Talbot. Every plant has a purpose and some are delicious and health giving too. Sample food and drink; take away cold and flu recipes you can duplicate in your own home. \$35. The Edward King House Senior Center, 35 King St, Newport. 401-846-7426. TheEdwardKingHouseSeniorCenter.com.

**New England Holistic Chamber Networking** – 6-8pm. Come and network with like-minded individuals. Bring plenty of business cards. \$10/Members advance, \$15/at door. \$25/Non Members, \$30 at door. NEHCC, Unique Total Body Fitness and Spa, 190 Putnam Pike, Johnston. 401-769-1325 x11. NEHolisticChamber.org.

**The Healer Within with Sue Corrigan** – 7-9pm. Hands on, 2 class workshop, 11/12 and 11/19. Each of us has the capability to heal ourselves. Learn how our bodies desire to be healthy and that we are empowered as we participate in our health. \$40. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

## FRIDAY, NOVEMBER 13

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

**Guided Imagery Meditation** – 7-8:30pm. This month we will get into the Thanksgiving holiday spirit with a guided Gratitude Meditation. All learning levels welcome. Come Relax, Renew and Energize. \$10. Heavenly Hugs, 917A Warwick Avenue, Warwick. 401-935-8451. Heavenly-Hugs.com.

**From the Procession to the Recession: Planning Your Spiritual Wedding Ceremony** – 7-9pm. With Rev Deborah Gleadow. Learn about the structure of a ceremony, what a Unity Candle or Sand Ceremony is, possible wedding vows, ring vows and readings that you can use. Leave with your Ceremony organized and lots of ideas to help you both express the Love that brought you together in the first place! \$15 per person/\$25 per couple. Positive New Beginnings, 873 Waterman Ave, East Providence. 401-432-7195.

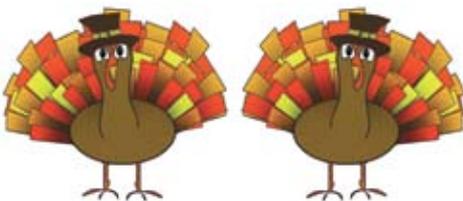
## SATURDAY, NOVEMBER 14

**Open House** – 9am-3pm. Come to It's My Health and sample some of our products like herbal popcorn, Acaiberri, and Cell-Nique as well as our services. Receive a 10 minute chair massage, reflexology or Reiki session. Learn how you can boost your immune system to beat colds & flu. Free. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

**A Happy Holidays Workshop** – 10am-12pm. This workshop will concentrate on putting joy back into our holiday season. You will be given tools to replace guilt, depression, and family tensions. Invite your friends to come laugh, learn, and share these tools. A door prize will be awarded. \$25. Adriene Smith, The Wellness Center at Gold Plaza, 917A Warwick Ave, 2nd floor, Warwick. 401-741-2278. AngelWhispersRI.com.

**Blackstone Valley Polar Express** – 10:45am-3pm. See November 7th for details. \$35 all seats. Blackstone Valley Tourism Council, Ann & Hope Department Store, 1 Ann & Hope Way, Cumberland. 401-724-2200. TourBlackstone.com/polarexpress.htm.

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



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Adriene Smith  
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**Making Peace with Food and Your Body** – 12-4pm. Discover a more compassionate understanding of your eating issues, develop a healthier, more intuitive relationship with food, and learn how to find your body's natural weight without dieting. \$95. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

**Half-Day ChiRunning Workshop** – 12:30-5pm. Come learn the essentials of ChiRunning: Learn to run more efficiently, with less effort, and lower risk of injury. \$125. Michael Krushinsky, Pawtucket. 401-441-1520. KineticDharma.com/Chirunning.

**Yoga and the Artist Within** – 2-5pm. We all have a creative spirit and wellspring of many talents, which can be nurtured and brought to the fore. Using Kripalu based yoga as an opener; we will explore our creative self through movement, drawing, and writing to awaken the artist within. \$75. Led by Claudia Jill Stoltman, Middletown Commons, 850 Aquidneck Ave, Middletown. 401-849-3200. InnerLightYoga.com.

**Shamonic Women's Wisdom Group** – 3-5pm. Shamanic Journey to connect and commune with spirit and the power of female mysteries. Previous journeying knowledge required. Bring rattle or drum, Journal & pen, eye pillow or scarf, and an item for the altar. Donation. Danica Connors, 24 Salt Pond Road, Bld H, Suite 3, Wakefield. 781-962-6724. FourFoldHealing.net.

## SUNDAY, NOVEMBER 15

**Reiki Level II Certification** – 9am-5pm. Two session workshop 11/15 and 11/22. Sue Corrigan will help you grow into your Reiki energy. You will become further attuned to Reiki energy in this class so you can work with others and even work Reiki energy from a distance. \$300. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

**Blackstone Valley Polar Express** – 10:45am-3pm. See November 7th for details. \$35 All seats. Blackstone Valley Tourism Council, Ann & Hope Department Store, 1 Ann & Hope Way, Cumberland. 401-724-2200. TourBlackstone.com/polarexpress.htm.

## MONDAY, NOVEMBER 16

**Five Secrets to Looking and Feeling Younger** – 6-7pm. This workshop covers serious concerns for Americans: Looking and feeling younger. Learn about how the body works, why most diets don't work, the true value of being healthy and fit and what limits a person from achieving their full health potential. Free. Dr. Herbert Curtis Jr. DC, CCRI Flannigan Campus, 1768 Louissquissett Pk, Lincoln. 401-333-7070. LincolnChiro.net.

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

## TUESDAY, NOVEMBER 17

**Reiki Share** – 7-9pm. For Practitioners and Non-practitioners interested in Reiki and Energy therapies, all welcome. Experience and share this modality with others at Trinity Energetics. Donation. Debi Chalko, 24 Salt Pond Road, Bld H, Suite 3, Wakefield. 401-263-1107. TrinityEnergetics.com.

## WEDNESDAY, NOVEMBER 18

**NEHCC Morning Networking** – 8-9am. Calling all early birds! Start your day networking with other like minded individuals. Free. New England Holistic Chamber of Commerce, Panera Bread, 1000 Bald Hill Rd, Warwick. 401-769-1325 x11. NEHolisticChamber.org.

## THURSDAY, NOVEMBER 19

**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. Morgan Stanley Smith Barney, 1 Citizens Plaza Suite 600, Providence. bmott@theoceanproject.org.

**2012 a Time for Miracles** – 7-8pm. See November 5<sup>th</sup> for details. Space is limited. Reserve with Grace. \$15 or donation of love accepted. Healing Hearts, 1542 Main St, West Warwick. 401-615-2423. Healingheartsri.com.

**Goddess Gathering** – 7-9pm. Make connections as we relax, laugh, share stories, and gather ideas and inspiration from one another. The theme for the month is GRATITUDE. Please bring a canned good that we will donate to a local food pantry. Call or email to register. \$10. The Journey Within, 1645 Warwick Ave, Suite 224, Warwick. 401-215-5698. BodyInActionRI.com.

**Winter Vitality** – 7-9pm. Join Herbalist, Kim Falcone at the Food Co-op in Wakefield to learn which foods, drinks, herbs and supplements both you and your family can consume to optimize your health and enhance immunity during the winter months. FREE. Kim Falcone, 357 Main Street, Wakefield, 02879. 401-789-2240.

## FRIDAY, NOVEMBER 20

**Heart and Soul Work with Children** – 7-9pm. 2-day class 11/20 and 11/21. This amazing course takes you to the heart and soul of your relationship with children, exploring the possibility of finding simple innocence and wisdom within. Cover exciting ground using consciousness-raising practices, yoga and meditation. \$310. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

**Open Meditation** – 7:15-8pm. Following Gentle Yoga at 6:30, monthly seated meditation open to all comers. By donation. Yoga Connect, 1226 Mendon Rd, Cumberland. 401-333-5007. YogaConnectsUs.com.

**Spiritual Cinema: “You Can Heal Your Life!” by Louise Hay** – 7:30-9:30pm. Includes free popcorn. \$5 per person/\$10 per family. Concordia Church, 292 West Shore Rd, Warwick. 401-244-5797.

## SATURDAY, NOVEMBER 21

**Changing Your Life by Stilling Your Mind** – 7:30-9:30pm. Led by Father Peter Bowes, mystical Christian priest and Master Teacher. \$25/suggested donation. Motion Center, Centers of Light, 111 Chestnut St, Providence. 857-231-1920. Boston. CentersOfLight.org.

**Fun and Healing with Crystals and Gemstones** – 10am-12pm. In this workshop we will learn about the history and healing properties of crystals and gemstones. Enjoy some delightful refreshments while we talk about and play with “rocks”. Select or design an original piece of jewelry while you’re here. \$25. Adriene Smith, The Wellness Center at Gold Plaza, 917A Warwick Ave, Warwick. 401-741-2278. AngelWhispersRI.com.

## SUNDAY, NOVEMBER 22

**A Day of Kundalini Yoga with Yogic Numerology** – 9am-5pm. Numerology uses simple calculations applied to your birth date to reveal your inherent strengths and challenges. Combining the principles of Kundalini Yoga and meditation with yogic numerology will help you maximize your gifts and transform challenges into strengths. \$145. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

## TUESDAY, NOVEMBER 24

**Healing Event – Oneness Blessing** – 7-9pm. Meditation with Energy Healing – See November 10 for details. \$20/Cash or \$25/non-cash. Herbs & Angels, 572 Tiogue Ave, Coventry. 401-828-9959.

## FRIDAY, NOVEMBER 27

**Holiday De-stress and Detox Yoga Workshop** – 9-11am. Start off the holiday season with balance and equanimity while you enjoy an energizing vinyasa and restorative yoga class. Begin with a detoxifying asana practice to cleanse the body, pause for meditation, close with a restorative flow. \$25. Studio Exhale, 1263 Oaklawn Ave, Cranston. TriKulaCoaching.com.

**Stop Autism Fundraiser** – 5-10pm. Please join us in a night of music, dance and food to raise much needed funds for the fight against autism. Proceeds to benefit the Son-Rise Program Start up. \$10. St Rose Church Community Center, 35 Center St, Meriden, CT. davidfam5@live.com.

**Partner Yoga** – 6-7:15pm. See November 13th for details. \$20 per duo. The Journey Within, 1645 Warwick Ave, Suite 224, Warwick. BodyInActionRI.com.

## MONDAY, NOVEMBER 30

**Balancing Hormones Naturally** – 6-7pm. See November 3<sup>rd</sup> for details. Free. Dr. Herbert Curtis Jr., DC, CCRI Flannigan Campus, 1768 Louissquissett Pk, Lincoln. 401-333-7070. LincolnChiro.net.

## SATURDAY, DECEMBER 5

**Joy is What You’re Made of** – 9:30am-12pm. Learn to uncover the joy that is your birthright. Weave strands of light filled joy into every moment of your waking awareness. With Joy as our starting place, we’ll enjoy a strong practice of backbends and inversions. Suitable for all levels. \$40. Led by Deb Neubauer, Innerlight Center for Yoga, 850 Aquidneck Ave, Middletown. 401-849-3200. Innerlightyoga.com.

**Enlightenment is NOW!** – 2-4:30pm. Learn to shift from the mundane to the magical. Release the experience of daily drudgery and enter the sublime place of the inspiration of the heart. Join us for an afternoon of standing, seated and arm balancing twists, pranayama and meditation. \$40. Led by Deb Neubauer, Innerlight Center for Yoga, 850 Aquidneck Ave, Middletown. 401-849-3200. InnerLightYoga.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. kineticdharma@gmail.com. 401-441-1520. KineticDharma.com/Chirunning.

The most important things in life aren't things.

~ Anthony J. D'Angelo



## 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.

**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. Under the Sun, Robert Arnold, 31B Bridge St, Newport. 401-339-6092. UnderTheSunECC.com/meditation.html.

**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.

## Monday

**Monday Morning Yoga** – 9-10am. Enjoy easy asanas (positions) and relaxation (savasana) with a learned instructor Lori Mitre. 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. Improves posture and maintains joint range of motion. Pre-registration required. \$12/class, \$80/package of 8. Unique Total Body, 190 Putnam Pike, Johnston. 401-233-2348. UniqueTotalBody.com.

**Vinyasa Yoga (All Level)** – 10-11:15am. Yoga in the peaceful setting of the Zen Center. Perfect start to the week, with 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. Join us for a mid-day meditation to receive practical advice on how to enjoy a meaningful life through contemplation and meditation. Includes teaching and guided meditation. \$8. Providence Meditation Center, 339 Ives St, Providence. MeditationInProvidence.org.

**Environment Council of RI Meeting** – 5:30-7:30pm. 1st Monday. 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. We support one another through prayer all month. Open to all on the spiritual path who are seeking a deeper connection. \$15. Pat Hastings, Providence. 401-521-6783. SimplyAWomanofFaith.com.

## Tuesday

**Full Wave Yoga Class** – 7-8:30am. A combination of gyrokinesis (spiraling spinal body movements), Vinyasa Flow Yoga, Strengthening and Balancing Postures, connected with powerful breathing exercise. 15 minutes of relaxation/breath meditation at the end of each class to rejuvenate. \$15/drop in, \$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 for the rest of the year and through January 2010. For advanced details email Phil Budlong at pbudlong@cox.net. Free. Audubon Society of RI, Charlestown Mini-Super Rte 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 Edward King House, 35 King St, Newport. 401-846-7429. TheEdwardKingHouseSeniorCenter.com.

**Svaroopa Yoga classes** – 4-5:30pm. Very gentle, yet deep and restorative style of yoga. Focus on releasing all the muscles along the spinal column. Space is limited – pre-registration is necessary. \$112/series of 8, \$17/drop in. Blissful Moment Yoga, 1006 Charles St. #10A, N Providence. 401-742-8020. Lkorb7@aol.com.

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

**Kids Yoga (ages 5-8)** – 4:30-5:15pm. Kids lengthen and strengthen their bodies while playing games, learning breathing exercises, Yoga poses, and relaxation techniques while having fun. Call or email to register. \$32/month, \$10/per class. The Journey Within, 1645 Warwick Ave Suite 224, Warwick. 401-215-5698. BodyInActionRI.com.

**Basic Yoga** – 5:45-6:45pm. With Carla Joyce. Mixed levels, beginners welcome. Ask about new student specials. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 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 Blackstone River Valley, 99 Pound Rd, Cumberland. 401-658-4802. TheYogaStudioBRV.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. MartialArtsComplex.com.

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

**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.

**RI Sierra Club Monthly Meeting** – 7-8pm. 2nd Tuesday. 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.

**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.

**All Level Yoga** – 7-8:15pm. Yoga in the peaceful setting of the Zen Center. Class open to all levels. 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.

**4-6 Week Metabolic Type Program** – 7-8:30pm. Program includes: A Metabolic Type Test, a complete understanding of your individual nutrient, how to choose them, and how to combine them to improve your health, create new menus and share ideas. \$395. Aubrey Thompson, 464 Maple Ave, Barrington. 401-524-0242. LivingBalance.us.

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

**Reiki Share** – 7-9pm. 3rd Tuesday. 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.

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

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

**Beginner Amrit Yoga** – 7:30-8:45pm. Integrate joyful inner stillness with effortless outer action in the world. Class is 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

**Argentine Tango** – 2-3pm. A 4 week introduction to Argentine Tango. Veronica Ryan will take you through some of the components of this unique form of movement. Emphasis will be placed on developing the silent communication that comes from your center. \$7/class, \$25/4 weeks. The Edward King House Senior Center, 35 King St, Newport. 401-846-7426. TheEdwardKingHouseSeniorCenter.com.

**Chair Massage** – 10am-12pm. Jenny Rebecca Pendergast will be offering chair massages. 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.

**Aerobic-Kickboxing** – 6-7pm. This class involves specific punches and kicks, usually to the beat of music. Great aerobic workout with great music, easy to follow! Pre-registration required. \$12/class, \$80/package of 8. Unique Total Body, 190 Putnam Pike, Johnston. 401-233-2348. UniqueTotalBody.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.

**New Svaroopo Yoga classes** – 6-7:30pm. 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.

**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.

**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.

**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.

**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, South Kingstown Office Park, 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. Time will be spent teaching 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. For more info see website or contact Reverend Michaela. Free. 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. Type of Yoga that creates heat in the body, which will lead to purification and detoxification. Class is suitable for all levels. Pre-registration is required. \$14/class, \$96/package of 8. Unique Total Body, 190 Putnam Pike, Johnston. 401-233-2348. UniqueTotalBody.com.

**Svaroopo 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. Adaptable to every level of fitness, every age and body type. Through movement we will find health. \$4/members/\$8 non members. Smithfield Community Center, One Williams J. Hawkins Jr. Trail, Smithfield. 401-487-6977. NIANow.com.

**Thursdays with Tim** - 11am-2pm. Join Tim McGuinness for Spanish at 11am or Great Books of Western Civilization (Mortimer Adler) at 1pm, or both. Sessions are on-going and open to the public. \$20/5 weeks. The Edward King House Senior Center, 35 King St, Newport. 401-846-7426. TheEdwardKingHouseSeniorCenter.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.

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

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

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

**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.

**Zumba** - 6:30-7:30pm. Latin-inspired aerobic program that anyone can learn and enjoy. Mixes effective 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.

**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. Modify postures & work at your own pace/level. Ends with deep relaxation. \$96/8 classes, \$14/drop-in. The Yoga Studio of BlackstoneRiverValley, 99 Pound Rd, Cumberland. 401-658-4802. TheYogaStudioBRV.com.

**Thursday Eve Meditation Group** - 6:30-8:30pm. Weekly Meditation Group, instruction on various methods and focus on relaxation and release of stress. \$10. Sharon McMahan, 24 Salt Pond Rd, Bld H Ste 3, Wakefield.

**Hatha Yoga Psychology** - 6:30-9pm. 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.

**Basic Yoga** - 7-8:15pm. With Carla Joyce. Mixed levels. Ask about our new student specials. \$72/6 classes, \$14/dropin. 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 who is 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 in Groton, CT** - 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.

**Guided Relaxation** - 7:30-8:15pm. Moving first through gentle stretches to relax the body, we will soothe our senses and detach from life's stresses. Nurture your Mind, Body, and Spirit and let go of your surroundings to find bliss. Call or email to save a spot. \$5/members, \$8/non members. The Journey Within, 1645 Warwick Ave Suite 224, Warwick. 401-215-5698.

**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. Jane, 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, SKresidents. \$49/non-resident. Yoga School of South County, Peace Dale Office Building, 1058 Kingstown Rd, Peace Dale. 401-782-9511. MakeItSoYoga.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. reiki4animalsandyou@cox.net.

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

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

**Meditation Nights** - 7:30-8:30pm. 2nd and 4th Friday. Explore healing meditations on various themes and styles. Achieve peace and balance. 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.

## Saturday

**Full Wave Yoga Class** - 8-9:30am. 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.

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

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

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

**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.

**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.

**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.

**Kids Yoga ages 8-12** – 10:30-11:30am. Kids lengthen and strengthen their physical bodies in a safe comfortable environment all while incorporating fun. Children will learn various Yoga poses, breathing exercises, and relaxation techniques. Dress comfortably. Please call or email to reserve your space. \$32/month, \$10/per class. The Journey Within, 1645 Warwick Ave, Suite 224, Warwick. 401-215-5698. BodyInActionRI.com.

**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.

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

**NIA** – 11am-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.

**Rhode Island Orchid Society Monthly Meeting** – 12:30-2pm. Last Saturday. Free. RI 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. Group is run by Jane Henderson. Donation. The Healing Circle, Providence. 508-292-2798. ProvidenceHealingCircle.com.

## classifieds

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

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**TWO LARGE ROOMS FOR RENT (PAWTUCKET)** Location Attleboro/Pawtucket. Rooms are in a martial arts school separate entrance /signage /private parking includes utilities. \$950.00 month. Call George 401-261-2552.

### HELP WANTED

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**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 website. Free. Skyscrapers, 47 Peep Toad Rd, North Scituate. [TheSkyScrapers.org](http://TheSkyScrapers.org).



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**NaturalAwakeningsMag.com**

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### THE GRATEFUL HEART

17 West Main Street  
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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 7.*

## COACHES

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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

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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.

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### SOLID K9 TRAINING

Jeff Gellman  
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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 7.*

## 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 7.*

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Lisa Kline and Sheri Lough, Distributors  
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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.

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Call 401-709-2473  
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## HEARING SERVICES

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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.

## HYPNOSIS

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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.

## MASSAGE

### MASSAGE THERAPY & RECONNECTIVE HEALING

Tracey Hall, L.M.T., M.Ed  
401-489-2909 • get-yourself-free.com

I offer Reconnective Healing and The Reconnection, Massage Therapy, Freedom From Pain Stretching, Massage Parties. At your location or mine.

## NATUROPATHIC PHYSICIANS

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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

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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  
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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 used Reconnective therapy to cure disorders such as; cancer, AIDS, MS, & chronic pain (results may vary from patient to patient). *See ads pages 29.*

## 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

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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 7.*

## 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.

## YOGA AND HOLISTIC HEALTH CENTER

### ALL THAT MATTERS

315 Main Street • Wakefield, RI  
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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.*

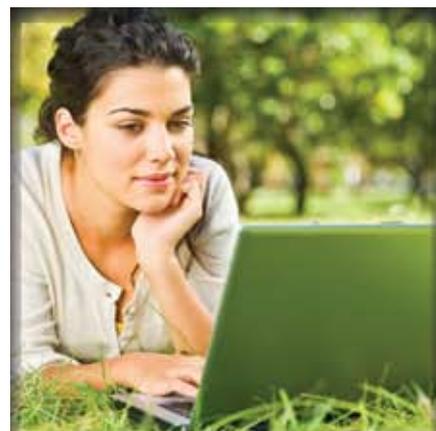
## VOICE COACH

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**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  
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## 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**