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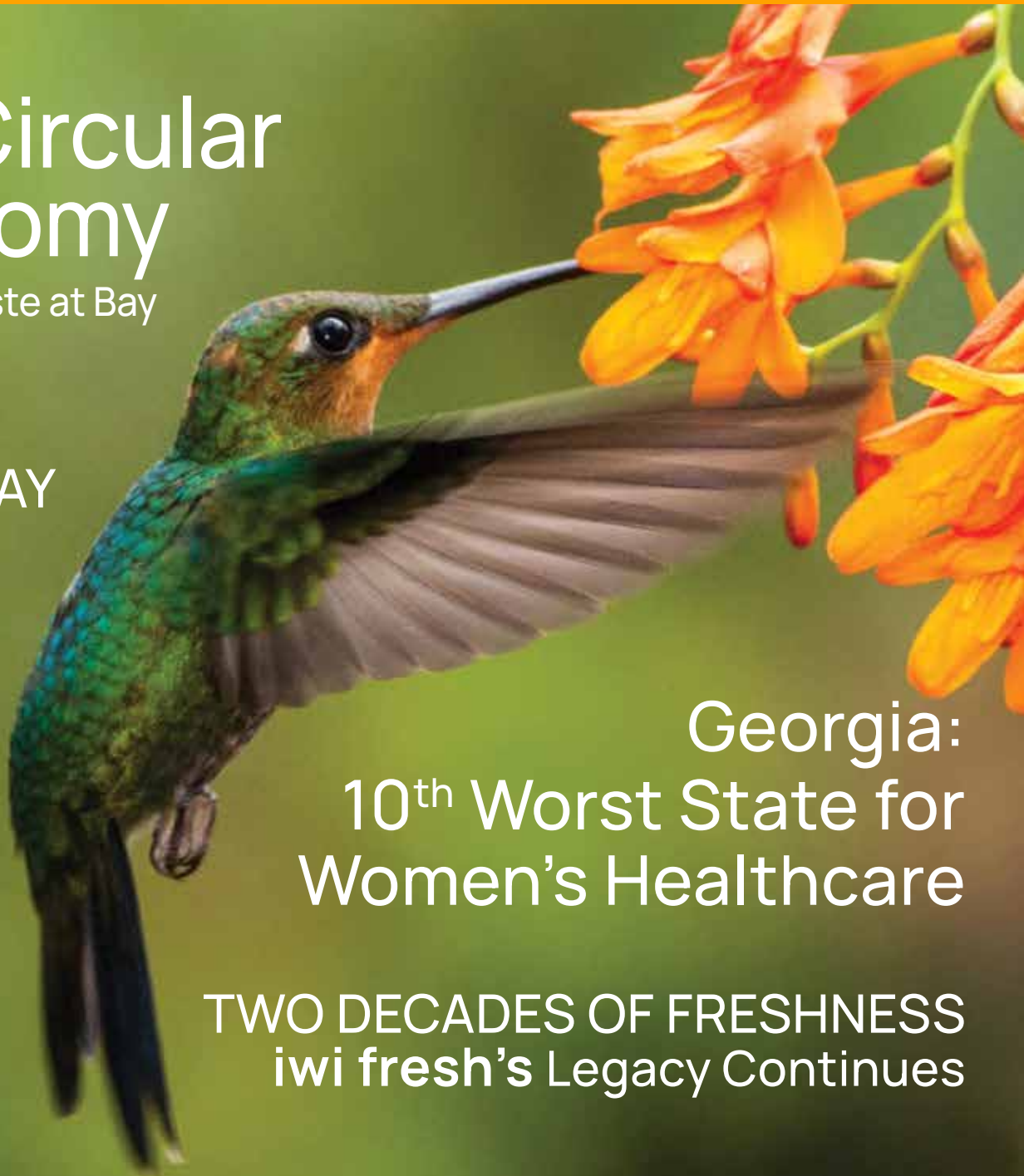
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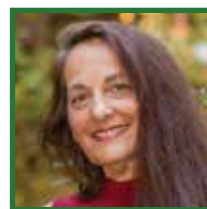
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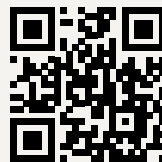
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**Past Anniversary Celebrations**

In this issue, we write about iwi fresh's 20th anniversary. One of our staples of editorial coverage is highlighting local businesses on significant anniversaries. This month's archive dive revisits past anniversary articles.

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# Celebrating Michael Murphy Burke

Atlanta's healing community lost one of its own in February. Michael Murphy Burke was a beloved vibrational sound therapist. I didn't know him well, but like anyone who knew him at all, it was evident he was a force for love in the world. It's as if he walked this earth with an energy field of love expanding from within his being—the sense of being in the presence of love while with him was unmistakable and all the more boosted by his ever-present, all-embracing smile.

I'm a relatively outgoing guy, always happy to meet new people, and the one to introduce myself to others most of the time. I distinctly remember meeting Michael for the first time outside of the now-defunct Decatur location of Nuts 'n Berries because he made it a point to introduce himself to me. One certainly gets the impression that his mission was to spread his joy to as many people as possible.

Since I did not know him well, *Natural Awakenings* invited those closer to him to share their thoughts and feelings on Michael's transition. Michael, thank you for the love you shared. May you be reborn in a Pure Land.

"For over 15 years, I observed the blossoming of Michael's artistry. Through his inner work and outer creations in carpentry, sound and poetry, Michael discovered the way of the heart. ~ Sharing his deepest revelations, he connected all of us through the resonance of his deep voice. The sounds of singing bowls, his song and his prose captivated everyone, leaving us rich and full of love. As we close our eyes, his voice still resonates deep within our cells—always to be remembered—with so much Love." – Mandara Cromwell, CEO of Cyma Technologies, producer of the Cymatics Conference and founder of the International Sound Therapy Association (ISTA)

"A couple of years ago, [Michael] was on his deathbed, and yet he came back. I do believe God brought him back to have a beautiful 'curtain call' because, in the time of his recovery to the time of his ultimate return to Grace, he impacted even more people. His music and sound were deeper, his poetry more precise and meaningful. ~ I'm gonna miss my friend. I am so proud of what we were able to accomplish together and overjoyed at how he stepped up and stepped into the greater part of himself. I take comfort in knowing he is dancing, writing, chanting and playing beautiful sounds in the etheric with the Great Masters. ~ Fly high, my friend. Your life on earth was Good and Noble. Until we meet again." – Don Simmons, Spiritual Counselor, filmmaker, writer and President of ISTA



Michael Burke with Carla Flack

"Michael Burke was an ambassador of beauty, a servant of hope and a true messenger of the Divine. I honor his legacy of healing. Michael's poetic artistry touched countless hearts with an exquisite mastery of language and spirit that lives on with every reading of his poetry. His commitment to love's expression is also eternally sanctified in the souls of all who received his blessing of sacred sound. This beloved man now resides in the sweet memories of every person who found themselves at the altar of his intentional vibrations. I am honored to have called him my friend and feel his eternal presence more alive than it has ever been. Godspeed, my brother." – Rev. Richard Burdick, Senior Minister, Unity North Atlanta

"Michael has been a human instrument in the spiritual community of Atlanta. ~ I have known and loved him for 15 years; everyone loves Michael. You can't help it. A friend to all, transparent in his humanness, silly, sincere, helpful and creative. He defied death and came back to teach us more about the preciousness of the here and now, this opportunity to love and be loved. ~ My favorite memory of him was during a sound journey. There were three of us facilitating, and he had just acquired a Kosi fire chime. While we were performing, he fell in love with the new sound and was overusing it. The other two of us were gently indicating for him to take it easy. Lost in his own world, he didn't get the message. So we had to get a little closer and much clearer in our body language ... We were frustrated but laughing at the same time. He finally caught on but kept sneak-

ing in notes just to goof around, which made us laugh more. The three of us were trying not to disturb the meditators, which made it funnier. We were crying and couldn't even look at each other. That's Michael!" – Ursula Lentine, Pranic Healer and Internal Family Systems practitioner

"Michael was a living, breathing poem. He lived his life as he penned his poems—with grace, elegance, wisdom and a bit of mystery. His soft heart and endearing smile touched everyone he met. His work will be remembered by many for generations to come. Shannon and I had a sound healing session with him just a few weeks before his transition. He transported us to a higher plane, which is where he is flying now, awaiting us all. He's just one step ahead of us all. Travel well, brother. I love you." – Bob Sima, Musician and Facilitator of Remembrance

"As I hear the news of your passing and becoming our angel to eloquently speak the power of words through vibration FOREVER, I am sad that I won't be able to hug you one last time and tell you I love you in your magical human form. Thank you for all that you gave John Stringer and me, and countless others, with the power you had to help us transform and feel the message you channeled through poetry and sound healings. I will never forget when John and I met you over 10 years ago as you opened up the very first concert with John and Bob Sima at the Blue Barn with heart-opening sound vibrations and moving words that brought all that gathered there that night to tears of release and joy! There was a bond created that night with you, John and Bob, that has shown up on many stages and spiritual gatherings over the years, to collectively raise the vibration of the world!!! – Kathy Stringer, Co-Founder and Partner, Healing Arts Management



Publisher of *Natural Awakenings Atlanta* since 2017, Paul Chen's professional background includes strategic planning, marketing management and qualitative research. He practices Mahayana Buddhism and kriya yoga.

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## Michael Murphy Burke Remembered

On February 12, Michael Murphy Burke, a beloved musician, sound healer, author, painter, carpenter, poet and friend to so many in Atlanta’s spiritual community, passed away at the age of 65.

Born to the late Patrick Burke, Sr. and Marilyn Murphy Broussard on September 30, 1959, in New Orleans, Louisiana, Burke grew up in an environment that nurtured his love for music, art and poetry. A member of the International Sound Therapy Association (ISTA) and well-known in the Atlanta community for his transformative sound journeys, sound baths and spiritual retreats, Burke dedicated his life to helping others through the healing power of sound.

As a young man, Burke took jobs as a DJ. When he moved to Atlanta, he did some fine carpentry for homeowners and got some of his innovative designs featured in design magazines and journals. He soon began focusing on his sound healing work, wrote poetry and eventually published two books of a planned “Dancing” trilogy—*Dancing with the Divine* (2017) and *Dancing with the Shadows* (2023)—both available on Amazon. “He was always writing poetry,” says his cousin and dear friend, Lorna Biddle. “His writings reflected his deep understanding of the human experience and his commitment to spiritual growth,” says his brother, Patrick.

Burke is survived by his mother, Marilyn, stepfather Erroll “Buddy” Broussard; his brother, Patrick Burke, Jr.; his sister, Kelly Fulham; his sons, Michael Burke, Jr. and Chris Russell; and his grandchildren, Emma, Reagan, Graham and Tristan. He was preceded in death by his wife, Kathy, brother Charles Edmund Burke and daughter Ashley.



Michael Burke

Burke’s family writes: “Michael Murphy Burke was more than a musician and artist; he was a beacon of light, a source of inspiration, and a compassionate soul who dedicated his life to uplifting others. His legacy will continue to vibrate and resonate through the lives he touched and the art he created. May he rest in peace, knowing that his spirit will forever echo in the hearts of those who loved him and in the art he created to share with others.”

## Nandi Das Helps Bring Musicians to Atlanta



Jai Ram Lentine and David Ault



Robin Hackett

Nandi Dass, a spiritual nonprofit headed by David Ault and Jai Ram Lentine, has established a fund to bring New Thought musicians to Atlanta for house concerts. The first concert was in late March, and the next one features Robin Hackett on May 3.

New Thought Music emerged along with the New Thought spiritual movement in the late 19th century. While it draws upon a variety of other genres for the music, a major differentiating point

is its affirmative lyrics that speak to themes such as abundance, love, healing and inner peace.

Ault, who formed a New Thought trio with Louise Hay in the 1980s, came up with the idea for the fund. “I reached out to many in the New Thought community to share my idea of finding a tangible way to support today’s artists in a world where streaming has taken away their ability to make a living from selling music,” says Ault. “They could donate through us, with 100 percent of their contributions going directly to the artists, while also receiving a tax deduction. We established a standard payout of \$1,000 plus travel and housing.”

Hackett, who will perform at Ault and Lentine’s residence, blends folk, rock, jazz and Americana, and a song of hers was featured on the TV show *How I Met Your Mother*. One can RSVP for the show at [nandidass.org/events](http://nandidass.org/events). The suggested donation is \$20.

“The goal,” says Ault, is “to create a sustainable, community-driven model that supports musicians in meaningful and accessible ways.”

## Atlanta’s First Hispanic Yoga Festival Debuts in September

The first-ever Atlanta Hispanic Yoga Festival will take place September 28 at The Westside Warehouse in Atlanta. Founded by Magda Olvera, the event is designed to make yoga more accessible to the Hispanic community by offering classes taught in Spanish by native Hispanic yoga instructors. In addition to yoga, attendees will have the opportunity to enjoy Spanish and Latin American cuisine and shop from local wellness and artisan vendors.

With nearly one million Hispanic residents in the Atlanta area, the festival aims to break language barriers and encourage physical activity. According to a 2022 report from the Centers for Disease Control and Prevention (CDC), Hispanic Americans have the highest prevalence of physical inactivity. “Through this festival, we want to foster inclusivity and cultural exchange, making the practice accessible to a wider audience while promoting the physical and mental health benefits of yoga,” Olvera says.



Tickets are \$25. For more information, visit [AtlantaHispanicYogaFestival.com](http://AtlantaHispanicYogaFestival.com) or follow @AtlantaHispanicYogaFest on Instagram and Facebook. The festival will be held from 9 a.m. to 5 p.m. on September 28 at The Westside Warehouse, 996 Huff Rd. in Atlanta.



## Free Yoga in Woodruff Park Begins April 5

Free Yoga in Woodruff Park will be open to the public every Friday at 10 a.m. through September 27. Made possible by Central Atlanta Progress, a private nonprofit community development organization, and AMADOR, an Atlanta community yoga program, this event invites the community to gather for a yoga practice led by Malik Khalid and a rotating list of instructors.

Designed to celebrate movement, mindfulness and self-expression, the program aligns with AMADOR’s mission to make somatic practices more accessible in Atlanta. Khalid, AMADOR’s founder, worked to expand wellness opportunities through partnerships with organizations like Central Atlanta Progress, Liforme, and lululemon.

“Bringing Free Yoga to Woodruff Park feels like a full-circle moment as an Atlanta native,” Khalid says. “There’s something powerful about moving together in an open space, surrounded by the energy of the city and the support of a like-minded community.”

With a focus on inclusivity and well-being, the event offers participants of all experience levels a chance to engage in self-care while strengthening their connection to the community. More than just a yoga class, says Khalid, it serves as a transformative space where stress is turned into strength.

For more information, visit [AtlantaDowntown.com/Wodruff-Park](http://AtlantaDowntown.com/Wodruff-Park), follow @amadorlife and @wodruffpark on Instagram or email [amadorlifeatl@gmail.com](mailto:amadorlifeatl@gmail.com). Woodruff Park is located at 91 Peachtree St. NW in Atlanta.





## Bliss Boogie Festival Returns to NC, Only Bigger



The Bliss Boogie Festival returns for its second year, bringing an expanded lineup of transformative experiences to Lakeside Retreats in Raleigh, North Carolina, May 29 through June 1. Building on its inaugural success, the 2025 festival will feature an array of presenters, immersive workshops, live music and community gatherings designed to foster connection, personal growth and well-being.

As conversations around mental well-being, movement and community-building continue to gain momentum, Bliss Boogie Festival intends to provide a timely space for individuals to recharge, connect and celebrate. “At Bliss Boogie, we believe in the transformational power of music, movement and community,” says festival founder Kai Baylis. “Year two brings even more opportunities for attendees to explore, connect and grow in an environment designed for self-expression and joy.”

In 2025, the festival will feature an expanded lineup of speakers, artists and wellness experts, as well as new interactive workshops focused on movement, mindfulness and creative expression. Festival grounds will be designed to promote connection and comfort, and there will be more opportunities for sponsorship and vendor participation.

Tickets, sponsorship opportunities and vendor applications are available at [BlissBoogie.com](http://BlissBoogie.com), with discounted rates for early sign-ups. For more information, email [blissboogieinfo@gmail.com](mailto:blissboogieinfo@gmail.com).

## Neurofeedback Therapy Now Available in Woodstock

Valerie Hudgins, a certified consulting hypnotist and certified health coach, announces her affiliation with Neurotherapy Centers of America as a satellite office in Woodstock. Hudgins now offers Quantitative Electroencephalography (QEEG) and neurofeedback therapy through The Wellness Emporium to help people optimize brain function.

Neurofeedback leverages the brain’s natural ability to learn and adapt, using non-invasive, FDA-approved devices to measure and map the brain’s electrical activity. The results of an initial brain mapping session are analyzed by medical doctors to identify dysregulated patterns that might contribute to conditions such as ADHD, PTSD, anxiety, depression and cognitive decline. Based on the results, a personalized training protocol is developed to enhance brain efficiency and focus. Sessions last 30 minutes and are typically completed twice a week for 10 to 30 weeks.

“Rewiring neural pathways through QEEG neurofeedback has shown consistent, lasting results,” Hudgins says. “This technology, once available only in major research institutions, is now accessible in-office or through home therapy units for the entire family.”

QEEG neurofeedback is particularly beneficial for athletes, as it enhances mental acuity, focus and resilience while potentially

improving recovery from sports-related injuries. Hudgins trained under Julia Phares, a neurofeedback expert with more than 15 years of experience and is excited to provide this drug-free approach to cognitive enhancement.

For more information, call 770-262-8221 or visit [TheWellnessEmporium.net/BrainFeedback](http://TheWellnessEmporium.net/BrainFeedback). The Wellness Emporium is located at 1501 Regency Way, Ste. 203 in Woodstock.



Valerie Hudgins

## Local Metaphysics Shops Feature Area Visual Artists



Malta

### Felicia McAleer at Wellness Emporium

The Wellness Emporium in Woodstock is hosting an exhibit of works by Felicia McAleer from April 5 through June 28. A long-time Atlanta resident, McAleer works in oils and acrylics, inspired by her travels, social justice work, and decades of rescue work with animals. McAleer

offers custom paintings and unique portraits, specializing in memorializing a pet with spiritual messages infused beneath layers of art. The artist reception will take place at The Wellness Emporium’s one-year anniversary celebration on June 21.

“One can’t help but be uplifted by the playfulness she brings to her art,” says Valerie Hudgins, owner and “proprietress” of the Wellness Emporium.

For more information, visit [TheWellnessEmporium.com](http://TheWellnessEmporium.com). The Wellness Emporium is located at 1501 Regency Way, Ste. 203, in Woodstock.

### Marcia Shirley at The Well of Roswell

The Well of Roswell is featuring the works of Atlanta artist Marcia K. Shirley from March 16 through June 13. Shirley is known for her ethereal landscapes and expressive portraits.

Using “wet-on-wet oil, which produces spontaneity and happy accidents, Marcia’s work is imbued with tranquility and wonder,”

says The Well of Roswell’s co-owner, Becky Arrington. “Her work is vibrant yet has a peaceful serenity, and her landscapes embody a mystical quality while remaining deeply grounded in their subject matter.”



Sunset

An artist reception will be held from 2 to 4 p.m. on April 6. For more information, visit [TheWellOfRoswell.com](http://TheWellOfRoswell.com). The Well of Roswell is located at 900 Old Roswell Lakes Parkway, Ste. 300, in Roswell.

### May Day Show at Phoenix & Dragon Bookstore



Moonlight

Phoenix & Dragon Bookstore announces the return of its annual May Day Show, featuring emerging artists from Kennesaw State University. Curator Rachel Mara collaborates with Robert Sherer of Art Career Mentoring Services to showcase paintings, prints, lace-sewn

canvas, embroidered photography and more. The exhibit explores themes of uncertainty, unease and cultural inequality.

The exhibit runs through June 29, and an opening reception will be held from 4 to 5:30 p.m. on May 4. Phoenix & Dragon Bookstore is located at 5531 Roswell Road NE in Atlanta. For more information, call 404-255-5207.

## Seek-the-Source.Net Features Spiritual Stories



John H. Gano, III

Seek-the-Source.net is an online platform where people from any spiritual background can share their personal journeys. The site features unfiltered personal stories from diverse perspectives—“religious, non-religious, 12-stepers, kundalini, Vedanta, Hindu, Buddhism, etc.,” says the site’s creator, John H. Gano III—pro-

viding a platform for seekers to explore, reflect and share. New stories and insights are added weekly.

Gano has been on a spiritual journey since 1982, but a life-changing accident in 2006 led to profound personal transformation and culminated in a kundalini awakening. His experiences, along with those of others, are shared on the site to inspire and connect individuals on their own paths. “In your Truth, I see my own; and in mine, you may find yours,” Gano says.

While access to the site is free, donations are also accepted to support the platform’s mission. Corporate and individual sponsors are welcome. For more information, visit [Seek-the-Source.net](http://Seek-the-Source.net) or email [John@Seek-the-Source.net](mailto:John@Seek-the-Source.net).





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Atlanta Briefs



## Dr. Bhatia Launches Medical Podcast

Dr. Taz Bhatia, CEO and founder of CentreSpringMD, announces the launch of "hol+," a new medical podcast that blends science, spirit and integrative medicine. A double-board-certified physician and author, Bhatia has been a leader in holistic health for more than 20 years.

Bhatia, who says that nearly 70 percent of Americans are seeking holistic care, sees hol+ as a hub for the growing movement toward personalized, integrative medicine. Each episode dives into health topics such as environmental toxins, high-functioning depression and the challenges of parenting in a digital age. The show features guests such as wellness advocate Katherine Schwarzenegger and breast cancer surgeon Dr. Kristi Funk, offering insights and actionable solutions.

"Today, there is a resounding desire for a new medical experience—one that effectively utilizes comprehensive holistic, functional and integrative health solutions," Bhatia says. Recognizing the unique needs of each individual, she aims to bridge the gap between traditional and holistic medicine, empowering listeners to take control of their well-being.

Bhatia, who founded CentreSpringMD in Atlanta 15 years ago, has expanded her practice to include locations in Los Angeles and New York City, as well as a global telehealth platform. With hol+, she continues her mission to transform healthcare by addressing the foundational pillars of personal and family health through an integrative, multidimensional model.



Photo: Skycastle Productions

Dr. Taz Bhatia

New episodes of hol+ are released every Tuesday on Apple Podcasts, Spotify and YouTube at [YouTube.com/DrTazMD](https://www.youtube.com/DrTazMD).



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# Two Decades Of Freshness

## *iwi fresh's Legacy Continues*

by Trish Ahjel Roberts

In 2005, the late Yolanda Owens, affectionately known as “Yogi,” turned her passion for natural skincare into a company, *iwi fresh*, crafting natural products in her family kitchen with recipes she learned from her grandmother, Cosetta Blackmon. Five years later, she opened her first brick-and-mortar location—a day spa in Castleberry Hill, offering massage, facials and nailcare in a lush environment brimming with fresh green plants and daylight.

Owens’ initial interest in healing was rooted in her own struggle with eczema. Her grandmother mailed her snippets of roots and plants, which healed her and inspired her to learn ancestral recipes and do some research on her own. She started by developing skin care products made from locally grown produce. Her first product, 14 Carrot Glow Face Cream, is still a customer favorite after 20 years.

Owens coined the word “*iwi*” for her new business’ brand name; it stands for “it is what it is” and honors the fact to honor the fact that her products contain only simple, natural ingredients. The name caught on, and before her passing in January 2023, *iwi fresh* had struck a distribution deal with Whole Foods Market.

*iwi fresh* sources its ingredients from local providers, including Truly Living Well Farms, Oyun Botanical Gardens, Patchwork City Farms and Kendall Rae Johnson, who was mentored by Owens and who, at nine years old, is known as America’s



Yolanda Owens and Maya Johnson

youngest certified farmer. Celebrities such as Kelly Rowland, Gabrielle Union and Rosario Dawson have all been fans of the product line. The company is also known for its community events, such as its annual Green Party and business outreach ventures, including a recent wellness program with Delta Airlines.

Owens’ daughter, Maya Johnson, remembers the day her mother picked her up from school and asked her, “What if mommy was home more?” Owens had gotten laid off from her job, and she was making some life-changing decisions. “She literally turned her garage into a whole manufacturing [plant],” says Johnson, who is now a master cosmetologist. No longer a

computer engineer for IBM, Home Depot, SunTrust and other major firms, Owens decided to become a wellness entrepreneur and took classes in aesthetics and nutrition.

### It’s the Whole Vibe

Long-time customer Berlinda Lauture says the 14 Carrot Glow Face Cream is her favorite product. “It really glows your face.” On her first visit to *iwi fresh* in 2014, she says, “I had never seen anything like it before. All of the greenery, the music playing, the vibe, the ambiance—it was just very peaceful and welcoming.” Her favorite service was the veggie facials. “They would [use] products on my face that were not harmful to my body ... It was just a wonderful experience.”

Michelle Smith has been an *iwi fresh* customer from its inception. “I was there from the beginning, when Owens started [the company] in her kitchen, in her home.” Owens would hold open houses and allow people to come in and shop. “I called myself the Brown Sugar Girl,” says Smith, “because I loved the brown sugar scrub, and I could sell it. So, I was a client and also a brand ambassador when she worked out of her home.” Over the years, Smith has tried all the *iwi fresh* products, but the Lettuce Face It Hydration Mist and Squash It Out Face Cleanser are her favorites.

At the end of an especially difficult workday, Smith drove straight to *iwi fresh*, where Owens told her, “Come. Talk to me in my office.” By her “office,” Owens meant



Berlinda Lauture

her jeep, which was parked on the sidewalk out front. “We got in the jeep,” says Smith, “and we journaled.” Owens listened and gave Smith some helpful advice. “She was telling me: Just stay right where you are. You’re right where you’re supposed to be.”

“We all have fruit and vegetable names on the team,” says Johnson, “so anybody who joins the team picks out their own ... name. So [Owens] was ‘Carrot.’ And I’m ‘Kiwi.’”

### Resilient Then and Now

*iwi fresh* was—and continues to be—resilient. In 2020, the global pandemic hit just as Owens opened the company’s second location in Jonesboro. It was not an easy time for any retail company. “Social distancing” was mandatory, many services were suspended and products had to be

delivered safely to customers. Yet *iwi fresh* was able to stay afloat.

When Owens passed away, it was a difficult time for her family, the company and the community. Johnson also suffered another loss when her grandmother, Owens’ mother, passed away a year later. Still, Johnson continues to carry the torch as the company’s owner, legacy coordinator and vision holder.

Johnson is planning to close the Jonesboro location in order to become a mobile-only service provider with a focus on corporate and community events. The company will continue to offer products and services that customers love. Johnson explains, “We’re gonna always pivot,” says Johnson. “We’re always gonna restructure and figure out something else that will keep us moving forward.”

“I’m super proud of Maya for making everything her own, following her mother’s vision and dreams, and doing what her mother wanted her to do,” says Smith.

Johnson has more plans for the business in the years ahead. After the transition to a mobile-only business, she is looking into developing a lip care line and then, possibly, franchising. “My mom had started [franchising] before, and ... she never got to finish it.”

### Owens’ Legacy Continues

*iwi fresh*’s annual Green Party is planned for June, although the location has not yet been announced. “The Green Parties were the highlight of the year,” says Lauture. “They had a billion different vendors [and] Black businesses coming to sell their products.” In previous years, the festivities included food, music and even some aerial artists. This year, plans include a birthday celebration to honor Owens’ birthday and a new offering of signature products. 🌱

Learn more about upcoming events, opportunities and products at [iwifresh.com](http://iwifresh.com).



Trish Ahjel Roberts is the founder of the Mind-Blowing Happiness® personal and professional development company and the author of four books,

including her latest, *The Anger Myth: Understanding and Overcoming the Mental Habits That Steal Your Joy*. Learn more at [TrishAhjelRoberts.com](http://TrishAhjelRoberts.com).

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# Georgia: 10th Worst State for Women's Healthcare

by Rick Baldwin



Photo: Andrea Piacquadio/Pexels

When it comes to women's healthcare, Georgia has consistently ranked near the bottom compared to other U.S. states, and 2025 is no exception. Numerous recent studies, including an analysis by financial website *WalletHub*, place Georgia as the 10th worst state for women's health. The state's overall score of 43.3 out of 100 reflects systemic challenges spanning economic and social well-being, healthcare access and safety.

In addition, a February 2025 study by *SmileHub* revealed that Georgia ranks 37th in women's life expectancy at birth, 48th in affordability of a doctor's visit and 36th in quality of women's hospitals.

All of this is particularly alarming since women make up more than 51 percent of Georgia's population. Why, then, is Georgia struggling so profoundly to meet the healthcare needs of such a significant portion of its residents?

## A Worsening Crisis in Maternal Health

Georgia's struggles in women's healthcare mirror broader national concerns. Maternal deaths across the United States have more than doubled over the past two decades. According to data from the Centers for Disease Control and Prevention (CDC), from 2018 to 2021, Georgia had the fifth worst maternal mortality rate—33.9

deaths per 100,000 live births—among 45 reporting jurisdictions. Black mothers die at the highest rate—over twice as many non-Hispanic Black women died in Georgia between 2018 and 2020 than non-Hispanic white women per 100,000 live births. Even more alarming, the situation appears to be worsening rather than improving.

## Where Georgia Falls Short

A February 2025 study by *SmileHub* ranked Georgia 41st out of 51 based on essential metrics, including health and living standards, healthcare policies, support systems and safety. While Georgia performed relatively well in safety, ranking 12th, its dismal performance in other categories drags its overall standing down. This discrepancy raises a critical question: How can a state with a booming healthcare industry—where hospitals, primary care offices and emergency facilities seem to open on every corner—still fail to adequately serve so many women?

According to *WalletHub's* analysis, Georgia's poor standing in women's health outcomes is influenced by several persistent issues:

- **High uninsured rates:** Georgia ranks 49th out of 50 when it comes to uninsured rates for women, with 17.5 percent of women aged 19 to 44 unemployed. This is primarily due to Governor Brian Kemp's refusal to expand Medicaid coverage as enabled under the Affordable Care Act.
- **Maternal and infant health concerns:** The state continues to face a maternal mortality crisis, disproportionately affecting Black mothers and babies.
- **Educational attainment:** Low high school graduation rates among women impact economic opportunities and overall well-being, contributing to the state's poor ranking.
- **Economic challenges:** High poverty rates among women and inadequate healthcare coverage create barriers to receiving necessary health services.



Senator Sally Harrell GA 40 District

## Efforts to Address the Crisis

Some steps have been taken to address the crisis. In February 2025, Georgia lawmakers introduced bills aimed at improving maternal health outcomes, especially for vulnerable groups. However, other issues, such as the state's restrictive abortion laws, continue to place many women at risk.

Senator Sally Harrell currently represents Georgia's 40th Senate District, which covers parts of DeKalb and Gwinnett counties, and is the former Executive Director of Healthy Mothers, Healthy Babies, a state-wide, nonpartisan, nonprofit organization working to improve access to healthcare and health outcomes. She highlights the troubling high uninsured rates. "Almost half of Georgia's births are covered by Medicaid, so any restrictions on access to Medicaid directly impact the health of Georgia women," she says. "Since the Affordable Care Act passed in 2010, Georgia has refused to fully expand Medicaid, leaving many women uninsured. About half of Georgia's counties lack an OB/GYN, and almost as many lack a pediatrician."

## Political Barriers and Policy Gaps

Politics continues to play a significant role in women's healthcare, both nationally and statewide. Many local politicians have supported partisan policies without concern for the consequences. "This was made worse when Georgia's six-week abortion ban became law," Harrell says. "Physician training programs in Georgia medical schools can no longer teach certain medical procedures, so when fewer people train here, fewer doctors practice here. This will exacerbate the workforce problem."

She further explains that while the Medicaid expansion from six weeks post-partum to one year is a step in the right direction, Georgia's "Pathways" program, which covers people up to 100 percent of the federal poverty level, excludes many women due to stringent work requirements. "The program

requires 80 hours of work per month, but at this point in time, taking care of a child does not count as qualified work hours."

The impact of these healthcare limitations is felt daily by practitioners such as Dr. Kristina Lemene, a family nurse practitioner at Ponce Primary Care in Decatur, Georgia. Lemene echoes Harrell's concerns. "Access to affordable and timely care is one of the most significant challenges affecting women seeking healthcare services," she says. "While routine age-appropriate cancer screenings are well covered for those with health insurance, mammograms, colon cancer screening and cervical cancer screening are lacking in the uninsured and underinsured population due to exorbitant healthcare costs and a lack of providers and facilities performing these services."

## The Patient Experience

Rachell Dumas, a registered nurse and the founder of A Light After Nine, a community and resource hub dedicated to helping women and families navigate the challenges of infertility and pregnancy, recently experienced both sides of the issue when she became a mother in Georgia.

"Navigating healthcare as a mother and a nurse in Georgia has been both eye-opening and deeply frustrating," she says. "After enduring nine pregnancy losses before finally giving birth to my son, I saw firsthand how maternal healthcare consistently fails Black women. Despite my medical background, I had to fight to be heard, push for additional testing and advocate for myself in ways that no patient should have to. For too many women, especially Black women, accessing quality maternal care means having to demand the care that should be a given."

## A Generational Crisis

Harrell acknowledges that the state government has significant work to do as well. In



Rachell M. Dumas, RN, BSN, MSN(c)

the meantime, underfunded community organizations are left to bridge the gap. "Full Medicaid expansion and a more reasonable approach to abortion would go a long way in improving women's health in Georgia," she says. "Improving access to mental health resources would also address one of the leading causes of maternal mortality. But community organizations, particularly in metro areas, cannot meet the need alone."

Dumas emphasizes the importance of self-advocacy. "For women and new mothers, the most important thing is to advocate for yourself. If something feels wrong, speak up, push for answers, and seek second opinions. Bringing a doula, midwife, or trusted support person to appointments can also make a huge difference."

Lemene highlights the broader implications. "Healthcare disparities in Georgia will continue to rank Georgia as one of the poorest states in managing obesity, heart disease, cancer, mental health, diabetes and maternal mortality rates. This has a generational effect and will negatively affect all Georgians, including our children, for years to come. A healthy population leads to a healthy workforce, economy and environment to live in."

"We are at this crisis point because maternal healthcare has historically ignored women's voices, especially Black women's voices," says Dumas. "Maternal health is not just a women's issue; it is a public health crisis and a human rights issue. Every mother deserves compassionate, competent and proactive care, and I am committed to making sure that no woman has to endure the same battles that I did." 🙏



Rick Baldwin is a writer, artist and illustrator living in Tucker, Georgia. He serves as a meditation and spiritual practitioner to those who reach out. More at [StillAndChill.com](http://StillAndChill.com).



# Increasing Gut Health With Prebiotics

## How To Feed the Good Microbes

by Marlaina Donato



ninafrisoval/CanvaPro

A compromised gut can make us susceptible to a host of conditions, including depression, chronic disease and viruses such as COVID-19. To fortify us against such illnesses and generally strengthen the digestive tract, prebiotic foods like asparagus, dandelion greens, bananas, leeks and Jerusalem artichokes can be quite helpful.

“Prebiotics are like fertilizer for your gut garden, helping it flourish so your whole body can thrive,” explains Donna Schwenk, author of *Cultured Food for Life*. “When you consume prebiotics, they pass through the digestive system undigested and become fuel for the friendly bacteria in your colon. This process helps the ‘good guys’ thrive, increasing their numbers and supporting a healthy balance of gut flora.”

### Feeding the Good Bacteria

A harmonious mixture of prebiotics and beneficial intestinal flora—known as symbiotics—can help ward off illnesses, lower “bad” cholesterol and reduce chronic gut inflammation, which is linked to the development of tumors and colorectal cancer. A review published last year in the journal *Foods* suggests that adding prebiotics to the diet could improve cognitive function, relieve symptoms associated with inflammatory bowel disease and osteoporosis, and even resolve gastrointestinal disorders that plague up to 70 percent of individuals on the autism spectrum.

Adding healthful prebiotics can be as simple as dropping a few raspberries, blueberries or strawberries into unsweetened yogurt or kefir. Dandelion greens, which

are packed with inulin, can be tossed into salads, sautéed with a little garlic and olive oil, or added to smoothies. Leeks, which are mild and sweet, can be enjoyed in soups, sautés, quiches, miso broth or cream dips. Other delicious prebiotic ingredients include bananas, flax and chia seeds, cacao nibs, lentils, oats, barley, chicory and jicama root, almonds, seaweed and avocados.

Schwenk suggests an easy gourmet dish that features roasted asparagus, apples and Jerusalem artichokes over a bed of greens tossed with a probiotic-rich salad dressing. She notes, “Apples are rich in pectin, a soluble fiber and powerful prebiotic that ferments in the gut and feeds beneficial bacteria like *Akkermansia muciniphila*, which play a vital role in maintaining and strengthening the gut lining.”

### Pros and Cons of Fermented Foods

According to Schwenk, refrigerated kimchi and naturally fermented sauerkraut are rich in *Lactobacillus plantarum*, a powerful probiotic that thrives during fermentation, breaking down sugars and promoting a healthy microbiome. Benefits include nutrient absorption, mood support and enhanced immune function.

Renee Barasch, a certified digestive specialist and owner of Digestive Health Solutions, concurs that these probiotic foods can aid in balancing blood sugar, insulin resistance and digestive woes like constipation, diarrhea, bloating, heartburn, acid reflux and gas. On the other hand, she cautions that fermented ingredients can be too high in histamine and thus cause uncomfortable digestive issues for some people.

“Folks need to keep in mind their unique gut microbiome,” says Barasch. “Some

people will feel gassier or bloated from some of these foods, depending upon their gut health. I use the BiomeFx stool test to identify the presence of histamine, estrogen, hydrogen sulfide and other things that could cause gut issues.”

### How To Introduce Prebiotics

Findings published in the *Journal of Advanced Research* in 2020 suggest that certain types of gut flora could play a role in the development of inflammatory bowel diseases. Prebiotics like garlic can become antagonists for those that have an overabundance of certain types of intestinal microbiota. Garlic can also lead to high concentrations of hydrogen sulfide, which can contribute to gut inflammation.

Schwenk advises, “Introducing prebiotic foods gradually is important to avoid stomach discomfort, especially if you’re new to them. Prebiotics feed your gut bacteria, which can produce gas as they ferment the fibers, so a slow and steady approach is best.”

She recommends eating prebiotics together with probiotics like yogurt, kefir or kimchi so the gut can handle the increase in fiber more effectively. Begin with one or two tablespoons per meal to slowly introduce the beneficial bacteria into the system. “Kimchi and kraut are versatile,” Schwenk remarks. “You can enjoy them as a side dish, mix them into fried rice or even stir them into soups after cooking to preserve the live probiotics.” 🍌

Marlaina Donato is an author, artist and composer. Connect at [WildflowersAndWoodSmoke.com](http://WildflowersAndWoodSmoke.com).

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### APPLE KEFIR SALAD DRESSING

Turn any salad into a probiotic powerhouse with this creamy, tangy dressing.

**YIELD: 2 SERVINGS**

- ½ cup kefir cheese (see below)
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 Tbsp kombucha or apple cider vinegar
- 2 Tbsp apple juice
- ½ Tbsp honey

To make kefir cheese, strain 2 cups of kefir through a fine-mesh strainer lined with cheesecloth or a nut milk bag over a bowl. Let it strain in the refrigerator for 12 to 24 hours until thickened, then transfer the cheese to a container and store for up to three weeks. The liquid



Courtesy Donna Schwenk

they can be saved for smoothies, soups or fermenting.

Whisk all ingredients together in a small bowl until smooth. Serve immediately or refrigerate for up to 3 weeks.

Recipe and image courtesy of Donna Schwenk.

### BLENDER SALSA

This easy-to-prepare salsa is bursting with flavor and health benefits. Tomatoes are an excellent source of the antioxidant lycopene, while garlic and onion are prebiotics. The recipe also calls for a probiotic culture to support gut health with live probiotics. It is a perfect way to introduce cultured foods to hesitant eaters.

**YIELD: 1 QUART**

- 6 large ripe tomatoes
- 2 small onions
- 2 small, red or green peppers
- 2 4-oz cans chopped green chilies, with juice
- 2 cloves garlic
- 2 tsp paprika
- 2 tsp ground cinnamon
- 4 tsp chipotle powder
- 1 Tbsp raw sugar or Sucanat
- ½ tsp veggie starter culture (or 2 Tbsp kefir whey)
- 1 tsp Celtic sea salt



Courtesy Donna Schwenk

Combine all ingredients, except the starter culture, in a blender or food processor until chunky or smooth, depending on preference.

Stir in the veggie starter culture or kefir whey, making sure it is well incorporated.

Transfer the salsa to jars, seal with a secure lid and ferment at room temperature. After two days, store in the refrigerator and enjoy.

Recipe and image courtesy of Donna Schwenk.



# Waste Not, Want Not

## Benefits of a Circular Economy

by Carrie Jackson



Khanchit-Khirsutchalual from Getty Images/CanvaPro

A circular economy mimics nature by keeping products and materials in circulation and regenerating their resources. According to the World Health Organization, it offers an avenue to sustainable growth, good health and decent jobs while saving the environment and its natural resources. Although this is not a new concept, an increasing number of businesses across various industries are acknowledging our climate crisis and renewing their dedication to sustainability.

Consumers, too, are recognizing their role in a circular economy and becoming more mindful of how they use their resources. By making conscious choices about their purchases, managing waste and cutting back on consumption, they can positively impact the planet, their wallets and communities at both a local and global scale.

### Understanding Circularity

Claire Potter is the founder of One Circular World, and author of *Welcome to the Circular Economy: The Next Step in Sustainable Living*. She notes that a circular economy is best described as a series of systems that work like nature does. “No waste is produced in

nature, and everything flows,” she says. “Anything not required by one species is used by another or breaks down to provide nutrients for the earth. Nature works in balance with itself, and humans are the only species on Earth that doesn’t do that.”

A circular economy can provide this balance across multiple sectors. “By using a waste stream of material for another purpose, ensuring that the earth is nourished with organic waste, using materials for as long as possible before they are broken down to be used for another purpose, and ensuring that renewable energies are used to make and transport our products, the circular economy feeds into all elements of our lives,” explains Potter.

Consumers can start by cutting down on online shopping, which reduces packaging and prevents unwanted items ending up in landfills. “It is very tempting to click on something and have it arrive the next day, but online shopping is notorious for having excessive amounts of packaging,” says Potter. “See if orders can be combined and packed together, or buy the same item from a physical store where you can try things on before purchasing them. Large volumes of clothing purchased online is returned, and, unfortunately, it is cheaper for the brand to ditch the item than to put it back into their supply chain.”

### Rethinking Conservation Mantras

Although recycling is often touted as a cornerstone of environmental stewardship, Potter asserts, “Recycling won’t save us. We have had the ‘reduce, reuse, recycle’ mantra since around the first Earth Day in 1970, and yet our consumption-based industries have somehow encouraged us to focus on the ‘recycling’ element alone. In circularity terms, the first two are far higher up the hierarchy of desirable actions. Of course, recycling plays a part, but it is a deeply inefficient system.”

As an example, Potter points to the UK where “only around 9 percent of the plastic sent for recycling ever returns as a new item, and the rest ends up being landfilled or incinerated. In some cases, recycled material is exported to developing countries, which increases the risk of it being dumped into various ecosystems.”

Potter suggests a revamping of the old mantra to include refuse, repair, redirect, regenerate and refill. “Recycling is often a very energy- and transport-heavy system, so in circularity terms it is far better to reduce and reuse before you get to recycling, which should be the last resort,” she explains. “Buy the best possible option for longevity, repairability and upgradability; even if it is more expensive, that initial investment can pay out multiple times.”

### Responsibly Managing Waste

While it can seem overwhelming to responsibly manage waste, businesses like TerraCycle are stepping in to help by providing Zero Waste Boxes and other waste-management solutions to recycle almost everything—from everyday kitchen waste and cleaning

supplies to cosmetics packaging and more. These free and paid solutions are available to individuals, offices, schools and facilities.

Established in 2001, TerraCycle developed its own platform of circularity called Loop. By partnering with retailers (Charlie Banana), brands (Coca-Cola, Evian and Nutella) and supply partners (FedEx), they enable the sale and collection of reusable and returnable versions of conventional, single-use products, making the process convenient and accessible. People can order boxes from the company to fill with obsolete toys, small appliances, water filters, fabric, candy wrappers and other challenging items, and TerraCycle will take care of the rest.

“What makes something locally recyclable depends on whether your local recycling

company can make a profit recycling it,” says TerraCycle CEO Tom Szaky. “If the cost of collecting and processing the waste is lower than the value of the resulting raw material, it will likely be locally recyclable. If the costs are higher, then it likely won’t be. Our specialty is recycling hard-to-recycle items that would typically go to landfills or incinerators—everything from cigarette butts, to beauty empties, to spent toothpaste tubes.”

### Going Zero Waste

Circularity has to start with production, says Mary Beth Schaye, a zero-waste consultant and vice president of the Collective Resource Compost Cooperative, in Evanston, Illinois. “When you first design something, you have to think about what’s going to happen to it in the end. It’s a very cradle-to-grave idea,” she points out.

## Sustainability Now a Factor When Shopping Vintage

Thrift stores, vintage stores and antique shops are inherently a part of the circular economy. But to what degree do shoppers at such stores see themselves as contributing to sustainability and environmental goals?

*The Sun* reported that, in a recent survey commissioned by Amazon, “four in 10 Gen Z’s estimate at least 75% of their purchases will be second-hand in three years. The study revealed that those aged 18 to 27 intend to cut down on new buys by 32% in the next two years.” Further, it reported that “36% ... want to reduce their impact on the environment.”

While concern for the environment is not the primary factor when it comes to buying pre-owned items—cost and uniqueness are the top considerations—it is considered a significant secondary factor.

Maggie Monastesse, owner of the 20,000-square-foot Decatur Estate Vintage Market, says that sustainability is a key reason she does what she does, even though she doesn’t position or market her business in those terms.

“Vintage is the way to go,” says Monastesse. “Not only do you save pieces from ending up in a landfill, but the quality is far superior to mass-produced fast furniture. Whether you upcycle, refinish or simply add your own personal touch, there’s endless potential.”

Monastesse looks for opportunities to talk about sustainability with customers and looks for openings and potential receptiveness to the idea. “People are increasingly recognizing the significant impact we have on our planet,” she says. “We are responsible for what we buy, how we use it and why it’s important to care for everything around us. Ultimately, we need to become responsible stewards of stuff—mindful of the resources we consume and the legacy we leave behind.”

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Circularity goes against the current trend of planned obsolescence, a business strategy that encourages consumers to continually buy new products to replace those that become outdated or break down quickly. In contrast, there is a growing interest in a policy known as “extended producer responsibility”, which makes manufacturers take responsibility for their products’ entire life cycle, including the post-consumer stage.

Schaye can’t think of a better way to prevent waste than by simply reducing new purchases. “It can sometimes feel like a burden for consumers to make sure everything goes in the right place,” she says. “It’s better to not have that thing to get rid of in the first place.”

Citing transportation as a barrier, Schaye notes that circularity works best when the circle is smaller. She urges people to look for repurposing solutions within their own communities, suggesting, “If there’s something that you are throwing out habitually, like extra food, boxes or containers, see if there’s someone else who can benefit from it. We encourage people to identify their own reuse pipelines.”

### Reducing Food Waste

Feeding America estimates that people waste 92 billion pounds of food annually in the United States, filling up landfills and taxing the environment. “When food scraps go to landfill, they create methane, which is a greenhouse gas,” Schaye attests. “Minimizing methane is more impactful than carbon dioxide on reducing the global temperature.”

Composting is an example of circularity that people can understand. “We grow food; we eat the food; and we have food waste that gets composted so that it can enrich the soil to grow more food,” Schaye explains. “It’s easy and immediate. Most people have an option for composting, but they might not know about it.”

A way to reduce food waste is to plan meals ahead of time and avoid over-shopping at the grocery store. “If you know you’re going on vacation or will be eating out several times in the next

week, then don’t buy anything that will expire while you’re gone,” Schaye counsels. “If you do have extras, see if there’s a neighbor or community fridge that can take it. When eating out, try not to order more than you need, but if you think you will have leftovers, then bring your own containers to transport them home.”

Produce doesn’t have to look perfect in order to be consumed. A bruised peach might make a delicious pie, and overripe bananas are the key ingredient to homemade banana bread. If something is getting close to its expiration date, there may be a way to save it. “If you stock up on apples at the farmers market, make sure you properly store the extras to enjoy later. We’ve lost the old-school wisdom of how to preserve food. Freezing food and using the right containers can give it new life,” says Schaye.



### Voting With Our Wallets

Consumers can also become more mindful of supporting institutions that practice circularity. Potter encourages people to look at their bank accounts, investments and pensions. “Often we do not know where our money goes after we deposit it with our bank. We could be trying our best to live as circularly as possible but have no idea that our hard-earned cash is being used to fund fossil fuel companies, for example. Do a bit of digging into where your money goes, and if you don’t like the answer, switch your money to an ethical bank investment group,” she suggests.

Other changes, such as switching to an energy provider that uses a 100 percent green tariff from renewable energy sources, will have both long- and short-term effects. “Your energy supplier will likely already have a renewable option, so switching might not be too hard and will help to invest in future-proofed systems,” says Potter. “If each of us does what we can, our strengths will overlap, eventually creating a beautiful circle of circularity.”

*Carrie Jackson is a Chicago-based freelance writer and frequent contributor to Natural Awakenings. Connect at CarrieJacksonWrites.com.*



# Earth Day 2025

## Our Power, Our Planet

by Sandra Yeyati

April 22 marks the 55th anniversary of Earth Day, the worldwide annual event that fosters environmental awareness and champions conservation initiatives designed to curb the ravages of climate change. This year’s theme—Our Power, Our Planet—invites 1 billion supporters in 192 countries to unite behind renewable energy with the goal of tripling the global generation of clean electricity by 2030.

“For years, we have been fed the lie that only fossil fuels can power the planet. That is not true,” says Denis Hayes, organizer of the first Earth Day and board chair emeritus of *EarthDay.org*. “By the 2030s, the largest source of electricity generation on the planet will be solar power.”

Our reliance on fossil fuels for energy has had dire consequences, releasing greenhouse gases and toxic chemicals that drive climate change, pollute the environment and threaten human health. According to *EarthDay.org*, cutting greenhouse gas

emissions diminishes the risk of heatwaves, floods and the spread of infectious diseases. A reduction in air pollution is also expected to decrease respiratory and cardiovascular diseases such as asthma and strokes.

The technology already exists to meet global energy needs with clean, affordable and renewable power from solar, wind, geothermal, tidal and hydro sources—all of which can be stored in batteries and fuel cells. Wind and solar have become the most cost-effective sources of power, surpassing traditional fossil fuels in affordability. Renewable energy represents a huge economic opportunity estimated to create 14 million new jobs globally, according to the International Energy Agency, an intergovernmental organization that provides data, analysis and policy recommendations on the global energy sector.

Forty-nine countries currently generate more than half of their electricity from clean sources, including Canada, Switzerland, Austria, New Zealand, Brazil,

Norway, Sweden and Denmark, while Iceland produces virtually all of its power from renewable sources.

“We need people power to support the big switch to renewable energy,” says Kathleen Rogers, president of *EarthDay.org*. “We encourage everyone to talk to your local mayor, boss, neighbors, community leaders, and local and national legislators to explore and to champion switching to renewables.”

There are numerous ways to get involved and celebrate Earth Day in our communities:

### Earth Day

Celebrate nature with family-friendly activities, including musical performances by Havana Son, seed planting, scavenger hunts and eco-friendly crafts. Free with garden admission.

When: Monday, April 22, 10 a.m. to noon  
Where: Atlanta Botanical Garden, 1345 Piedmont Ave NE, Atlanta  
Contact: 404-876-5859, info@atlantabg.org

### Earth Day Run

Celebrate Earth Day by running for the planet! Choose from 5K, 10K, half-marathon, or a one-mile Fun Run. Proceeds support local tree-planting efforts. \$35-\$45.

When: Saturday, April 19, 7:30 a.m.  
Where: South Peachtree Creek Trail, Decatur  
Contact: thebesttraces.com, info@thebesttraces.com

### Earth Day at Mill Creek Nature Center

Help remove invasive Chinese privet to restore native habitat. Bring gloves and tools if available. No restrooms on-site. Free.

When: Saturday, April 19, 9 to 11:30 a.m.  
Where: Mill Creek Nature Center, 1999 Mall of Georgia Blvd, Buford  
Contact: 770-787-7887, info@gwf.org

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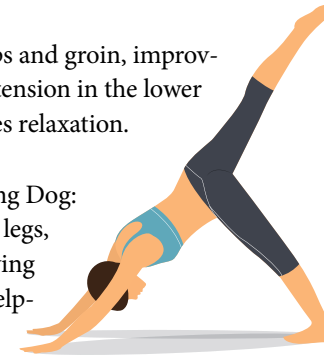
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- 1 Easy Pose:** This pose promotes calmness and helps center the mind, reducing stress and anxiety by encouraging steady breathing and relaxation.
- 2 Seated Twist:** A gentle spinal twist that helps release tension in the back and shoulders, improving spinal flexibility and digestion, while calming the nervous system.
- 3 Cow Face:** Stretches the shoulders and hips, releasing tightness in these areas and aiding in stress relief through deep breathing and focused stretching.
- 4 Cobbler's Pose:** Opens the hips and groin, improving circulation and reducing tension in the lower back and legs, which promotes relaxation.
- 5 One-Legged Downward Facing Dog:** Strengthens and stretches the legs, arms, and spine while improving balance and concentration, helping to reduce mental fatigue.
- 6 Triangle Forward:** A strong stretch for the hamstrings and hips, this pose helps release built-up tension in the lower body while enhancing stability and calmness.
- 7 Warrior II Pose:** Builds strength and endurance, focusing the mind and improving concentration while also providing a deep stretch for the hips and thighs.



One legged downward facing dog

**8 Shoulderstand:** An inversion that helps calm the brain and relieve stress while stimulating the thyroid and improving circulation.

**9 Seated Forward Bend:** Stretches the spine, shoulders, and hamstrings, calming the mind and relieving stress, particularly beneficial for relieving anxiety and fatigue.

**10 Extended Puppy Pose:** A heart-opening stretch that releases tension in the shoulders and chest while promoting relaxation and reducing stress.

**11 Downward Facing Dog:** Energizes the body while calming the mind, this full-body stretch improves circulation and alleviates tension in the back and legs.

**12 Leg Up:** An inversion that promotes circulation, reduces swelling in the legs, and helps calm the mind, making it excellent for stress relief.

**13 High Lunge:** Strengthens the legs and stretches the hips, building focus and mental resilience, while opening up the chest and improving energy flow.

**14 Forward Fold:** Releases tension in the back, shoulders, and neck, calming the nervous system and helping to reduce anxiety and stress.

**15 Bridge Pose:** Opens the chest and stretches the spine, promoting relaxation by releasing tension in the back and improving circulation to the brain.



Shoulderstand



Bridge pose



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## CALENDAR

### SATURDAY, APRIL 5

**Kirtan Mela 2025** – 12-7pm. Experience the uplifting power of kirtan (mantra meditation) with live chanting and traditional instruments. Free vegetarian dinner provided. All ages welcome. ISKCON Atlanta, 1287 S Ponce De Leon Ave NE. Info: [bit.ly/Kirtan-Mela-040525](http://bit.ly/Kirtan-Mela-040525).

### SUNDAY, APRIL 6

**Serenity Sundays** – Spring Awakening – 10am-12pm. A rejuvenating morning of gentle yoga and a soothing sound bath to welcome spring. Free. The Hotel at Avalon, 9000 Avalon Blvd, Alpharetta. Info: [bit.ly/SerenitySundays-SpringAwakening-040625](http://bit.ly/SerenitySundays-SpringAwakening-040625).

### TUESDAY, APRIL 8

**Yoga for Success** – 6-7pm. Learn simple yet powerful yoga postures to enhance stability, balance, and success. Includes movement and meditation. Ages 12+ (minors with guardian). Free. Sandy Springs Library, 395 Mount Vernon Hwy, Atlanta. Info: [bit.ly/yoga-for-success-040825](http://bit.ly/yoga-for-success-040825).

### WEDNESDAY, APRIL 9

**Yoga + Wine Down Wednesdays** – 6:30-8:30pm. Unwind with an all-levels yoga session followed by a social wine experience (non-alcoholic options available). All ages welcome. Free. Peters Street Station, 333 Peters St SW, Atlanta. Info: [bit.ly/yoga-winedown-wednesdays-040925](http://bit.ly/yoga-winedown-wednesdays-040925).

### CorePower Yoga at Hyatt Centric Midtown

– 6-7pm. A complimentary Vinyasa yoga class for all levels in the heart of the city. Bring your mat and water. Free parking validation. Hyatt Centric Midtown, 125 10th St NE, Atlanta. Info: [bit.ly/CorePower-Yoga-040925](http://bit.ly/CorePower-Yoga-040925).

### THURSDAY, APRIL 10

**Namaste & Slay** – Winning Women's Club Outdoor Yoga – 6:30-8pm. A luxe outdoor yoga experience blending movement, mindfulness, and main character energy. Ages 21+. Free. Piedmont Park, near Park Tavern. Info: [bit.ly/namaste-and-slay-041025](http://bit.ly/namaste-and-slay-041025).

### VinYin Yoga

APRIL 13, 3:00-4:15PM

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6046 Sandy Springs Circle.  
[bit.ly/pyc-schedule](http://bit.ly/pyc-schedule)

### MONDAY, APRIL 14

**Yoga Presented by Kaiser Permanente** – 6:30-7:30pm. A free outdoor yoga class as part of The Battery Atlanta's Wellness Series.

Pre-registration required. Bring a mat and water. The Plaza at The Battery Atlanta, 775 Battery Ave SE. Info: [bit.ly/yoga-by-kaiser-permanente-041425](http://bit.ly/yoga-by-kaiser-permanente-041425).

### TUESDAY, APRIL 15

**Beginner's Zen Meditation Class** – 7-9pm. A 20-week course exploring mindfulness, breathwork, and Buddhist philosophy. Open to all, no prior experience needed. Free. Dharma Jewel Monastery, 2550 Henderson Mill Rd NE, Atlanta. Info: [bit.ly/Beginner-Zen-Meditation-041525](http://bit.ly/Beginner-Zen-Meditation-041525).

### THURSDAY, APRIL 17

**Yoga in the Park – Dancing Dogs Yoga x lululemon** – 6-7pm. Outdoor yoga celebrating community and movement. All levels welcome. Ages 18+. Free. Active Oval, Piedmont Park, Atlanta. Info: [bit.ly/dancing-dogs-yoga-041725](http://bit.ly/dancing-dogs-yoga-041725).

### FRIDAY, APRIL 18

**Yoga Anew** – 11-11:45am. Join Instructor Cheetara for a guided yoga session focused on relaxation and well-being. Bring your mat. Free. Wesley Chapel-William C. Brown Library, 2861 Wesley Chapel Rd, Decatur. Info: [bit.ly/yoga-anew-041825](http://bit.ly/yoga-anew-041825).

### SATURDAY, APRIL 19

**Cosmic Kirtan w/ Yogi Douglas Johnson & His Band** – 5-7pm. Experience call-and-

response chanting fused with blues, rock, folk, and funk for a mind-expanding journey. \$40. AUM Studio. Douglas Johnson. [bit.ly/4hwDOYY](http://bit.ly/4hwDOYY).

### WEDNESDAY, APRIL 23

**Wellness Wednesday – DanceFit with Tani** – 6:30-7:30pm. A fun, high-energy dance fitness class for all levels to reset and renew. Free. Atlantic Station, 1380 Atlantic Dr, Atlanta. Info: [bit.ly/DanceFit-With-Tani-042325](http://bit.ly/DanceFit-With-Tani-042325).

### THURSDAY, APRIL 24

**Recharge & Renew with Yin Yoga & Sound Healing** – 6:30-7:30pm. Experience deep relaxation with Yin Yoga, Tibetan Bowls, and energy healing in a Himalayan Salt Room. \$45. CSHYPNOSIS, 3745 Cherokee St NW #206, Kennesaw. Info: [bit.ly/Contact-ISAZEN](http://bit.ly/Contact-ISAZEN).

### SATURDAY, APRIL 26

**Open House: A Day of Wellness, Movement, and Transformation** – 9am-3pm. Enjoy yoga, sound healing, meditation, kirtan, kids' activities, and more. Special offer: 30 days for \$30. Free. AUM Studio. Yuliya Stepanov. [bit.ly/3R7GYHS](http://bit.ly/3R7GYHS).

### SUNDAY, APRIL 27

**Gentle Stretching & Breath-Work: Mind-Body Connection** – 10-11am. A free in-person class blending yoga, Tai Chi, tapping, and meditation for relaxation and balance. Ages 16+. Body & Brain Yoga Tai Chi, 4641 Roswell Rd, Atlanta. Info: [bit.ly/Mind-Body-Connection-Through-Movement-042725](http://bit.ly/Mind-Body-Connection-Through-Movement-042725).

### WEDNESDAY, APRIL 30

**AvalOM** – 6-7pm. A weekly outdoor yoga, barre, or Pilates class led by local studios. Runs April through October. Free. Avalon, 2200 Avalon Blvd, Alpharetta. Info: [bit.ly/Yoga-Barre-Pilates-043025](http://bit.ly/Yoga-Barre-Pilates-043025).

### FRIDAY, MAY 2

**Recharge & Renew: A Holistic Healing Journey for Grieving Women** – 6-7:30pm. A supportive space using Reiki, breathwork, and Yoga Nidra for emotional healing. Ages 18+. Free. 3308 Laventure Dr, Atlanta. Info: [bit.ly/Recharge-and-Renew-Grieving-Women-Holistically-050225](http://bit.ly/Recharge-and-Renew-Grieving-Women-Holistically-050225).

### SUNDAY, MAY 4

**Serenity Sundays – Mindful Living Wine & Workout** – 10am-12pm. A refreshing fusion of mat Pilates and yoga, followed by a relaxing wine social. Free. The Hotel at Avalon, 9000 Avalon Blvd, Alpharetta. Info: [bit.ly/SerenitySundays-Wineand-Workout-050425](http://bit.ly/SerenitySundays-Wineand-Workout-050425).

### SATURDAY, MAY 17

**The Spark of the Soul – Breath & Sound for Divine Activation** – 3-5:30pm. A powerful journey using breathwork and gongs to release fear, awaken inner fire, and embrace transformation. \$55 pre-register. Vista Yoga, 2836 Lavista Rd. Info: [bit.ly/406nWyo](http://bit.ly/406nWyo).

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Fit Body 

# Moving More

The Path to Greater Health and Energy

by Zak Logan



AndreyPopov from Getty Images/CanvaPro

The thought that a few extra minutes of movement each day could transform our health, energy and happiness is the motivation behind the American Heart Association (AHA) promotion of April as Move More Month. For avid fitness enthusiasts, as well as those looking to take the first step toward an active lifestyle, this is the time to celebrate movement in all its forms.

Physical inactivity has become a creeping health crisis. According to guidelines published by the U.S. Department of Health and Human Services, nearly 80 percent of adults fail to meet the recommended levels of aerobic and muscle-strengthening activity. The AHA reports that cardiovascular and heart disease affects nearly half of all American adults, causing direct and indirect costs that are projected to reach \$1.1 trillion by 2035, according to RTI International, a nonprofit research institute.

The Harvard T.H. Chan School of Public Health reports that a healthy lifestyle, which includes regular exercise, may

prevent 80 percent of sudden heart attacks and cases of coronary artery disease, as well as 50 percent of strokes caused by blood clots. The health benefits are reason enough to hit the gym or go out for a morning jog. Move More Month inspires us to incorporate movement into a busy life and, most importantly, find joy in an active lifestyle.

## Exercise Options

There is no one-size-fits-all formula for fitness, and Move More Month is an opportunity to explore the options that best match our personality, lifestyle and fitness level.

- **Fitness boot camps** are high-energy workouts in an energizing environment that welcomes beginners and experienced fitness lovers alike. Accept the challenge with a local trainer, at a CrossFit gym or with the guidance of an app like BurnFit.
- **Dance classes** such as Zumba, salsa or hip-hop can be fun and immersive workouts that don't feel like exercise at all.

- **Yoga in the park** combines mindfulness with a great stretch and a dose of natural vitamin D. Many communities offer free sessions.
- **Water sports** like kayaking and paddleboarding develop balance, core strength and endurance while communing with nature.
- **Social sports**, including golf, pickleball and tennis, not only burn calories but also offer camaraderie and fun.
- **Daily walks** are the cornerstone of an active lifestyle. Try to reach 10,000 steps with walks around the neighborhood or local park, remembering to compound the benefits by using this time outdoors to calm the mind and invigorate the spirit.
- **Team sports** like soccer, basketball or softball offer wonderful workouts combined with competitive team play at local parks or sports clubs.

## Breaking Sedentary Habits

Making the shift from a sedentary lifestyle can feel daunting, but every huge transformation starts with a single step. Try these practical tips to ease into an active lifestyle.

- **Set achievable goals.** Start with 10 minutes of movement a day and gradually extend the time.
- **Integrate movement throughout the day.** Stretch while watching TV, park

the car farther from work or stores to take extra steps, or choose the stairs instead of the elevator whenever practical.

- **Use technology.** Fitness trackers by Fitbit, Apple, Samsung and Garmin help monitor progress, set challenges and offer that extra motivational nudge.
- **Applaud everyday wins.** Even tiny changes matter. Try a new dance move each day. Stretch in the mornings or set reminders to get up and move during long work hours.
- **Avoid perfectionism.** What matters is consistency. All movement is progress, so celebrate it.

## The Power of Community

We often think of exercise as a solo

endeavor, but getting others involved can be a great tool for staying motivated. Local communities are brimming with opportunities to connect with others, offering interactive activities such as running clubs, group fitness classes, sports leagues and cycling tours. Many neighborhoods have online groups or bulletin boards that promote meetups, classes and fitness events.

## Move More Today

Movement isn't just about physical health; it's about the joy of discovering what the body can do, the pride in building a healthier routine and the sense of belonging to a group of like-minded individuals. Don't wait for tomorrow to get started. Lace up, stretch out and start moving today. 🏃

Zak Logan is a freelance health writer dedicated to getting back to basics.



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**I need, also, those who sense My Presence to make known this Promise to their brothers.**

**All who share the hope that mankind should live in peace together work for Me.**


**Peace, Sharing and Justice are central to My Teaching.**

**Wherever the Light of these Truths shines I turn My eye, and through the channel of that Light do I send My Love.**

**Thus do I work.**

**Thus through you do I change the world.**

**Maitreya, the World Teacher**





# Turn Your Passion Into a Business

## Own Your Own Natural Awakenings Magazine!

Make a meaningful impact in your community by becoming the owner of a *Natural Awakenings* magazine. Empower others with current, valuable insights and resources to enhance their physical, mental, emotional and spiritual well-being.

As a franchise owner, you'll inspire positive change, provide readers with tools for healthier living and connect local businesses with an audience eager for transformation.

### Why Own a Natural Awakenings Magazine?

- Create a Healthier Community: Be the go-to resource for wellness and personal growth in your area.
- Boost Your Income: Take control of your financial future with a proven business model.
- Enjoy a Flexible Lifestyle: Work from home while pursuing a fulfilling, dynamic career.

### What We Offer:

- A proven business model with low startup costs.
- Comprehensive training and friendly, ongoing support.
- Flexible work schedule with many work-from-home opportunities.
- Access to a network of like-minded franchise owners.
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Call 239-206-2000 for a FREE evaluation of your community's potential. Learn more or apply today at:

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## Own a business that makes a difference.

Call for a free evaluation of your community's potential at 239-206-2000. To apply or learn more, visit [Corp.NaturalAwakenings.com](http://Corp.NaturalAwakenings.com).

### Add Your Community to Where *Natural Awakenings* Is Now Publishing:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Atlanta, GA</li> <li>• Boston, MA</li> <li>• Broward County, FL</li> <li>• Bucks/Montgomery Counties, PA</li> <li>• Central Florida/Greater Orlando, FL</li> <li>• Central New Jersey</li> <li>• Charlotte, NC</li> <li>• Chicago, IL</li> <li>• Columbia, SC</li> <li>• Dallas, TX</li> <li>• Daytona/Volusia/Flagler Counties, FL</li> <li>• Detroit/Wayne County, MI</li> <li>• Fairfield &amp; Southern Litchfield Counties, CT</li> <li>• Gainesville/Ocala/The Villages, FL</li> <li>• Grand Traverse Region/Northern Michigan</li> <li>• Greater Ann Arbor, MI</li> <li>• Greater Lansing, MI</li> <li>• Greater Oakland, Macomb, Livingston, Genesee, MI</li> <li>• Gulf Coast, Alabama/Mississippi</li> <li>• Hartford/Tolland, CT - <i>Coming soon</i></li> <li>• Houston, TX</li> <li>• Hudson County, NJ</li> <li>• Jacksonville/St. Augustine, FL</li> </ul> | <ul style="list-style-type: none"> <li>• Lancaster/Berks, PA</li> <li>• Lehigh Valley, PA</li> <li>• Long Island, NY</li> <li>• Milwaukee, WI</li> <li>• Monmouth/Ocean Counties, NJ</li> <li>• Naples/Fort Myers, FL</li> <li>• New Haven, CT</li> <li>• New London/Windham, CT - <i>Coming soon</i></li> <li>• New York City, NY</li> <li>• North Central New Jersey</li> <li>• North New Jersey</li> <li>• Northwest Florida</li> <li>• Palm Beach, FL</li> <li>• Philadelphia, PA</li> <li>• Phoenix, AZ</li> <li>• Pittsburgh, PA</li> <li>• Rhode Island</li> <li>• Richmond, VA</li> <li>• Sarasota, Manatee, Charlotte and DeSoto Counties, FL</li> <li>• South Central Pennsylvania</li> <li>• South Jersey, NJ</li> <li>• Southeast North Carolina</li> <li>• Space &amp; Treasure Coast, FL</li> <li>• Tampa, FL</li> <li>• Tucson, AZ</li> <li>• Twin Cities, MN</li> <li>• Westchester/Putnam/Dutchess, NY</li> <li>• Western Michigan</li> </ul> |
|--|--|



This information is not intended as an offer to sell, or the solicitation of an offer to buy, a franchise. It is for informational purposes only. Currently, the following states regulate the offer and sale of franchises: California, Hawaii, Illinois, Indiana, Maryland, Michigan, Minnesota, New York, North Dakota, Oregon, Rhode Island, South Dakota, Virginia, Washington and Wisconsin. If you are a resident of one of these states, we will not offer you a franchise unless and until we have complied with applicable pre-sale registration and disclosure requirements in your jurisdiction.

# JAHC 2025

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## GLOBAL DIGITAL CONFERENCE



APRIL 4-6, 2025

Learn how to stay well with homeopathy at the annual Joint American Homeopathic Conference (JAHC). JAHC 2025 will be an online conference - a global event live streamed all weekend April 4 - 6, 2025 with pre-conference workshops available on April 3, 2025.

Learn from over 35 experts on a wide variety of timely topics such as first aid, women's health, autoimmunity, self-esteem and mental wellness, men's health, children's issues, concussions, history of homeopathy and more! For beginners, students, and seasoned professionals, JAHC is the premier event for all interested in homeopathy.

## VISIT THESE VIRTUAL EXHIBITORS



[WWW.JAHC.INFO](http://WWW.JAHC.INFO)



# COMMUNITY CALENDAR

Publicize your event! This section hosts free and paid listings. Each month, we select a limited number of events — they must have broad appeal and cost no more than \$35 to attend — to list for free. Otherwise, basic listings are \$40 and enhanced listings are \$75. Submit free listings to [calendar@naAtlanta.com](mailto:calendar@naAtlanta.com) and paid listings to [ads@naAtlanta.com](mailto:ads@naAtlanta.com).

## Friday, April 4

**Karaoke & Open Mic Night** – 7-9 pm. All are invited to this family-friendly evening of entertainment and fellowship. Karaoke music provided or bring your instruments, poetry or any form of artistic expression. Potluck meal. Love offering. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. [UnityAtl.org](http://UnityAtl.org)

## Sunday, April 6

**Whoop Dat Ass – Self-Defense Class** – 11am-1:30pm. Learn essential self-defense techniques in a practical, empowering class. \$20. 668 Windy Hill Rd, Smyrna. Info: [bit.ly/WhoopDatAss-SelfDefenceClass-040625](http://bit.ly/WhoopDatAss-SelfDefenceClass-040625).

**BWA Atlanta: Bamboo Forest & East Palisades Hike** – 11am-1pm. A scenic 2.8-mile moderate hike with Black Women Adventures. Bring water, snacks, and optional water shoes. \$5 parking fee. Meet at 1425 Indian Trail NW, Sandy Springs. Info: [bit.ly/Bamboo-Forest-East-Palisades-040625](http://bit.ly/Bamboo-Forest-East-Palisades-040625).

## Tuesday, April 8

**Nutrition & Holistic Well-Being** – 8-9pm EAT. Explore mindful eating, gut health, and holistic nutrition to enhance physical, emotional, and mental well-being. Online event. Free. Info: [bit.ly/Nutrition-and-Holistic-WellBeing-040825](http://bit.ly/Nutrition-and-Holistic-WellBeing-040825).

## Friday, April 11

**Guided Nature Hike with Arabia Mountain Naturalists** – 8-10:30am. Explore Arabia Mountain's ecology and history on a guided hike. Bring water. Free. Davidson-Arabia Mountain Nature Preserve, 3787 Klondike Rd, Stonecrest. Info: [bit.ly/Guided-Nature-Walk-041125](http://bit.ly/Guided-Nature-Walk-041125).

**Sound Bath Meditation** – 7-8pm. Immerse yourself in a meditative sound experience to reduce stress, improve sleep, and enhance creativity. Ages 16+. \$30. Kennesaw Recreation Center, 2737 Watts Dr, Kennesaw. 678-385-0165. [bit.ly/3XPxWmC](http://bit.ly/3XPxWmC).

## Saturday, April 12

**Arabia Mountain Trail Walk** – 9-11am. Enjoy a refreshing community walk along the scenic Arabia Mountain Trail. Meet at Garden Life Juice Bar + Market. Free. 8020 Mall Pkwy, Stonecrest. Info: [bit.ly/Arabia-Mountain-Trail-Walk-041225](http://bit.ly/Arabia-Mountain-Trail-Walk-041225).

**Red Light Running Society: Run or Walk** – 10am-1pm. A weekly community meet-up for all fitness levels. Walk, jog, or run, followed by strength training and social time.



Yanite Koppens/ Pexels.com

Free. Red Light Café, 553 Amsterdam Ave NE, Atlanta. Info: [bit.ly/Run-or-Walk-041225](http://bit.ly/Run-or-Walk-041225).

**Free Saturday HIIT Workout Class** – 10-11am. A high-intensity interval training session for all fitness levels, followed by a self-care conversation. Free. Jamie The Motivator, 3365 West Hospital Ave #Suite G, Chamblee. Info: [bit.ly/HIIT-Workout-Class-041225](http://bit.ly/HIIT-Workout-Class-041225).

**Downtown Atlanta: Fun Scavenger Hunt for Families** – 11am. Solve puzzles and explore the city with an interactive mobile app adventure. \$6.99+/person. Starts at Georgia Aquarium, 225 Baker St NW, Atlanta. Info: [bit.ly/Bamboo-Forest-East-Palisades-040625](http://bit.ly/Bamboo-Forest-East-Palisades-040625).

**Free Reiki Infused Yoga & Meditation** – 3:30-5:30pm. A Vinyasa flow class with meditation and distant Reiki healing to balance and align energy. Free. Healing Hands Reiki, 27 Waddell St NE Suite A, Atlanta. Info: [bit.ly/Reiki-Infused-Yoga-041225](http://bit.ly/Reiki-Infused-Yoga-041225).

**Introduction to Transmission Meditation** – 7:30-9pm. Learn about this group meditation practice for personal and global transformation. Free, online event. Info: [bit.ly/Transmission-Meditation-Talk-041225](http://bit.ly/Transmission-Meditation-Talk-041225).

## Sunday, April 13

**Unity Atlanta Church "12 Powers Workshop"** -12:30-2:00 pm. LIFE animates, activates and invigorates our entire Being. Learn how to exercise your spiritual power of LIFE in this month's 12 Powers Workshop, facilitated by Licensed Unity Teacher, Freda Steward. Feel free to bring a bag lunch. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. [UnityAtl.org](http://UnityAtl.org).

## Tuesday, April 15

**Humble Beast Training** – 11am-12pm. A high-energy fitness session designed to push your limits and unlock your strength. Open to all fitness levels. \$25. Autry Circle, Douglasville. Info: [bit.ly/Humble-Beast-Training-041525](http://bit.ly/Humble-Beast-Training-041525).

## Wednesday, April 16

**Just Walk with Carolyn Hartfield** – 10am-12pm. A community walk promoting health, connection, and conversation. Led by a certified health coach. Free. Mason Mill Park, 1400 McConnell Dr, Decatur. Info: [bit.ly/Just-Walk-WithCarolynHartfield-041625](http://bit.ly/Just-Walk-WithCarolynHartfield-041625).

**Photo Walk and Scooter Tour on the Beltline** – 10am-12:30pm. Join local creatives for a fun photography walk and scooter tour along the Beltline, followed by lunch at Ponce City Market. Free. Meet at West Elm, 675 Ponce De Leon Ave NE, Atlanta. Info: [bit.ly/Photo-Walk-041625](http://bit.ly/Photo-Walk-041625).

## Thursday, April 17

**Healing Sound Bath with Raye Andrews** – 7pm. Join Certified Vibrational Sound Therapist, Raye Andrews, for a beautiful symphony of sound that will allow for an easement into balance with the flow of the Spring season. Suggested love offering \$20-\$40. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. [UnityAtl.org](http://UnityAtl.org).

## Saturday, April 19

**Walk Well ATL** – 10am-12pm. A relaxed community walk focused on connection and wellness. Stroll, chat, and enjoy Atlanta's scenery. Free. Brewdog Atlanta, 112 Krog St NE. Info: [bit.ly/4267QyE](http://bit.ly/4267QyE).

**Healing Psychic Fair** – 10am-7pm. Explore spiritual guidance, tarot, astrology, energy healing, and more from Atlanta's esoteric experts. \$20/adults, \$10/seniors, \$5/kids 12 & under. Healing Hands Reiki, 27 Waddell St NE Suite A, Atlanta. Info: [bit.ly/416kld4](http://bit.ly/416kld4).

## Sunday, April 20

**Unity Atlanta Church "Living Originally Class"** – 9:30-10:45 am. Join Jan Gurr, Licensed Unity Teacher, in rediscovering your true origin. This monthly class is based on the book, *Living Originally: Ten Spiritual Practices to Transform Your Life*, by Robert Brumet. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. [UnityAtl.org](http://UnityAtl.org).

## Wednesday, April 23

**Women's Type 1 Diabetes Summit: Hormones + Blood Sugar** – 6-7:30pm. A discussion on how hormonal changes impact blood sugar in women with Type 1 Diabetes. Free. Atlanta Diabetes Associates, 1800 Howell Mill Rd #450. Info: [bit.ly/Women-Type1Diabetes-Summit-042325](http://bit.ly/Women-Type1Diabetes-Summit-042325).

## Thursday, April 24

**Wisdom and Healing Through Shamanic Journeys** – 7-8:30pm. Experience guided shamanic journeys to connect with spirit guides for wisdom and healing. No experience needed. \$25. Phoenix & Dragon Bookstore Annex, 5505 Roswell Rd NE, Room 215, Sandy Springs. Info: [bit.ly/Wisdom-and-Healing-ThroughShamanicJourney-042425](http://bit.ly/Wisdom-and-Healing-ThroughShamanicJourney-042425).

## Friday, April 25

**Sound Bath Meditation** – 7-8pm. Relax and

rejuvenate with a deeply immersive sound experience. Reduce stress, improve sleep, and boost energy. Ages 16+. \$30. Ben Robertson Community Center, 2753 Watts Dr, Kennesaw. 678-385-0165. [bit.ly/3XPxWmC](http://bit.ly/3XPxWmC).

## Saturday, April 26

**SMVBC Community Health Fair** – 12-5pm. A free event offering health screenings, wellness activities, and valuable resources. Connect with local healthcare providers and learn about nutrition and well-being. 230 Stovall St SE, Atlanta. Info: [bit.ly/Community-Health-Fair-042625](http://bit.ly/Community-Health-Fair-042625).

**KIDFITSTRONG Fitness Challenge 2025** – 12-6pm. A free, family-friendly fitness event featuring an obstacle course, games, and activities to promote active, healthy living. All ages welcome. Piedmont Park, 400 Park Dr NE, Atlanta. Info: [bit.ly/KidFitStrong-Fitness-Challenge-042625](http://bit.ly/KidFitStrong-Fitness-Challenge-042625).

## Saturday, May 3

**Community Conversations with Emory Parkinson's Disease Researchers** – 9am-2pm. Discuss current research on Parkinson's with Emory scientists. Free, registration required. Lunch provided. Emory Brain Health Center, 12 Executive Park Dr NE, Atlanta. Info: [bit.ly/Emory-Parkinsons-Disease-Community-Conversation-050325](http://bit.ly/Emory-Parkinsons-Disease-Community-Conversation-050325).

**Tyme to Heal: Self-Care, Mental Health & Wellness Summit** – 11am-2pm. A free event featuring expert talks, wellness workshops, health screenings, facials, and giveaways. All ages welcome. 1332 Metropolitan Pkwy SW, Atlanta. Info: [bit.ly/Tyme-to-Heal-050325](http://bit.ly/Tyme-to-Heal-050325).

**Angel & Ancestor Spirit Jam** – 6-8pm. Receive intuitive messages from the Angel and Ancestor realms in an open setting. \$10 at the door. Healing Hands Reiki & Spiritual Development, 27 Waddell St Suite A, Atlanta. Info: [bit.ly/Angel-and-Ancestor-SpiritJam-050325](http://bit.ly/Angel-and-Ancestor-SpiritJam-050325).

## Sundays

**Practicing the Presence-A Course in Miracles** – 8:45-10:30 am. This weekly Zoom study group aims at removing the blocks to the awareness of love's presence. Facilitator: Michael Wilkinson. An open and ongoing class. All are welcome. For more info and to receive the zoom link, email: [MWilkinson@leadstrat.com](mailto:MWilkinson@leadstrat.com). Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. [UnityAtl.org](http://UnityAtl.org).

**Online & In-Person Sunday Experience** – 9-10:30 am Adult Study; 3pm, Music and Message; 4pm, Food and Fellowship; 5pm, New Thought Education Workshop. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Ste A, Atlanta. More info: [slc-atlanta.org](http://slc-atlanta.org).

**Red Clay Sangha Sunday Morning Service** – 9am, Sitting/Walking Meditation; 10:30, Morning Service; 10:45am, Dharma Discussion; 11:30am, Clossie and Brunch. Via Zoom or in person. 3420 W Hospital Ave, Ste 102, Chamblee. More info: [RedClaySangha.org](http://RedClaySangha.org).

**Grant Park Farmers Market** – 9am-1pm. The Beacon ATL, 1030 Grant St SE, Atlanta. [cfmatl.org/markets](http://cfmatl.org/markets).

**Online: NWUUC** – 10:30am. Via Zoom. North-

west Unitarian Universalist Congregation: 770-955-1408 or [nwuuc.org](http://nwuuc.org).

**SRF Atlanta Meditation Service** – 10-10:45am. An opportunity to meet with other truth-seekers to commune with God and share spiritual fellowship. 4000 King Springs Rd, Smyrna. 770-434-7200. [srfatlanta.org](http://srfatlanta.org).

**Meditation Open House** – 10-11:30am. Discussion at 11:30am and tea at 12pm. Meditation instruction available from 10-11am for those new to the practice. Atlanta Shambhala Center, 1447 Church St, Decatur. More info: [Atlanta.Shambhala.org](http://Atlanta.Shambhala.org).

**Online: UUCA Service** – 11am. Unitarian Universalist Congregation of Atlanta: [uuca.org/live](http://uuca.org/live).

**Unity Atlanta Church Sunday Services** – 11 am. April 6 & 13 - The message series for Lent continues: Why Not be Rich? April 20 - Special Easter services include: 8 am - "Soul Healing" Sunrise Healing Circle, in-person only, and 11 am - "Souls Rise" Easter Celebration. All Sunday 11am services - attend in-person or watch via livestream. Youth Sunday School is in-person at 11am for ages 5-18. Nursery service is available 10:30am-12:30pm. 3597 Parkway Lane, Peachtree Corners. 770-441-0585. [UnityAtl.org](http://UnityAtl.org).

**Twin Hearts Meditation** – 11am – 12:30 pm. This meditation is an act of service. We use divine energy to bless the planet, our loved ones and every part of our life. With Atlanta Pranik Healing Center via Zoom. To watch: [AtlPranikHealing.com](http://AtlPranikHealing.com).

**Tarot and Mocktails** – 1-2:30 pm. 1st Sunday. Designed for experienced and beginner tarot readers. Bring a deck of cards or buy onsite. Enjoy mid-day snack and drink. Learn about tarot and oracle cards. With Holistic Health & Wellness - 3372 Canton Rd Suite 116, Marietta, GA, 30066. 678-471-6587. [HolisticHealthse.square.site/events](http://HolisticHealthse.square.site/events)

## Tuesdays

### The Art of Preserving Balance and Vitality Through Movement

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Efraim Brady, 470-281-8645.  
[PathsToIntegration.com](http://PathsToIntegration.com).

**Online Meditation Open House** – 7-8pm meditation, 8-8:30pm discussion, followed by tea and cookies. To watch: [Atlanta.Shambhala.org](http://Atlanta.Shambhala.org).

**Twin Hearts Meditation** – 7-8:30pm. A short, guided meditation blessing the Earth with loving kindness, peace and good will. Donation. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Unit A, Atlanta. 404-417-0008. [Meetup.com/Twin-Hearts-Meditation](http://Meetup.com/Twin-Hearts-Meditation).

**Divine Connection Spanish Language Online Prayer & Study Group** – 8-9pm. Unity Atlanta Church invites the Spanish-speaking community to "Conexión Divina," led by Rev. Xiomara Malagon. This weekly Zoom class features various topics for personal and spiritual development. Drop-in any time. New people are welcome to join. Register: [xioma735@gmail.com](mailto:xioma735@gmail.com). Unity Atlanta Church: 770-441-0585. [UnityAtl.org](http://UnityAtl.org).

## Wednesdays

**Meditation & Modern Buddhism** – 7-8:15pm. With Resident Teacher, Gen Kelsang Dechok. Talks, guided meditation, discussion and Q&A. All welcome. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. [MeditationInGeorgia.org](http://MeditationInGeorgia.org).

**Weekly Wednesday Meditation Class** – 7-8:30pm. Open to all levels. Experience true inner peace. With the Venerable Nicholas Thannissaro of the Georgia Meditation Center via Zoom. To register: [MeditationCircle.org](http://MeditationCircle.org).

## Thursdays

**Beyond Limits Weekly Conscious Dance** – Between 8pm in Smyrna and 7pm in Roswell, GA at Awareness Studios. With Marisa Skolky. An intentional dance activated by vocal toning and singing during an hour and a half dance through our emotions, lifecycle, archetypes and levels of consciousness. Followed by a singing bowl meditation, a closing circle and community tea time. \$20. Beyond Limits Expressive Arts Therapy LLC, 4528 King Springs Rd SE, Smyrna. 770-235-3183. [MarisaSkolky.com](http://MarisaSkolky.com).

## Saturdays

**Morningside Farmers Market** – 8-11:30am. Year-round. Offers organic produce, bread, pastries, grains, meat, honey, along with chef pop-ups, prepared foods, coffee, in-season fruits, and locally produced crafts. Morningside Presbyterian, 1411 N Morningside Dr NE, Atlanta. [MorningsideMarket.com](http://MorningsideMarket.com).

**Oakhurst Farmers Market** – 9am-1pm. Year-round. Fresh produce, meat, baked treats, and more. Additional offerings include live music and chef demonstrations featuring seasonal recipes. Sceptre Brewing Arts, 630 E Lake Dr, Decatur. [cfmatl.org/oakhurst](http://cfmatl.org/oakhurst).

**Tea & Tarot** – 11am-2pm. 1st Sat. A tea party and tarot mixer for people of all ages and experience levels. Hosted by Amy Cathryn. \$25. Forever And A Day, 7830 Hwy 92, Woodstock. 770-516-6969. [ForeverAndADay.as.me/TeaandTarot](http://ForeverAndADay.as.me/TeaandTarot).

**Free Reiki-Infused Yoga & Meditation** – 3:30-5:30pm. 1st & 2nd Sat. Vinyasa flow classes enable you to move slowly, while focusing on strength, flexibility, concentration, breath work and meditation. Free. Healing Hands Reiki & Spiritual Development Inc, 27 Waddell St NE, Atlanta. Registration required: 313-671-5804 or [Tinyurl.com/4mnnw3t4](http://Tinyurl.com/4mnnw3t4).

**Reiki Share Group** – 3:30-5:30pm. Last Sat. A gathering of like-minded reiki practitioners who participate in group healing treatments on each other. \$21. Healing Hands Reiki & Spiritual Development, Inc, 27 Waddell St, Ste A, Atlanta. [Tinyurl.com/2rykarft](http://Tinyurl.com/2rykarft).



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608 Moreland Ave  
Atlanta, GA 30307  
[peachtreeacupuncture.com](http://peachtreeacupuncture.com)  
[hollisteracupuncture@gmail.com](mailto:hollisteracupuncture@gmail.com)



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[calendly.com/ValHudgins/30-min-free-call](http://calendly.com/ValHudgins/30-min-free-call)



Certified Consulting Hypnotist and Certified Success Coach specializes in YOUR success: Alcohol cessation, weight loss by hypnosis – Virtual Gastric Band, and entrepreneurial consultation, having owned successful businesses for 30+ years.

### Intentions

**UNITED INTENTIONS FOUNDATION, INC.**  
Discover the Power of Your Intentions!  
11205 Alpharetta Hwy, Ste F5  
Roswell · [UnitedIntentions.org](http://UnitedIntentions.org)  
678-495-4345



A nonprofit organization dedicated to sharing cutting-edge scientific research, tools and techniques that promote positive life changes. Offering education seminars, curriculum in the form of interactive videos and games, online resources, tools and applications. Join our online community to learn about the power of positive intentions, create your own, and share them with other members around the world! Membership is free.

### Realtor

**TORI MCGEE**  
Holistic Realtor / Building  
Biology Advocate  
[www.atlantaholisticrealtor.com](http://www.atlantaholisticrealtor.com)  
[HolisticHomeExpert@gmail.com](mailto:HolisticHomeExpert@gmail.com)  
770-608-6777



Let me help you find your healthy home, free of radon, mold, EMF, dirty air and water, etc. After all, environment determines up to 80% to 90% of our health outcomes.

### Spiritual Centers

**SHARE INTERNATIONAL USA**  
[share-international.us/](http://share-international.us/)  
[info-se@share-international.us](mailto:info-se@share-international.us)  
770-302-2208



A message of hope during this time of crisis: the Emergence of Maitreya, the World Teacher and the Masters of Wisdom.

### UNITY ATLANTA CHURCH

3597 Parkway Lane, Peachtree Corners  
[www.UnityAtl.org](http://www.UnityAtl.org) · 770-441-0585  
A Place for You to Belong



We believe that everyone is created in the divine image and likeness of God. We practice the teachings of Jesus while honoring all paths to God. Sunday services 11am.

### Tissue Regeneration

**SOFTWAVE THERAPY**  
for Pain Relief & Tissue Regeneration  
Introductory session: \$49  
[howchiropractic.com/tissue-regeneration/](http://howchiropractic.com/tissue-regeneration/)  
770-452-2955



Revolutionize Your Healing! This non-invasive treatment uses advanced soft acoustic waves to stimulate healing, reduce inflammation, and enhance recovery through stem cell activation. Perfect for joint pain, tendinitis, pre-post surgery, and chronic conditions.

### Wellness

**ORR WELLNESS COACHING**  
A Balanced Life is Within Reach  
Online coaching and mentoring to achieve holistic wellness for body, mind, and soul  
[www.orrwellness.com](http://www.orrwellness.com) · 404-993-3914

### THE WELL OF ROSWELL

Hope, Healing & Happiness  
900 Old Roswell Lakes Parkway #300  
Roswell, Georgia 30076

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



A Holistic Healing and Event Center bringing the metaphysical to the mainstream. Offering many healing modalities and classes, workshops and events to assist your spiritual journey and transformation. Event rentals.

### THE WELLNESS EMPORIUM

1501 Regency Way, #203  
Woodstock, GA  
[TheWellnessEmporium.net](http://TheWellnessEmporium.net)  
770-200-4223



A services-based holistic health center in Woodstock with Victorian-inspired style providing modern modalities for well-being: Hypnotherapy, Massage, Facials, Reflexology, Reiki, Crafts and Classes, a Respite Room, and more. By appointment only.

### Classifieds

To place a classified ad, email your listing to [ads@naAtlanta.com](mailto:ads@naAtlanta.com). Cost is \$1/word; minimum \$25. Deadline: Fifth of each month for the next month's issue.

### For Sale

**METAPHYSICAL BUSINESS FOR SALE** – Established retail metaphysical store in Douglasville with amazing growth potential. Large variety of products & services: crystals, candles, oils, sound bowls, & other products. Call Tangela 313-282-1759.

### Natural Supplements

**ORGANIC HERBAL TEAS** - Targeted Herbal Teas For The Pancreas, Lymph, Liver, Kidneys, Prostate, Lungs, Heart & More. Samples Available. [EarthSanaStore.com/tea](http://EarthSanaStore.com/tea), 954-459-1134.

### Space for Rent

**FOR LEASE** – One room for a massage therapist. Available in Roswell. Become a part of, and collaborate with other amazing holistic healers. Text Dr. Krupa 470-844-9018

**SPACE FOR RENT** – For private sessions, classes, meetings, receptions, performances, ceremonies, conferences. AV and kitchen options. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners, 770-441-0585, [Pam@unityatl.org](mailto:Pam@unityatl.org).



# Loss As Prophet

*A poem by Michael M. Burke*

Death is something  
Only the living  
Have to deal with

Those who've passed  
Are busy being reborn

As the morning dew  
On fertile flowers

That grace our souls  
With the renaissance of smell

Some are just too beautiful  
To be confined to a body

They are meant to be shared

They are among the mist  
That makes the clouds  
For to rain upon us purely peace

They are in the very air  
That we breathe

And each breath

Each and every breath

Divine

They moved us through their existence  
Now their existence moves through us  
Because they shared with us  
A life of love

We now live our lives  
With love to share.



Anastasiia Malinich, Kriyosheevy/DepositPhotos.com

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## Starting this Fall! Professional Reflexology Program

Founded in 1992, the Heal Center is an internationally recognized provider of Reflexology and Aromatherapy education.

**HEALCENTER**  
healing arts + learning

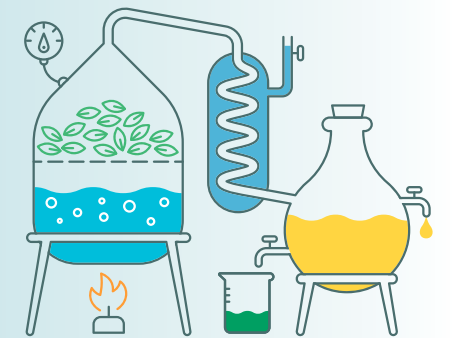
**HealCenterAtlanta.com**

Call for more information  
(404) 303-0007

## Aromatherapy

April 23

Become a Certified Aromatherapist! Learn how to use over 60 essential oils in this level-1 NAHA approved course. You will gain a deep understanding of the key elements and practices, building a strong foundation of experience and knowledge. Unleash powerful healing for body, mind, and spirit!



## Reflexology

Intro class: April 18

Reflexology stimulates the body's innate healing ability. Learn easy-to-use, powerful techniques and protocols that reduce stress and anxiety, ease pain, and encourage balance and deep relaxation.







# ATLANTA

## DENTAL WELLNESS



Cale H. Jackson D.M.D.



Matthew J. Giordano D.M.D.


We have created a welcoming and respectful environment for your care, including:

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- Biocompatible dental materials
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SCAN ME

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