



HEALTHY LIVING | HEALTHY PLANET

FREE

natural awakenings

African Healing

Thrives in ATL

Living
Better,
Longer

WHERE YOGA
AND MODERN
ACTIVISM MEET

naatlanta.com

JUNE 2025

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

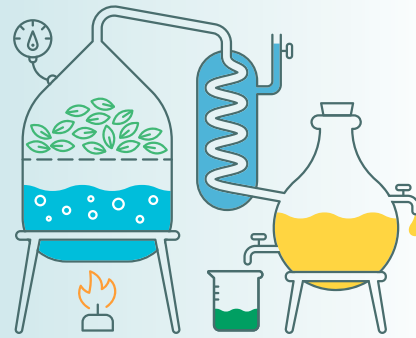
HealCenterAtlanta.com

Call for more information
(404) 303-0007

Aromatherapy

September 3

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: June 27

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.



Providing Compassionate In-Home Senior Care

📞 470-788-0638

🌐 **SHSBuckhead.com**

Let's find your happy + healthy HOME



Our home is one of our most expensive investments. It should also be an investment in our health and well-being. I am a certified building biology advocate & am very excited to use the knowledge and skills about 5GEMF concerns and how to create a non-toxic living environment to help you find a healthy home.

Tori McGee
HOLISTIC REALTOR

your HOLISTIC REALTOR

📞 770.608.6777 or 404.236.0043

🌐 www.atlantaholisticrealtor.com

CHAPMAN HALL REALTORS | 6100 LAKE FORREST DR., SUITE 120 | ATLANTA, GA



Find Your
PEACE
in our salt cave.



Forever and a day
New Age Emporium



**Woodstock
Salt Cave**

Find Your
MAGIC
in our store.

foreverandaday.biz | 770.516.6969 | 7830 HWY 92, Woodstock, GA 30189

**WELLSPRING
DENTAL**

Voted Best of Atlanta
by Atlanta Magazine!

Atl

Dental Care That Sees the Whole You.



Innovative care
with heart.

Microbiome

Breathing

Bite



www.wellspringdentalatl.com
info@wellspringdentalatl.com
404-806-7979



Activate Stem Cells Where Needed

**Reduce Pain &
Inflammation
NOW!**

With a Regenerative, Non-
Invasive Technology



Softwave Therapy is the most effective treatment to heal your body using soft acoustic waves to activate the body's own dormant stem cells.

Introductory offer only \$49

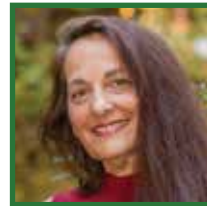
Conditions that respond well to SoftWave Therapy:

- Arthritis
- Bursitis
- Tendonitis
- Plantar Fasciitis
- Sciatica
- Neuropathy
- Disc Injury
- Spinal Stenosis
- TMJ Dysfunction
- Carpal Tunnel Syndrome

Hands On Wellness Chiropractic
3652 Chamblee Dunwoody Rd.
Suite 1 Atlanta, GA 30341
770-452-2955

Why a Naturopath?

Because we eliminate root causes, not just symptoms. Because we heal the whole person — physical, emotional and mental — not just treat a body part. Because we engage your natural healing capacity instead of prescribing pharmaceuticals. And because we practice “an ounce of prevention is worth a pound of cure.”



Janine Romaner
Naturopathic Doctor
770.640.6690
naturallyhealthy.ws



DECADES OF HEALING WISDOM
MOMENTS OF HEALING GRACE

It's Our 1st Anniversary!



Join us
in celebrating one year
of positive wellness
impact in our growing
Woodstock community!

SATURDAY JUNE 21 12-5 PM

FREE, PAID, & DONATION DEMOS:

Chair Massage, Qi Gong & Mindfulness, Reiki,
Meet our Therapists, Artist Reception, Jewelry,
Intuitive Card Readings, Natural Products, and more.
Birthday Cake & Tea, of course!
6pm \$20 Sound Bath (RSVP only)

770-200-4223
TheWellnessEmporium.net



CONTENTS

Natural Awakenings Atlanta

June 2025

22

EXPANDING OUR HEALTHSPAN






The Well of Roswell

Holistic Healing & Events

- *Frequency Medicine
- *Infared Bed Therapy
- *Energetic Healing
- *Sound Baths
- *Breathwork
- *Drumming
- *Hypnotherapy
- *Workshops & Classes
- *Event Space Rentals

Nourish Your Soul,
Heal Your Body,
Transform Your Life

thewellofroswell.com



12 Crafting Personal Fuel	26 Where Modern Activism Meets Yogic Right Action	DEPARTMENTS
14 African Healing Thrives in Atlanta	30 The Evolving World of Pilates	8 Publisher's Letter
24 Healing the Stress Response	32 Staying Active With Dad	10 Atlanta Briefs
		12 Conscious Eating
		14 Healing Ways
		26 Yoga
		30 Fit Body
		32 Healthy Kids
		34 Community Calendar
		35 Classifieds
		36 Community Directory
		38 Walking Each Other Home

Contact Us

404-474-2423
info@naAtlanta.com



Cover image
sruilk/DepositPhotos.com

Atlanta Team

Publisher **Paul Chen**
Managing Editor **Diane Eaton**
Yoga Editor **Patty Schmidt**
Consulting Editor **Trish Ahjel Roberts**
Calendar Editor **Jimmy Mwanyae**
Copy Editor **Nasir Abbas**
Staff Writers **Rick Baldwin**
Noah Chen
Design & Layout **Steffi K. Kern**
Website **Adrita Ghosal**

National Team

CEO **Kimberly B. Whittle**
COO **Michael Bevilacqua**
CMO **Vee Banionis**
Sr. VP Operations **Brian Stenzler, DC**
National Editor **Sandra Yeyati**
Editor **Brooke Goode**
Copy Editor **Melanie Rankin**
Print Production Specialist **Kevin Rankin**
Design Director **Agnes Mazeikaite**
Production **Flip180**
Customer Service **Dani Bucad**

Natural Awakenings Publishing Corporation
350 Main St., Ste 9B, Bedminster, NJ 07921
239-206-2000
NaturalAwakenings@KnoWEwell.com



Own Your Own Franchise



Cover Art Submissions

© 2025 by Natural Awakenings. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing. Natural Awakenings is a free publication distributed locally and is supported by our advertisers. Please call to find a location near you or if you would like copies placed at your business. We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. Check with a healthcare professional regarding the appropriate use of any treatment.



Submissions

We invite pitches, submissions, letters to the editor, and contributions to our column *Walking Each Other Home*. Email our managing editor at diane@naAtlanta.com, or scan the QR code below.



Distribution

We distribute *Natural Awakenings* throughout Atlanta to organizations that resonate with our content: offices of holistic healers, natural food stores, vitamin and supplement shops, yoga studios, etc. Email our distribution manager about distributing at your site, amy@naAtlanta.com, or scan the QRcode.



Advertising

From listings to display ads to digital options, there are many ways to promote your business with us. Email our publisher at publisher@naAtlanta.com, scan the QR code below, or call 404-474-2423.



Index of Display Advertisers

AJ Wice.....	27	Hope Knosher	09	PaintTalks	09
Art of Living Retreat Center.....	16	isaozen.....	21	Ranesa House	04
Atlanta Dental Wellness.....	40	Just Look In My Eyes	25	Sacred Waters.....	18
Bill Robert.....	21	KnoWEwell	11	Self-Realization Fellowship	16
Carl Greer	25	Linda Minnick.....	09	Seniors Helping Seniors.....	03
Center for Spiritual Awareness.....	16	Lisa Watson.....	21	Share International.....	20
Decatur Estate Vintage Market	33	MOON Organics.....	23	Stacey Beth Shulman.....	28
Divine Spine & Wellness	15	Natural Awakenings Atlanta.....	32	The Well of Roswell.....	04
Elohee	16	Natural Awakenings Corporation.....	39	The Wellness Emporium	04
Essentials Metaphysical Store	33	Natural Life.....	14	Tori McGee	03
Forever And A Day.....	02	Naturally Healthy.....	04	True Balance Center.....	23
Hand and Stone Massage.....	14	Nature's Rite.....	26	Wellspring Dental.....	03
Hands On Wellness.....	03	Nina Ross.....	19	Writing Doctor.....	24
Heal Center.....	02				
Hey Yogi	27				
Holistica Palace.....	15				

Correction: In our May issue's Directory of Healing Centers, we erroneously listed a holistic esthetician as an offering at Decatur Healing Arts.

WEB EXCLUSIVES



Reversing Hair Loss in Women

bit.ly/women-hair-loss-0525



Empowering Teenage Girls

bit.ly/empowering-teen-girls-0525



An Invitation From Mother Earth

bit.ly/mother-earth-0525



Lasting Wisdom for Women of All Ages

Qualities of a Life Well Lived

bit.ly/wisdom-for-women-0525



Sustainable Sportswear

Banishing Plastic From Fitness Apparel

bit.ly/sustainable-sportswear-0525



Canine Appetite Loss

How to Get Older Dogs Eating Again

bit.ly/canine-appetite-loss-0525

EVENTS THAT MATTER

For years our online Community Calendar landing page has been the #2 most popular page after our homepage. But it now appears the calendar will surpass the homepage in 2025.

No wonder! It highlights Atlanta's most meaningful events including healings, sound baths, breathwork,

meditation, special yoga offerings, psychic fairs, weekend workshops and multi-day retreats. We don't have the most events. We leave entertainment to others and seek events that matter.

Check us out at naAtlanta.com/calendar. And clip the QR code and tape it someplace handy so you can check for new events each week!



COMMUNITY PARTNERS

Natural Awakenings is grateful to the companies that sponsor our website.

naAtlanta.com





I have written about my challenge with my hair-trigger anger against injustice—often describing it with three V’s: vile, violent, vehement. Sometimes I feel like Jekyll and Hyde. I’m almost always peaceful. It is extremely rare that I yell at anyone. But within a fraction of a second of hearing about an intentional injustice, I screech at the heavens.

Sadly, I’ve been triggered constantly since... oh... January 20.

I’ve also shared that I’ve made good progress on this issue. I calm down much more quickly. Mitigating thoughts come to mind much more quickly. What hasn’t improved is the hair-trigger aspect; I go from peaceful to enraged in a nanosecond.

My progress was made through the practice of taking and giving, a visualizing meditation that takes away suffering and gives love. Progress occurred because my intent was sincere; I truly wanted those who were/are committing injustices to not suffer, and I wanted them to be purely happy, with the understanding that meant to be happy from the inside, not the false sense of happiness one derives from getting what they desire through, say, money, objects, partners, status or whatever.

Sadly, I am no longer able to generate sincere compassion and love for those who are

causing harm. Indeed, I feel the opposite toward them at this point.

And I hate that. I don’t want to be that kind of person.

Fortunately, spiritual traditions offer practices for these situations. In traditions that believe in reincarnation, there are practices to clean up one’s accumulated negative karma. I sense that this anger is a product of previous lives. Yes, I was an object of bigotry in my early years, but what I experienced doesn’t seem to account for how much anger I have.

So I now do a purification practice called *Vajrasattva Sadhana*. It’s founded on what Mahayana Buddhists call The Four Opponent Powers. These powers “oppose” the karmic seeds that result from past intentional negative actions. The powers are regret, reliance, opponent forces and promise.

First, review all the harmful actions you’ve committed in this life. “Actions” are not just things one does with one’s body but also those delivered by speech and mind. So, verbal abuse, mean rants—even the snide aside—qualify, as does merely wishing others harm. The goal is to generate deep regret for your past harmful actions, not only in this life but all your past lives. For the latter, assume you’ve committed count-

less harmful actions, including murder, adultery and lying.

Second, reliance is about taking refuge in that which can protect you from harm. In Buddhism, that’s the three jewels of Buddha, Dharma and Sangha. Opponent forces include mantra recitation, prostrations and the practice of generosity or service. Promise is committing to refrain from the actions one is attempting to purify, even if for only a few minutes.

What is essential here is intent. While I am not able to practice taking and giving for the perpetrators of harm with sincerity yet, I do genuinely wish to do so. So I can practice *Vajrasattva Sadhana* sincerely.

Other spiritual traditions offer purification practices as well. Hinduism has pujas, ritual bathing, asanas, pranayama and fasting. Indigenous traditions have smudging and sweat lodge ceremonies. Catholicism has confession and charity. Protestant denominations lack purification practices as such because they rely on faith over works, but they encourage purification equivalents, such as personal repentance and prayer. While Baptism is often seen as a purifying action, since it’s done only once, it isn’t a “practice.”

If one does not adhere to a spiritual tradition, there are commonly recognized secular practices. Meditation and breathwork

Are You Ready to Live a Happy, Healthy & Fulfilled Life?

“I will partner with you in making **positive sustainable changes** based on your unique needs, lifestyle, preferences and background:

- lose weight, manage/reverse chronic disease, reduce stress, increase energy and more
- turn self-understanding into strength
- experience an increased sense of wellbeing
- reach your fullest potential

”

LET’S GET STARTED TODAY!

Schedule a **FREE** 15 min. exploration
call: **770-789-7782**

To advertise, call: 404-474-2423

HOPE KNOSHER
Health & Wellness Coach, Yoga Teacher and Therapist

HealthyLivingWithHope.com

Healthy Living with HOPE

“Insanity: Doing the same thing over and over and expecting different results.”

Let’s make this your best year with a plan to reach your goals.

- LINDA MINNICK

SCAN TO GET STARTED

PaintTalks

BALANCE YOUR EMOTIONS THROUGH ART

Private painting experience helps you process emotions, release limiting beliefs, and reconnect with your true self.

Join artist **Marion Bodner**

Book Your Session Today and Paint Your Way to Emotional Freedom

(470) 493-0247
painttalks.com

Rick Baldwin
www.StillAndChill.com
rick@stillandchill.com

Time to wake up spiritually? I’m a spiritual practitioner with a background in mystical Christianity, metaphysics, meditation, Joel Goldsmith’s “Infinite Way,” Eckhart Tolle’s “Power of Now,” non-duality. Accepting and discreet.

Joyful New Life
Ela Badura
JoyfulNewLife.com
ela@JoyfulNewLife.com
770-282-4242

Overcome trauma, anxiety, and depression with Ela Badura’s holistic wellness coaching. Regain control, create healthy habits, and embark on your personal development journey. You’re worthy of peace and joy.

can be framed as cleansing one of negativity. Journaling is a way to work through negative tendencies and habits. Emotional release work is gaining in popularity. And practices such as smudging and sweating are practiced outside of their original contexts.

I suspect that we are living in times where I’m not the only one feeling greatly challenged in being as loving and compassionate as I’d like to be. But let us take heart and find hope in the fact that others have traveled this road before and have left us maps. 🙏

Publisher of Natural Awakenings Atlanta since 2017, Paul Chen’s professional background includes strategic planning, marketing management and qualitative research.

Center of Inspiring Love Opens



Jenn and Hideki Parreno announce the opening of The Center of Inspiring Love, offering comprehensive healing programs designed to support individuals on their journey to overall wellness. Programs begin with mindfulness coaching and holistic healing services and include access to a supportive community. Its energy healing services are delivered as part of a complete package, helping individuals reconnect with themselves by releasing trauma and dissolving limiting blockages that hinder a full experience of life.

The Center hosts classes and workshops that provide practical tools for self-empowerment, consciousness expansion, and easing the ascension process—all in a judgment-free space. Upcoming

events include a Multidimensional Boundaries class on June 7 from 10 a.m. to 4 p.m. and Sacred Love Discussions, held every other Sunday at 10 a.m.

Hideki has been working in the energy healing field since 2019, and his training includes somatic de-armoring, tantra, qigong and Divine healing. Jenn brings more than 20 years of experience as a healer, psychic, medium and spiritual teacher. Her training includes native shamanic healing, quantum healing, psychic surgery, soul contract reading and Lotus Sword Higher Light Integration.

“I love having a space where people can find answers—a place to connect with like-minded souls, gain clarity on everyday challenges and discover self-care practices rooted in healing and support,” says Hideki. “Whether someone is seeking gentle guidance or deep transformation, Center of Inspiring Love offers a path forward,” says Jenn. “It’s about creating a ripple effect—where healing and growth extend beyond the individual and begin to uplift their families, friends and communities.”



Center of Inspiring Love is located at 1720 Peachtree St., Ste 510, in Atlanta. For more information, call 404-990-8900 or visit CenterOfInspiringLove.com.

No Dirty South Yoga Fest This Year

After reappearing in 2024 for the first time since the pandemic, the Dirty South Yoga Fest will not be held in 2025. The organization held its 10th festival last summer.

For Jessica Murphy, founder of Atlanta’s Dirty South Yoga Fest, the event was always about community. However, her sense of “community” when she founded the festival was about “gathering people and celebrating.” Now, she feels a reset is needed.

Although she has not begun rewriting mission and vision statements yet, Murphy provides a sense of what she’s wrestling with. “Ten years ago, it was just the idea of gathering people in celebration, and [now] I think, to really be in community, it means going a layer deeper and ... reconciling with the fact that there may be disagreements, and there may be different perspectives and there may be challenges to being in community,” she says. She is aiming to build a strong enough foundation and agreement between people “that there are ways to navigate some of the challenges and create opportunities for repair and nuanced discussion.”

While there won’t be a festival in 2025, Dirty South did hold a small event earlier this year, and Murphy feels certain that other small events will be produced. But she’s less certain that the large festival will return. She feels the community will continue, but she’s explor-



Jessica Murphy

ing a concept that is yoga—but “more than yoga”—something that will have “a broader appeal and a broader reach beyond just the yoga community.”

Well of Roswell Offers Emotional Freedom Program

The Well of Roswell announces the launch of its Sound & Soul Emotional Freedom Program, which uses voice frequency analysis, frequency resonance, color therapy, polarity therapy and more to help heal unconscious emotions and limiting beliefs.



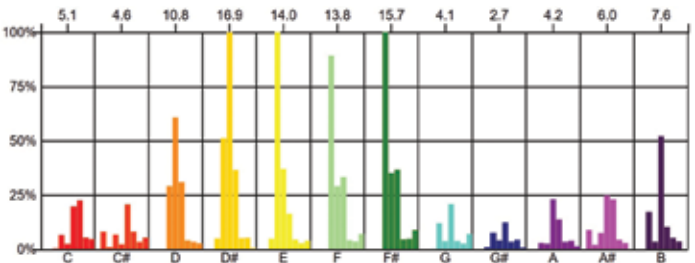
Developed by owners Becky Arrington and Donna Futrell, Sound & Soul applies voice analysis to pinpoint emotional imbalances, then delivers therapeutic support through guided hypnotherapy, energy balancing and individualized tones. Arrington, a trained alchemical hypnotherapist and spiritual counselor, and Futrell, an intuitive healer and polarity therapist, created the program to combine their decades of experience in subconscious and energetic healing.

After an extensive clinical trial, all participants reported increased well-being, calmness, less stress and improved emotional balance and focus.

“We are excited to have a visual and measurable tool connected to feelings and limiting beliefs showing changes over time as specific areas are addressed,” says Futrell. “This is a breakthrough in bringing frequency healing to clear limiting beliefs and trapped emotions.”

An introductory package, which includes voice scan, analysis, color and sound therapy, as well as personalized tones, is available for \$100—otherwise, a \$150 value. The full six-session Sound & Soul Emotional Freedom Program is \$675. Participants in clinical trials reported reduced stress, greater calm and improved emotional focus following the sessions.

For more information, call 678-243-5074 or visit TheWellOfRoswell.com/Sound-Soul. The Well of Roswell is located at 900 Old Roswell Lakes Parkway, Ste. 300, in Roswell.

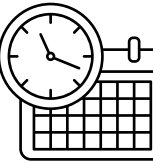


Join as a KnoWEwell
Regenerative Whole Health member

TO TAKE CONTROL OF YOUR
HEALTH AND WELL-BEING



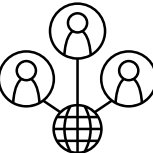
VETTED PRACTITIONERS
Find your best-matched
vetted holistic and whole
health providers



WEBCASTS
700+ and Growing Live and
On-Demand Expert Webcasts



EDUCATIONAL SHOWS
Curate your own library of
160+ and Growing Whole
Health Expert Shows



COMMUNITIES
Make meaningful connections
in 200+ and growing Whole
Health & Expert Communities



DISCOUNTS
Get discounts on expert
healing programs and courses

Natural Awakenings
readers receive a 30% discount on
KnoWEwell memberships.

Join at: [knowewell.com/
community/join-individuals](http://knowewell.com/community/join-individuals)

Apply code:
KWW30
to get discount



Crafting Personal Fuel

Why Do-It-Yourself Protein Bars Are Worth the Effort

by Chloe Karydes Krecun

Portable and packed with beneficial nutrients, protein bars are a popular snack for busy lifestyles, fitness enthusiasts and anyone looking to curb cravings and meet nutrition goals. While store-bought options are widely available, do-it-yourself (DIY) protein bars are easy to customize for individual dietary needs.

“A lot of people snack based on convenience,” says Melody Schoenfeld, a certified personal trainer in Pasadena, California. Protein bars offer a tasty, filling and nutritional goodie that can be consumed in just a few bites.

Yasi Ansari, a dietitian nutritionist, specialist in sports dietetics and spokesperson for the Academy of Nutrition and Dietetics, explains that homemade protein bars offer a fully customizable approach to nutrition. “Since the bars are DIY, you have full control over ingredients and flavor profiles,” she says. This means avoiding artificial additives, excessive sugars or allergens that may be present in commercial options.

Importance of Protein

Protein is a complex molecule made of amino acids that provides energy and functions as the building block for bones, muscles, cartilage, skin and blood. “It is the one macronutrient that is never abjured by fad diets,” says Janet Chrzan, Ph.D., a professor of nutrition at the University of Pennsylvania. “We have a cultural preference for protein; we Americans often consider it to be the most important element of food.”

As a health and nutrition coach, Schoenfeld advocates for convenient and easy ways to get protein into a diet. For many, protein bars fill that void. “For most people age 18 and beyond, we’re looking at consuming somewhere between 0.8 to 1.2 grams



Maridav/CanvaPro

of protein per pound of body weight for a healthy adult daily,” Schoenfeld recommends.

Nutrition Goals

Before diving into a recipe, Ansari says it is important to determine how the bar will address a dietary need and ask, “Am I looking for a bar that helps with post-workout recovery, a snack to keep me full between meals or a fiber-rich option to support digestion?”

Knowing the purpose can guide ingredient selection. “For example, if it’s for the purpose of recovery, we’re going to want to make sure we’re getting close to 20 grams of protein per bar for muscle repair and building, while also getting enough carbohydrates to restore energy,” says Ansari. Ingredients like dried fruits, oats or whole grains help boost carbohydrate content, making the bars more effective for post-workout replenishment.

For those aiming to create a gut-friendly bar, Ansari suggests being mindful of sugar alcohols and artificial sweeteners that can cause digestive discomfort. “Consider smooth nut or seed butters if sensitive to crunchy varieties, and aim for fiber from nuts, dried fruits, flax and chia seeds,” she adds.

Ingredient Control

Both Schoenfeld and Ansari note that the greatest advantage of making protein bars at home is being able to select high-quality, nutrient-dense ingredients. Whether addressing dietary

restrictions, avoiding allergens or satisfying a preference for organic, whole foods, DIY protein bars allow for total ingredient transparency.

Protein Bar Basics

A little investment of time helps ensure that healthy, smart and convenient snacks will always be within reach. Ansari offers these suggestions when crafting a protein bar at home:

- **Choose a protein:** Plant protein powders such as pea protein blend easily and well. Alternatives to powders include almond or seed butters, or whole nuts and seeds that can be chopped in a food processor.
- **Choose a fruit:** Fruits add fiber, micronutrients and antioxidants. Aim for two to three grams of fiber per bar. Tasty sources include dried apricots, dried cherries, dried apples, raisins and dates.
- **Add spices:** To amplify the flavor profile, include spices such as cinnamon, pumpkin spice or nutmeg.
- **Experiment with texture:** Add rice cereal for crunch or oats for a chewy consistency.
- **Include healthy fats:** Options include walnuts, flaxseeds, chia seeds and coconut oil.
- **Incorporate carbohydrates:** Oats, rice cereal or dried fruits are great choices for energy.
- **Choose natural sweeteners:** Dried fruits provide sweetness to any bar, as well as fiber and nutrients like iron and vitamins A and C. A bit of fruit juice can also help blend the ingredients together. Other healthy alternatives are honey and maple syrup. 🍯

Chloe Karydes Krecun is a student at the University of Illinois Urbana-Champaign. Connect with her at [LinkedIn.com/in/chloe-karydes-krecun](https://www.linkedin.com/in/chloe-karydes-krecun).

PUMPKIN ENERGY BITES

For a boost of vitamins A and C, fiber and healthy fats, try these easy-to-make treats. Drinking extra fluids is recommended when consuming no-bake oat bites.

YIELD: 25 BITES

- ¾ cup smooth almond butter or sunflower seed butter*
- ½ cup pumpkin puree*
- ½ cup ground flax seeds*
- ¼ cup honey*
- 2 tsp pumpkin pie spice*
- 1½ cup old-fashioned oats*

Combine all the ingredients except for the oats in a large bowl. Form one to two tablespoons of the mix by hand into round bites. Roll the bites in the oats and place them in a bowl.



Alexey Khoruzhenko from Getty Images/CanvaPro

Place the bowl of bites in the freezer for 45 minutes to two hours based on desired firmness. Store in the refrigerator in an airtight container for up to six days, or keep them in the freezer for up to three months.

Recipe courtesy of Yasi Ansari, MS, RDN, CSSD, spokesperson for the Academy of Nutrition and Dietetics.

GIDDY-UP BARS

YIELD: 10 BARS

- 2 cups Medjool dates, pitted (soak in water if hard)*
- 1 cup unsweetened shredded coconut*
- ½ cup hemp seeds or protein or collagen powder*
- 1 cup raw cashews*
- ½ cup unsweetened cocoa powder*
- 2 Tbsp coconut oil*
- 1 Tbsp maple syrup*
- Pinch of salt*
- Optional: 2 Tbsp instant coffee or espresso powder for an extra kick*

Combine all ingredients into a bowl and mix well.

Form mixture into 1-inch by 3-inch bars. Add slightly more maple syrup or coconut



alpaksoy from Getty Images/CanvaPro

oil to make the batter wetter, or slightly more shredded coconut, hemp seeds, protein or collagen powder to make the mixture drier to form into bars.

Place bars in a glass container and chill in the refrigerator for 30 minutes before serving. The bars will keep in the refrigerator for about one week or in the freezer for about one month.

Recipe courtesy of Holley Samuel, MEd, RD, CSSD, CPT, a sports dietitian.

Want more? Find this recipe online:

MONSTER ENERGY BARS bit.ly/monster-energy-0625

CINNAMON APPLE DATE BARS bit.ly/cinammon-apple-0625

EASY ALMOND PROTEIN BARS bit.ly/easy-almond-0625



African Healing Thrives in Atlanta

by Trish Ahjel Roberts

For many people, African spirituality and religion exist only in mainstream visual arts like Whoopi Goldberg's rendition of a medium in the 1990 film *Ghost*, Beyoncé's 2016 visual album *Lemonade* and Chadwick Boseman's portrayal of an African king in 2018's blockbuster *Black Panther*. For some Black Americans, there is familiarity with elders or other community members who "work roots"—as traditional practices are sometimes called. However, these practices are often shrouded in secrecy or misunderstanding.

Today, African Traditional Religion (ATR) is thriving in Atlanta and serves as the spiritual foundation for Traditional African Medicine (TAM). Unlike Western medicine's approach to treating body parts separately, TAM is a holistic approach that integrates the healing of body, mind and spirit through a variety of methods rooted in a sense of connection between the non-physical or spiritual self, the natural world and an understanding of Source energy or God.

What is Traditional African Medicine?

TAM is drawn from ATRs of the African diaspora around the globe. It includes the Akan tradition of Ghana, Nigerian Ifá, Haitian Vodou, Cuban Santería and Brazilian Candomblé, among many others. Because the African diaspora reaches across continents and nations, many varieties of ATRs have developed, with some followers combining Christian, Islamic, Jewish, Buddhist or other faith systems. Because of this, TAM is not an "all or nothing" approach

and can be accessed by those who seek healing, whether they are atheist, agnostic or members of other faith systems.

Much like people, both ATR and TAM practices have become intermarried and nuanced. However, their belief systems are rooted in honoring Divine beings or deified ancestors—*Orishas*—who can be communicated with for spiritual, physical and mental guidance and healing. "Orisha" is a term loosely translated from the Yoruba language of West Africa as "deity."

Local Akan priest Nana Kweku Bakaan says: "The biggest overarching philosophy [of ATR] would be that we are forces of nature along with everything else ... We are not separate from nature. We are forces of nature."

Herbalism, plant medicine, drumming, music, community, nature and offerings to the Orishas are of vital importance to TAM. In the film *Ancestral Voices: Spirit is Eternal*, Professor James Small, a Pan-Afri-

can activist, explains, "If God is every and all things at once, then we, the human being, the butterfly, the grass, the tree, the callaloo, the corn—we are all different expressions of that singular essence."

TAM originated as an oral tradition thousands of years ago, according to anthropological evidence, likely predating both Traditional Chinese Medicine and Ayurvedic medicine from India. Its history and wisdom have widespread impact today. In his YouTube short, *What is African Spirituality?*, Small explains, "Everybody takes a piece of our story, makes it their story, and tells us we have no story." According to Small, traditional biblical narratives—such as the stories of Cain and Abel, the immaculate conception and the resurrection—also appear as similar narratives in ATR and predate the Christian Bible.

A Global Tradition Rooted in Africa

Much of TAM is rooted in Yoruba language, traditions and religion. The Yoruba people are a major ethnic group in Africa, representing about 17 percent of the population of Nigeria as well as lower percentages in other African countries and around the world. The Yoruba people migrated from the Sahara Desert to Nigeria more than 3,000 years ago, reflecting the long history, culture and tradition of both Nigeria and TAM.

These cultural traditions were transported globally throughout the African diaspora



Oloye Fasola Odunade

through the transatlantic slave trade, colonialism and other travel. In his acclaimed 1976 book *They Came Before Columbus*, historian Ivan Van Sertima asserts that Africans reached the Americas long before Columbus, challenging conventional narratives.

TAM was nearly destroyed over the more than 200 years of chattel slavery in the U.S., yet small groups, like the Gullah Geechee people of the coastal South, Hoodoo practitioners in Louisiana and small pockets of practitioners around the country, kept the tradition alive. In the Caribbean and South America, Catholic missionaries introduced religion in ways that allowed for the integration of Catholic saint veneration with Orisha worship—giving rise to spiritual traditions like Santería in Cuba and Vodou in Haiti.

Atlanta's Healers

As of the 2020 census, approximately 47 percent of the city of Atlanta's population identifies as Black or African American. Often referred to as "the Black Mecca," Atlanta has long served as a vibrant cultural center for Black Americans. It's no surprise that the city is home to a growing number of TAM practitioners and followers.

Oloye Fasola Odunade, an Ifá priest and proprietor of the local spiritual supply store, Yeye's Botanica, describes Atlanta as "one of the biggest African spiritual

religious communities in the world right now." He feels that Atlanta's spiritual cohesion surpasses that of communities in New York, Miami and even Nigeria.

Odunade, who is trained in Nigerian herbalism and Akose medicine, was introduced to ATR and TAM when he read the book *Metu Neter* by Ra Un Nefer Amen, a Pan-African spiritual teacher and founder of the Ausar Auset Society. "They had this diagram in the book, and it was a tree of life [with] three different religions and how they all sync together. One was Egyptian ... The second one was the Orishas and the third one was the Indian spirits..."

Odunade was inspired to do research.



Nana Kweku Bakaan

In 2006, after years of study, Odunade and his family founded the Oselogbe Ifá Temple and later opened Yeye's Botanica to provide spiritual supplies like candles, incense, smudges and oils to support the work of the Tem-

ple. Central to the Temple's mission is to create collaborations among the Ifá, Akan, Lukumi, Santería and Vodou communities. It also provides services such as readings, herbal remedies and classes to help improve people's health and lives. A variety of readings are available, including Merindinlo-

Natural Life

HIGH QUALITY HERBAL SUPPLEMENTS

KAVA
KRATOM
CBD | THC
KANNA
MORINGA

NATURAL SUPPORT FOR:

FOCUS
SLEEP
MOOD BOOST
PAIN & ANXIETY
RELIEF
PERFORMANCE
ENHANCERS

(770) 758-0989

ALLORGANICHEALTH.COM

830 GLENWOOD AVE SE, SUITE 520
ATLANTA, GA 30316

HAND & STONE

MASSAGE AND FACIAL SPA

\$79.95

First time and Member rate
call to book

404-236-7291

6623 Roswell Road
Sandy Springs - in the Abernathy
Square Shopping Center

678.561.7194

@DivineSpineWellness

@ThriveWithDrTia

DivineSpineWellness.com

Divine Spine & Wellness is a sacred space and holistic healing center that emphasizes natural healing through the practice of the Ancient Healing Arts.

Wellness Services:

Holistic Body & Spinal Care
Health & Life-Style Coaching
Spiritual Empowerment
Divine YOU Workshops

Dr. Tia's

Mind • Body • Alignments

The Eyes

...are the windows to your past, present, and FUTURE HEALTH!

IRIDOLGY is one of the most accurate diagnostic tools in the natural healing sciences.

Services Offered:

Iridology Consultations & Programs (Virtual + In-Person in Georgia)
Herbal Apothecary • Spiritual Counseling
Free Masterclasses ...and more!

BOOK YOUR CONSULTATION TODAY!

Dr. Shakirah Moore

570-972-9308 • www.Holisticapalace.com

WORKSHOPS & RETREATS

Discover Your Innate Spiritual Being

Through the Practice of Kriya Yoga, Meditation, and Holistic Living



2025 Kriya Yoga Retreat Dates

May 4-9	Introduction to Sanskrit: Organic Sound of the Ages with Kriya Yoga
June 8-13	Ayurveda & Functional Medicine with Kriya Yoga
July 20-25	Healing Mind and Heart through the practice of Kriya Yoga
August 3-8	Inner Stillness & Conscious Movement with Kriya Yoga
August 17-22	God is in the Silence Silent Kriya Yoga Meditation Retreat
September 7-12	The Transformation of the Brain and Nervous System through Kriya Yoga – Why it matters?

Founded by Roy Eugene Davis a direct disciple of Paramahansa Yogananda

- All Retreats Provided on a Donation Only Basis.
- All Week Long Retreats Include Kriya Yoga Classes and Initiation.



Center for Spiritual Awareness
151 CSA Ln
Lakemont, Georgia 30552
csa-davis.org

To Make a Reservation: Call: 706-782-4723

Email: info@csa-davis.org

Visit our Website: csa-davis.org/retreats/



DISCOVER THE POWER OF THE BREATH

Experience the transformative practices of Sudarshan Kriya (SKY) and meditation—the Art of Living Premium Retreat.

GREATER PEACE • LESS STRESS • INCREASED ENERGY • MORE JOY
Boone, NC | aolrc.org/premium | 800.392.6870



Georgia's Destination for Transformation

We've hosted 100s of retreats to help you slow down, get inspired, connect to your Higher Self, EVOLVE. We're 220 acres of north Georgia beauty, graced with the simple yet essential ingredients that make retreats transformative.



Find a Retreat for YOU!
elohee.org



A FOCUSED ADVERTISING SECTION
Call us for special rates! 404-474-2423

You are invited!

A 7-Day Spiritual Immersion in the Teachings of Paramahansa Yogananda

JUNE 22nd ~ 28th

Join our online global gathering for an inspiring week of inner renewal and spiritual fellowship.

Streaming live from Los Angeles!



ALL EVENTS FREE OF CHARGE

Events include:

- Inspirational classes on the science of yoga meditation and spiritual living
- Daily group meditations
- Devotional chanting & kirtan

convocation.yogananda.org



Self-Realization Fellowship
FOUNDED 1924 BY PARAMAHANSA YOGANANDA

Abaome Shrine, which was established in 1986 by his parents in Queens, New York. In 2017, he established his *Bosumfi*, or shrine house, with his wife Nana Akua Bakaan, a priest and a licensed perinatal therapist.

Their Bosumfi offers many services, including plant medicine, divination, music to commune with the ancestors and deities, and special healing foods. They typically see clients by word of mouth and provide a variety of modalities, including herbal and smoke “bathing,” iron bells, sound bathing and spiritual readings, which include the pouring of libations. “Our ancestors invented ... the concept of sound bathing—that there are certain frequencies that can be used to open and close certain portals or energies,” says Bakaan.



Oba and Olori Efundeji

HRM Oba Oosalase Efundeji and his wife, HRG Olori Afahari Mku Orisayomi Efundeji, are founders of the United Nations of Ifá-Orisa-Vodun (U.N.I.O.V.). In 2013, Efundeji traveled to Nigeria and was installed as an *Oba*, or “king,” and *Olori* is the Yoruba word for “queen.” “There is no greater shrine and no greater temple than you,” he says.

Besides providing general “divination” readings that identify energies at play in someone’s life, they offer “roots” readings. “All of us have an ancestral energy or spirit that guides us or protects us throughout our life and journey on this material plane,” explains Oba Efundeji. Roots readings reveal this ancestral heritage as well as which Orishas are supporting one’s journey.

U.N.I.O.V. also offers “house cleansing” to clear negative energy in physical spaces, baby naming and rites of passage. The couple’s children’s book, *U.N.I.O.V. Orisa Our Way*,

gun, which uses 16 cowrie shells. Others include Ifá readings, which use an *Opele* divination chain to get the *Odu Ifá* binary code unique to an individual’s destiny and “Five Question Consultation” readings, in which followers ask questions that are answered through channeling with the Orishas. The Temple also offers spiritual baths, which involve applying water and special

herbs to the body and ceremonies for major life events such as births, coming-of-age and marriage.

Nana Kweku Bakaan is an Akan priest following the Akonedi order from Ghana, West Africa, and has been serving in the Atlanta community since 2001. He trained in Ghana and is affiliated with the Abosum

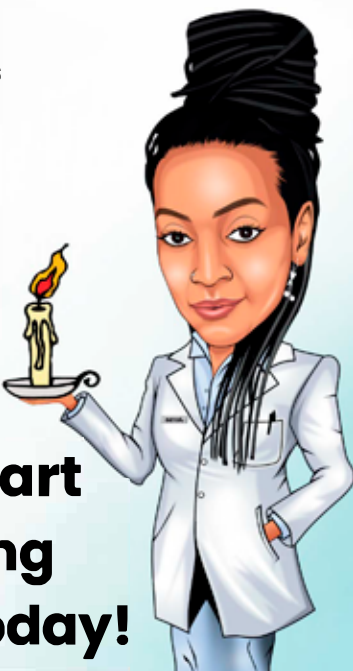
We Don't Chase Symptoms We Target The Root

*Holistic health solutions that honors
your body and your truth*

Your belly is a mirror of your health. If you're always **bloated, cramping, or inflamed, or won't let go of fat**—there is a deeper issue. We can help fix it. No false promises, drugs, or harmful side effects. Just true healing.

In commemoration &
honor of our ancestors

**HAPPY
JUNE
TEENTH**
**Scan To Start
Your Healing
Journey Today!**



770-460-9122

teaches children about Orishas. They also host regular gatherings, such as their upcoming Father's Day Salute at Sweetwater Creek State Park. U.N.I.O.V. also offers the music album *Ocha Soul Part 1*, available on CD and streaming platforms. Drumming is particularly important in traditional music for its healing properties. Olori Efundeji is a professional drummer on the *sekere*, a West African instrument.

"I am helping others realize the Divine within themselves," says Oba Efundeji.

Healing Stories from the Community

Jasmine Lewis, a young mother, wife, and nurse, discovered ATR through her husband, who is a student of the tradition. She received multiple readings from U.N.I.O.V., which she describes as both healing and affirming. Through a "mat reading" with Olori Efundeji, she was able to resolve emotions around the loss of her sister.

"When you sit on the mat, the oracle speaks about ... your past, your present, your future and the things that you know is a part of your walk," explains Efundeji. Lewis says the experience helped her connect with her sister's spirit and release guilt associated with her passing.

Olori Efundeji guided her toward meditation and journaling and directed her to practice offering rituals with flowers and molasses. The reading mirrored Lewis' sister's language and affirmed her belief in spiritual communication.

"She helped me hear my sister's voice clearly ... I was still trying to fix her—even in death ... It's interesting when someone reflects things back to you that you haven't verbalized. It gives you pause."

Another woman, who prefers to remain anonymous, described her journey to get help for her adult daughter, who was suffering from severe illness. She was bedridden, emotionally unwell, and unable to go outside and be around people. After a failed attempt with another spiritual group, she was referred to Bakaan, which led to a life-changing intervention. After more than 12 hours of prayer, herbal medicines, offerings and spiritual prescriptions, the results were profound. Her daughter is now walking, engaging with people, and healing physically with medical and spiritual support. "Nana saved my daughter's life," she says.



Dr. Kofi Kondwani

Bridging Tradition with Modern Medicine

Kofi Kondwani, Ph.D., is an Assistant Professor in the Department of Community Health and Preventive Medicine at Morehouse Medical School. He has spent more than 15 years collaborating with Dr. Erick Gbodossou, an M.D. and respected traditional healer in Senegal. Kondwani has traveled to Senegal for research many times, and in 2017, along with Morehouse School

of Medicine President Dr. Valerie Montgomery Rice, they met with Gbodossou to explore a collaborative partnership.

While there, they studied an herb Gbodossou had been using to treat HIV/AIDS. Morehouse researchers studied the substance and found it could block the HIV virus from entering cells. That led to published research and a patent on the active ingredient—now held by Morehouse School of Medicine.

"It's not only the herb that is used in the healing process, but it's rituals and dance, and things ... that are much harder to measure," Kondwani emphasizes. He and his colleagues are also working on launching a natural product research center to study traditional and natural medicines, including those from Ayurveda, Chinese medicine and TAM.

"If we listen to the traditional healers, there'll be a lot of discoveries that we could make," says Kondwani. "They've been using traditional herbs for a long time, but they haven't been looked at from the Western perspective."

As far as the future of such unique collaborations is concerned, Kondwani says, "This relationship between Morehouse and Dr. Gbodossou is a model. We're just touching the tip of the iceberg."

There is a wealth of information and healing remedies available through ATR and TAM, as well as opportunities for members of Atlanta's robust African diaspora to have a deep connection to ancestral roots. As with the selection of any health practitioner, research and discernment should be used in selecting service providers. 🌿



Trish Ahjel Roberts is our consulting editor for African American issues. She is also a transformational leadership coach, keynote speaker and yoga and meditation instructor. Author of four books, Roberts' most recent work is *The Anger Myth*. Learn more at TrishAhjelRoberts.com.

NINA ROSS
FUNCTIONAL MEDICINE

THE HEALTH YOU DESERVE:

Reimagined

*What if your healing starts with
someone just taking you seriously?*

The chronic pain, fatigue, mood swings, and brain fog aren't all in your head.

They're signals—from a body that's trying to cope with hormonal chaos, inflammation, and burnout.

At Nina Ross Functional Medicine, we connect the dots your doctors missed. We run deeper labs, build personalized plans, and help you feel like you again.

LEARN MORE:



Dunwoody



AFRICAN HEALING RESOURCES

Temples

Oselogbe Ifá Temple ATL
OselogbeIfaTempleATL.com
4960 Covington Highway 4B, Decatur
404-457-6595

Nana Kweku Bakaan's Shrine House
adade7@aol.com

United Nations of Ifa Orisha Vodun
UNIOV.org
info@uniov.org

Egbe Tiwalde
EgbeTiwalde.Weebly.com

Idinleke Atlanta
IdinlekeATL.org

Iba Orisa Temple
IbaOrisaTemple.com

Ile Ori African Cultural Center
Ileori.com
ile_ori_ifa_atl@hotmail.com
3480 Greenbriar Parkway #301-B,
Atlanta
404-344-1515

Orisha's Temple of Light
OrishasTempleOfLight.com

Shops and Community Centers

Yeye's Botanica
YeyesBotanica.com

Wontanara Inc.
WontanaraInc.org

Practitioners

Oloye Fasola Odunade
babasola16atl@gmail.com and
yeyesbotanica@gmail.com

Nana Kwedu Bakaan
adade7@aol.com

HRM Oba Oosalase Efundeji
oyo.entgroup@gmail.com

HRG Olori Afahari Mku Orisayomi Efundeji
orisayomi@gmail.com and
info@uniov.org

Abena Camara
wontanarainc@gmail.com

Djifa Richards
awombansplace@gmail.com

Educators

Dr. Marimba Ani
SeshMedewNetcher.com/
dr-marimba-ani

Books

They Came Before Columbus
by Ivan Van Sertima

Orishas: A Comprehensive Guide to African Deities, Yoruba Traditions, and Sacred Rituals in African Religious Practices – Spiritual Enlightenment through African Culture and Wisdom by Marie Grace Betancourt

U.N.I.O.V. Orisha Our Way by Iya Orisayomi annu Efundeji Bey

Films/Video

What is African Spirituality?
YouTu.be/omxyd14jVrw

Ancestral Voices: Spirit is Eternal
AncestralVoices.co.uk/
spirit-is-eternal-film

Energy Healing

- A FOCUSED ADVERTISING SECTION -

Donna Futrell

Wellness Practitioner
Thewellofroswell.com
donna@thewellofroswell.com
678-230-3452



Reset your nervous system, release stress and restore energy. I move and clear disturbances that lead to dis-ease, and empower you to envision a life of ease, joy and vitality.

Fred Stevens, MA (Family Psychology), YTT-200

Life Guide, Self-help Assistant, 74 Years Experience
fredstevensiii@gmail.com
fredearlstevens.com
404-492-3013



If you're looking for someone to fix you, I can't help you there. I can ask what hurts? How can I help? What are your needs? And I can listen empathically.

Red Light Therapy Bed

Dr. Imani Ma'at Kynes
900 Old Roswell Lakes Pkwy, Ste 300
bit.ly/maat-kynes
More Info: 470-861-7266



Rejuvenate at the cellular level and optimize your health! Benefits of our Red Light Therapy Bed: Anti-aging, weight loss, more energy, improved mood, hair regrowth, more! Appointments: heal.me/drimani

Ursula Lentine

Spiritual Advisor & Healer
www.UrsulaLentine.com
ursulalentine@gmail.com



Achieve wellness through deep inner work. Dr. Lentine helps you heal root problems, through evidence based Internal Family Systems, so you can have peace in your life. Complimentary Clarity Call: healingwithursula.as.me/ClarityCall

Sublime Holistic Wellness / Holly

Sound Therapy & Emotional Processing
165 Dekalb Industrial Way, Suite F1
https://heal.me/sublime_holly
SublimeHolisticWellness@gmail.com



Journey inward with sound. Private/group sound baths, tuning forks, hypnotherapy and shadow work. Specialties: Releasing limiting beliefs, listening compassionately and holding sacred space. Designed to awaken, release and align. Transformation begins here.

CALL FOR A FREE CONSULTATION

Unlock your Full Potential!

Working together, we can bring unhealthy patterns, repressed emotions, or injuries to the surface so they can be released.

Energy Healing works!

Lisa Watson
Energy healing practitioner
(770) 617-3001
LisaHWatson.com

Accelerate Healing with Energy.

Bill Robert, formerly of EnergyworkATL.com, offers remote Spiritual Light treatments. With over 12 years of experience, Bill moved to NYC to help with creative and emotional blocks among students of dance, acting, music and art. Everyone is welcome to seek healing, especially former ATL clients!

How It Works

At the appointed time, we speak by phone for a few minutes then hang up. Both of us then open to receive Spiritual Light for 25 minutes. We close with a debriefing call.

All treatments are FREE! Love offerings are encouraged and appreciated, as are reviews.

Questions? Call Bill at 770-990-9191 or visit www.bill-robert.com

Bill Robert
BILL-ROBERT.COM



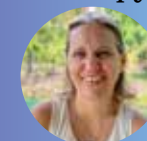
To heal is to touch with love that which was previously touched by fear.

— Stephen Levine

Restore balance

& harmony

Need to relax, recharge, and realign?
Experience Reflexology, Energy Healing and Sound Therapy



ISAOZEN
Holistic practitioner
(404)464-6750
www.isaozen.com

My need for disciples who realise the dangers of the time is great.
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



Expanding Our Healthspan

Holistic Strategies for Long-Term Well-Being

by Carrie Jackson



While many people seek to prolong life, those extra years will not be fulfilling without good health. “The United States has one of the worst healthspans in the world. We have the highest rate of chronic disease and spend too much time suffering and deteriorating,” declares Dr. Eric Plasker, a chiropractor and creator of *The 100 Year Lifestyle*, an instructional manual and wellness system for making the most of an extended lifespan.

According to Plasker, “How you take care of yourself every day has a direct effect on your long-term quality of life. Unfortunately, the current healthcare system has focused mostly on symptoms and disease treatment. We need to have more of a lifestyle-care approach to help you function at your highest level for a lifetime, instead of constantly trying to get your health back.”

Beginning the Healthspan Journey

Dr. Peter Diamandis is a physician, engineer, entrepreneur and co-founder of the BOLD Longevity Growth Fund, which invests in biotechnologies that address the root causes of disease and extend

healthspan. He is also the co-founder and chairman of Fountain Life, a company that focuses on advanced diagnostics and preventive health to help people live longer and healthier lives.

Diamandis asserts that people possess greater control over their healthspan than they may think. “We’re at a turning point in health care—shifting from a reactive, one-size-fits-all model to a proactive, personalized and data-driven approach,” he remarks. “While many people assume their longevity is mostly genetic, the data tells a different story. Studies involving tens of millions of people show that your genes account for only 7 to 30 percent of how long you live. That means the rest is up to you—your lifestyle, your environment and what you eat.”

The Food Paradox

The impact of food on our well-being cannot be underestimated, and Diamandis points out that food can be either the slowest form of poison or the most powerful medicine. In a nutshell, our daily meal choices put us in control of how we age. He recommends anti-inflammatory foods such as broccoli, spinach, Brussels sprouts, blueberries, walnuts, chia seeds and avocado.

“I eat the rainbow every day, because flavonoids, carotenoids and polyphenols act as molecular defenders, protecting your DNA, supporting your mitochondria and reducing your risk of conditions like heart disease, cancer and neurodegeneration,” he states. “I also use extra-virgin olive oil and turmeric liberally, which have both been shown to reduce inflammation at the cellular level. And I keep snacks like frozen blueberries and raw walnuts within arm’s reach, because what you actually eat is what you have close by.”

Avoiding harmful foods is just as important. “Sugar is incredibly inflammatory. It shrinks the hippocampus, disrupts metabolism and fuels conditions like diabetes and Alzheimer’s. Most people don’t realize how addictive it is or how much damage it causes until they cut it out and feel the difference,” says Diamandis.

Complementary Modalities

Integrating modalities such as chiropractic care, acupuncture, yoga and meditation into a wellness plan can help our bodies function at an optimum level. Plasker notes that the number, intensity and duration of chiropractic treatments vary based on a patient’s baseline health. “If you are meditating five times a day and have no underlying decay, you will need a lot less lifestyle care than if you

are a weekend warrior or a marathoner who might have more decay,” he explains.

While chiropractic care is well known for success with back and nerve pain, its hidden specialty is in functional and performance-based care. “Physical therapy, functional medicine and nutrition therapy work better with the addition of chiropractic care,” asserts Plasker. “It helps to align the spine so the nervous system can communicate between the brain and body the way it is supposed to.”

As we age, we may encounter ongoing consequences from the wear and tear that occurred in our younger days. “The pounding and collisions from youth sports can have a lasting effect on the body and can accelerate osteoarthritis,” Plasker points out. “Regular chiropractic adjustments help to restore alignment, balance, motion and function, so the body doesn’t continue to deteriorate. Anti-inflammatory supplements such as turmeric, glucosamine and chondroitin can help with acute inflammation, but if the alignment of the spine isn’t right, they’ll be facing a constant battle.”

Reframing fitness routines to prioritize long-term sustainability can help the body repair previous damage. “If you were an athlete, you can still be an athlete, but you might have to change your approach,” suggests Plasker. “Align the care you receive with the lifestyle you are choosing to live. If you’re going to train for triathlons, you need to eat healthy and stretch more. You need to increase your supplementation and the frequency of your chiropractic adjustments. But if you’re just going for hikes and power walks, you’ll need less lifestyle care. It depends on you and what you want.”

Managing Mind and Spirit

Holistic stress management is essential for longevity and overall wellness. “A nervous system that is always in fight-or-flight mode can lead to inflammation, burnout and elevated blood pressure, putting undue stress on the heart,” explains Plasker. “Chiropractic intervention, coupled with tools such as aromatherapy and meditation, can create peace for the nervous system so you can use your energy for other things.”



Lisa Faremouth Weber, the owner of Heaven Meets Earth Family Yoga Studio, in Evanston, Illinois, notes that practices such as crystal bowl sound healing, yoga and mindfulness can help calm the body and contribute to overall wellness and longevity. She also points out that there is considerable scientific evidence that supports the health benefits of practicing yoga, meditation, tai chi and qigong.

“Yoga and other complementary mind/body approaches integrate an individual’s physical, mental and spiritual components to improve cardiorespiratory health, physical and mental health and stress-related illnesses,” she explains. “Dr. Dean Ornish introduced millions to yoga’s health benefits through his published studies, which demonstrated that heart disease can be reversed through diet, meditation, group support and yoga. Additionally, ancient texts such as the *Upanishads* or Patanjali’s *Yoga Sutras* teach that the body follows the

mind, and the mind follows the breath. Breath awareness and breathwork cultivate a balanced, harmonious and equanimous mind, enabling clarity and focus.”

Longevity Escape Velocity

Being mindful of daily habits and wellness routines in the present moment can lead to an extended healthspan down the road. “The goal isn’t just to live longer; it’s to stay healthy long enough to ride the wave of breakthroughs coming over the next decade and reach what we call ‘longevity escape velocity.’ That’s the moment when, for every year you live, science can extend your life by more than a year,” explains Diamandis. “We’re not far off. And the choices you make today—using data-driven diagnostics, embracing functional medicine and sticking to lifestyle habits that work—are what will get you there.” 🌱

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

Give the gift of deep relaxation & facial rejuvenation



MOON
ORGANICS

20% OFF
Products & Services. Use
code “222” if ordering online.

MOONorganics.com

truebalanceofnewnan.com
Center for Breath & Bodywork
Improve your physical, mental, and emotional well-being with Breath & Bodywork at True Balance.

TRUE BALANCE
Center for Breath & Bodywork

678-857-3484
48 E Washington St
Newnan, GA 30263

@truebalanceofnewnan



YOUR BOOK. YOUR VOICE.
YOUR WORK. **ELEVATED.**

Capture readers' hearts and minds with great writing that delivers authority, energy, and personality—yours! Whether you want to enchant, educate, or enlighten, call the Writing Doctor.

404.585.7590

Diane Eaton, MCIS
Professional Freelance
Ghostwriter, Editor & Coach

DianeTheWritingDoctor.com
diane@DianeTheWritingDoctor.com



Marketing Certified
by HubSpot

Healing the Stress Response

Natural Steps to Restoring Adrenal Health

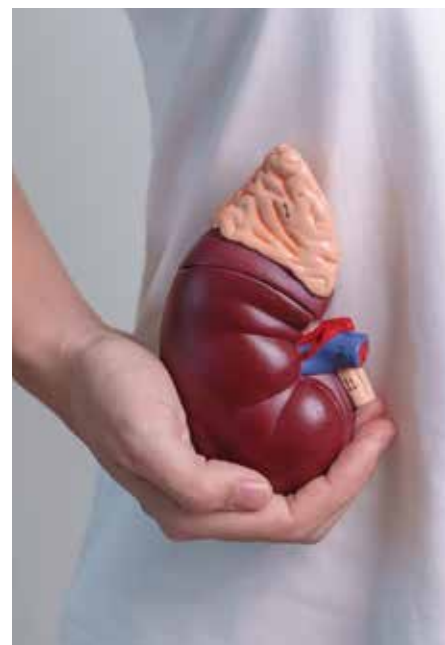
by Carrie Jackson

Located on top of the kidneys, the adrenal glands are responsible for regulating the body's response to stress. When working properly, they release hormones such as cortisol and epinephrine, enabling us to respond appropriately to physical and emotional triggers. However, prolonged stress can trigger an overactive response and symptoms known as adrenal fatigue. By regulating the nervous system and adopting mindful lifestyle choices, people can effectively manage their symptoms and learn to respond to stress in a healthier way.

Understanding Adrenal Dysfunction

Stress can come from many sources. "While we often think of stress in psychological terms, it may also come from factors like sleep deprivation, overtraining, skipping meals or being overworked. For many men, the pressure to do everything leads to complete burnout," says Alexandra MacKillop, DC, a Chicago-based functional medicine doctor.

The body normally releases stress hormones for a brief period before returning to baseline levels. However, with adrenal fatigue, we lose the ability to manage stress this way. MacKillop explains, "In stage one, the hormones are produced in excess. In stage two, the body loses the ability to differentiate periods of stress and rest, and cortisol and DHEA [dehydroepiandrosterone] levels run inappropriately high or low. In stage three, the body altogether fails to produce a sufficient adrenal response,



Panuwat Dangsuangnoen from Getty Images Signature/CanvaPro

resulting in the symptoms we refer to as adrenal fatigue."

Symptoms vary in severity and condition. "In addition to causing fatigue, brain fog, sleep disruptions, lightheadedness, irritability and other neurocognitive symptoms, adrenal fatigue manifests with decreased libido, difficulty building muscle or burning body fat, hair loss, body aches, low blood pressure, salt and sugar cravings, and patches of hyperpigmented skin," MacKillop points out.

Managing the Stress Response

According to MacKillop, the initial step in addressing a condition is to accurately diagnose and identify its underlying cause, rather than solely focusing on symptoms. "Treatment

is patient-specific according to the root cause and may involve nutritional strategies for managing blood sugar such as supplementing with electrolytes and other salts to regulate blood pressure. Other nutraceutical strategies include adaptogenic herbs, protomorphogen extracts and addressing hormonal imbalances in the body," she says.

Dr. Tricia Pingel, a licensed naturopathic physician based in Arizona, asserts that shifting the nervous system from the sympathetic (fight-or-flight) mode to the parasympathetic (rest-and-digest) mode can alleviate adrenal fatigue. "Our adrenal glands are responsible for deciding what's a stress trigger, but they don't know if it's a small or big stressor. While you're probably not being chased by a bear, it could be that email from your boss that ticks you off or an emotional reaction to something you saw on social media. When we react with fear of any sort, our adrenal glands trigger to protect us," she explains.

By acknowledging the source of stress and actively deciding how to respond, individuals can effectively regulate their nervous system's response. Pingel recommends pausing to contemplate appropriate actions in stressful situations, consciously deciding to either directly address the issue if it is within their control, delegate the responsibility to someone else or allow the stress to dissipate when it is not worth the struggle.

Choosing Nutritional Aids

"When you are under stress, the body depletes nutrients quickly. This is especially true of vitamins C, B5, B6 and B12, folate and minerals such as magnesium, selenium and zinc. Eating whole, nutrient-dense foods provides the fuel to offset the stressors," says Pingel. "I recommend a Mediterranean-based, anti-inflammatory diet that includes a variety of colors. Greens can come from kale, romaine, arugula and chard. Berries provide fiber and antioxidants, while nuts and seeds add healthy fats. Non-GMO tofu, wild-caught fish, organic and grass-fed poultry and eggs add clean protein. Make sure that you're being mindful when you eat. Sit down, have a conversation and chew. This calms the mind and allows you to digest."

For additional support, Pingel suggests herbal supplements such as ashwagandha and Rhodiola rosea to calm the body, phosphatidylserine and L-theanine to suppress cortisol output and herbs like valerian to help calm the brain. Ideally, supplements should be taken before bedtime, when the body is calmer and has time to absorb them.

Incorporating Movement

Balancing movement and rest can also help manage symptoms. Pingel explains, "Focusing on building muscle, especially in your core, can boost the metabolism and

help your body regulate. Yoga, tai chi and strength training, combined with a light cardio activity, can give you time to repair from the triggered state."

Recalibrating Mindset

Our mindset has a huge impact on our nervous system. "No amount of supplements will do anything if the body is not calm," Pingel points out. "Health trackers and apps can help people train their brain from beta to alpha waves. Breathing is our natural way to get into the parasympathetic state. It pulls on the diaphragm, which in turn stimulates the vagus nerve. Humming, singing and other vocalization can have a similar impact and help relieve stress."

Expressing Gratitude

Ultimately, cultivating an attitude of gratitude proves remarkably effective in mitigating adrenal fatigue. "If you come from a place of love and gratitude instead of fear and anger, you can actually change the way your body interprets it," notes Pingel. "Reframe the messages your body is sending you as a reminder to practice self-care, and treat yourself with love, compassion and gratitude." 🌱

Carrie Jackson is a Chicago-based freelance writer and frequent contributor to Natural Awakenings. Connect at [CarrieJacksonWrites.com](https://www.CarrieJacksonWrites.com).

Feeling stuck? Ready for *real* change?

Go Within to Change Your Life isn't just another self-help book. Some workbooks inspire reflection. Others spark action. *Go Within to Change Your Life* does both—and more.

If you're ready to do the real inner work, order your copy of *Go Within to Change Your Life* now!

Get your copy **TODAY!**
\$24.95 | www.carlgreer.com

Published by Chiron Publications
www.ChironPublications.com

Iridology

Did you know your Iris reveals information about your health, emotional state and personality? Want to know what might be affecting you?

I can offer guidance to prevent negative conditions from arising and support your well-being.

Call for an Iris Analysis Today!

Dr. Roxanne Padmore, ND
470-496-7272 • 136 Powers Ferry Rd
Marietta, GA 30067

JustLookInMyEyes.com

Where Modern Activism Meets Yogic Right Action

by Patricia Schmidt



Krishna and Arjuna from the Bhagavad Gita

June 19, 2025, marks 160 years since federal troops entered Galveston, Texas, to enforce the Emancipation Proclamation, declaring the end of legal slavery in the United States. It also

marks a much younger anniversary as the fourth year of celebrations of Juneteenth as a federal holiday, along with loud and sometimes fractious national conversations about social justice, diversity and

inclusion, identity and political action. The yoga environment, too—whether large studio gatherings or more personal interactions—sometimes exhibits the tensions inherent in these exchanges. Many yoga students are asking themselves: “Where am I in this national conversation? Where is my work? What is my right action?” These questions might even resonate more loudly in these environments than in others, largely because of the yogic call toward mindfulness and *ahimsa*, non-harming interactions.

One of the beauties of yoga is its bounty; yoga offers many paths toward enlightenment. Meditation and *pranayama*, meditative breathing practices, can ease anxiety, as can restorative postures. More active physical practices can help dispel pent-up energies, energize a weary body-mind and bring clarity and focus. And yoga philosophy can help students reckon with broader social questions, such as how to interact

with others in community and how to get to know ourselves and our direction in life.

The benefits of meditation and pranayama are familiar to many. Every week, it seems, brings another popular culture profile on the benefits of meditation. Pranayama-informed practices, such as box-breathing, are commonly mentioned in newspaper articles, sports performance profiles, even movie jokes. However, despite the growing prevalence of yoga in the West, its philosophical underpinnings are less well-known, and the guidance it provides on topics such as interpersonal interactions and personal improvement has made fewer inroads into Western culture.

Two key yogic texts are the *Bhagavad Gita* and the *Yoga Sutras of Patanjali*. Originating around 2500 to 3000 years ago, the texts offer overlapping, intersecting guidance on optimal personal and communal behavior in addition to spiritual guidance. Importantly, their teachings are practical, open-minded and allowing, and they acknowledge the difficulties of being human. They can be an extraordinary resource for all of humanity in times of conflict and question.

The Bhagavad Gita’s Three Fundamentals of Right Action

The *Gita*, as it’s often called, consists of a conversation about enlightenment between the Divine—*Krishna*, in this case—and the young man, Arjuna. It is known for offering many definitions of “yoga,” and chief among them is “skillful action” (*Gita* 2.50). Indeed, the conversation begins with a plea from Arjuna to his God

to direct his next right steps. “My mind is utterly confused,” he cries. “Tell me where my duty lies, which path I should take.” Arjuna’s plea resonates with how many feel in today’s socio-political environment.

Over many chapters, Krishna answers with increasing subtlety but repeatedly describes skillful action being underpinned by *Viveka*, or wisdom. Wisdom, the reader learns, is itself fortified by self-awareness and careful, sustained deliberation of one’s own attachments. Only by giving up attachment to the outcomes of one’s actions can those actions become skillful. In the *Gita*, however, the lesson reads: “Though the unwise cling to their actions, watching for results, the wise are free of attachments and act for the well-being of the whole world” (*Gita* 3.25). And “With no desire for success, no anxiety about failure, indifferent to results, [the student] burns up his actions in the fire of wisdom” (*Gita* 4.19).

Importantly, the teaching offers both personal benefits and benefits for all: the student is led to both personal and communal well-being through wise action. First, she frees herself to follow *her* own self-purpose and greater mission: “It is better to do your own duty badly than to perfectly do another’s; you are safe from harm when you do what you should be doing” (*Gita* 3.35). In doing so, the student who can lean into her own work and free herself from the inner critic of comparison and self-doubt can see herself in all beings and all beings in herself. Thus, she can develop connections that can heal old wounds, bridge divides and resolve

SHAMANIC YOGA
&
PSYCHO-EMOTIONAL
HEALING

A.J. WICE

Liberate your natural healing forces and creative energy while attracting the healing powers of nature with shamanic yoga—a healing practice that has evolved from indigenous shamans and yoga masters from East to West.

Buy at:
bit.ly/shamanic-yoga

Create your event listing at
NAATLANTA.COM/CALENDAR
Basic online listings are free.

25% OFF
your entire order
using the code
AWAKEN25
Buy Now!

You can stop sleep breathing disruptions tonight.

Sleep Breathing Support™ by Nature’s Rite is a natural way to reduce sleep breathing disruptions and achieve a restful night.

If you want to know **whether it will work for you**, then **you have to try it.**

Hi, I’m Steve Frank and I have sleep breathing disruptions.

I spent years researching the condition and understanding the true cause. Then, with my knowledge of herbs, I found an amazing combination that produces deep steady breathing all night long. I haven’t worn any mask or tubes in years. It works great for nighttime sleep breathing disruptions associated with aging. Sweet dreams.

Call us at (800) 991-7088 or visit us online at www.mynaturesrite.com

SHOP NOW

Time for a NEW MAT?

WWW.HEYYOGI.SHOP

A mindfulness yoga mat that supports your poses and your peace of mind

YOGA IN ATLANTA



- A Focused Advertising Section -

calendar

SATURDAY, JUNE 7

Petals & Poses – 10-11am. A sensory-rich experience combining yoga, flower picking, and sound healing in a sunflower sanctuary. \$20.08 admission; free parking. Urban Sprout Farms, 2200 Reynolds Dr SW, Atlanta. bit.ly/Petals-and-Poses-060725.

SUNDAY, JUNE 8

"Art Therapy" Yoga Class – 6-7:30pm. A beginner-friendly yoga class promoting relaxation, restoration, and community wellness. \$20 admission; free parking with validation. Buckhead Art & Company, 286 Buckhead Ave NE, Atlanta. bit.ly/Art-Therapy-Yoga-060825.

Sunday Sessions: Yoga in the Park – 12-2pm. A BIPOC and Queer-centered, all-levels yoga flow celebrating breath, movement, and community. Free; donations encouraged. Piedmont Park, 371 10th St NE, Atlanta. bit.ly/Sunday-Yoga-060825.

MONDAY, JUNE 9

Yoga Presented by Kaiser Permanente – 6:30-7:30pm. Free yoga class on The Plaza Green at The Battery Atlanta. Pre-registration required on Eventbrite. Bring water and a mat. Free parking available. The Battery Atlanta. bit.ly/Yoga-by-Kaiser-Permanente-060925.

TUESDAY, JUNE 10

Yoga for Success – 6-7pm. Learn simple yoga postures for balance, stability, and success. Includes meditation and spinal strengthening practices. Free and open to ages 12+. Sandy Springs Library, Atlanta. bit.ly/Yoga-For-Success-061025.

WEDNESDAY, JUNE 11

CorePower Yoga at Hyatt Centric – 6-7pm. Complimentary Vinyasa yoga class led by CorePower Yoga. All experience levels welcome. Bring a mat and water. Free self-parking with validation. Hyatt Centric Midtown Atlanta. bit.ly/CorePower-Yoga-061125.

Restorative Yoga + Sound Bath – 7:30-8:30pm. Unwind with gentle restorative movements and a nourishing sound bath. \$15 suggested; free venue parking. Joiful Yoga, 205 Hilderbrand Dr, Sandy Springs. bit.ly/RestorativeYoga-SoundBath-061125.

SATURDAY, JUNE 14

Donation Based Vibe + Chill @ Coan Park – 12-1pm. Relax and recharge with a 60-minute Vibe + Chill yoga session in the park. Donation-based; all welcome. Coan Park, 1530 Woodbine Ave SE, Atlanta. bit.ly/Donation-based-Vibe-and-Chill-061425.

SUNDAY, JUNE 15

SUN'FUN YOGA – 9:30-10:30am. An all-ages, beginner-friendly yoga class to build strength, flexibility, and inner peace. \$13.51 admission; free parking. Starr Park, 5031 Park Ave, Forest Park. bit.ly/Sun-Fun-Yoga-061525.

MONDAY, JUNE 16

Kids Yoga Camp – 9am-1pm. Campers explore yoga poses, meditation, breathwork, acro yoga, crafts, and art. For 1st-4th graders. \$250/week; \$60/day; \$25 sibling discount. Ashley Cocchi-Miller. Vista Yoga. bit.ly/vista-yoga-events.

TUESDAY, JUNE 17

Tranquil Tuesday: Yoga with Jaimee – 7:15-8:15pm. Mindful yoga fusion for strength, balance, and calm. All levels welcome; under 16 with guardian. Free parking available. The Home Depot Backyard, Atlanta. bit.ly/Yoga-With-Jaimee-0617125.

WEDNESDAY, JUNE 18

EARTHSTRONG Vol 3: A KHôNA Yoga Series – 6:30-7:30pm. Transformative yoga, meditation, and breathwork to celebrate life and community. Free; bring your own mat. Ponce City Market, 675 Ponce De Leon Ave NE, Atlanta. bit.ly/EarthStrong-Khona-Yoga-061825.

SUNDAY, JUNE 22

Hops & Flow Beer Yoga at Three Taverns Imaginarium – 12-2pm. Enjoy an all-levels yoga class followed by a refreshing beverage. \$16 includes class and first drink. Three Taverns Imaginarium, 777 Memorial Dr SE, Atlanta. bit.ly/Hops-and-Flow-Beer-Yoga-062225.

THURSDAY, JUNE 26

Yoga in the Park: Dancing Dogs Yoga x lulemon – 6-7pm. Outdoor yoga experience

Trauma Sensitive Yoga for people of all genders, shapes & sizes

Stacey Beth Shulman
Certified Trauma Sensitive Yoga Facilitator

(404) 202-3929
TSYAtlanta@gmail.com
www.TSYAtlanta.com



at Piedmont Park's Active Oval. All levels welcome; ages 18+. Bring a mat and water. Free event. Piedmont Avenue NE, Atlanta. bit.ly/Yoga-In-The-Park-062625.

SATURDAY, JUNE 28

Adolescent Yoga – 12-1pm. Monthly yoga for kids and teens to build focus, self-esteem, and body awareness. \$15.77 admission; under 14 with parent or guardian. Center for Intuitive Healing, 1842 Independence Sq, Ste D, Dunwoody. bit.ly/Adolescent-Yoga-062825.

SUNDAY, JUNE 29

Yin & Chow: Yoga and Brunch Series – 10:30am-1:30pm. Enjoy a meditative Yin yoga session followed by a pop-up chef brunch. \$28.52 admission. 2440 Piedmont Rd NE, Atlanta. bit.ly/Yoga-and-Brunch-Series-0629.

WEDNESDAY, JULY 2

Wellness Wednesday – Yoga with Kira – 6:30-7:30pm. Join Kira for an uplifting yoga session promoting spiritual vitality and stress relief. Free; bring your own mat. Atlantic Station, 1380 Atlantic Dr, Atlanta. bit.ly/Wellness-Wednesday-Yoga-with-Kira-070225.

SATURDAY, JULY 5

FREE Reiki Infused Yoga & Meditation – 3:30-5:30pm. Vinyasa yoga and meditation with distant Reiki to calm the mind and balance energy. Free; donations welcome. Healing Hands Reiki, 27 Waddell St NE, Suite A, Atlanta. bit.ly/Reiki-Infused-Yoga-Meditation-070525.

200-hr Yoga Teacher Training

PEACHTREE YOGA CENTER STARTS AUGUST 16

We've certified more yoga teachers in Georgia than anyone! Our 57th cohort blends the best elements from the previous 56. We go way beyond the surface and dive deep into practices that nourish your experience of yoga and awakens your inner teacher.

For more info:
bit.ly/pyc-200-ytt • 404-847-9642.

BODY & BRAIN

Qigong, Tai Chi and Energy Yoga
bodynbrain.com



Our practice integrates Qigong, Tai Chi, and Energy Yoga to harmonize body, mind, and spirit. Through movement and breathwork, it enhances energy flow, reduces stress, improves brain function, and supports overall well-being.

Buckhead - 4641 Roswell Rd Ste C
404-252-1881

Decatur - 308 W Ponce de Leon Ave Ste F2
404-254-2564

Marietta - 2595 Sandy Plains Rd Ste 9
770-779-9642

GIVING TREE YOGA CENTER

1295 W. Spring Street SE, Suite 200
Smyrna, GA 30080
www.givingtreeyogasmymrna.com
770-626-1559

HOPE'S YOGA

ERYT-500, Certified Yoga Therapist
healthylivingwithhope.com
hope@healthylivingwithhope.com
770-789-7782



Voted "Best of Atlanta," Atlanta Magazine. Get inspired. Renew your soul. Meeting where you are and supporting your journey. Offering group, private, therapeutic and corporate classes on-site, in-studio and virtual.

SATI YOGA AND WELLNESS

Non-heated, trauma-informed yoga
1996 Hosea L Williams Dr
satiyogawellness.com
404-907-4279

SUNNY STREET YOGA

An All-Levels Community Yoga Studio
6375 Spalding Dr Suite E
SunnyStreetYoga.com
470-641-3021

SUN DRAGON YOGA

313-303-0096
sundragon yoga.com
david@sundragon yoga.com



Begin your yoga journey from anywhere; we're a virtual studio! We focus on restorative poses, balance and overall health and well-being. New students: Mention Natural Awakenings and get your first month free!

VISTA YOGA

2836 Lavista Road, Suite D
Decatur, GA 30033
404-929-9642
vistayoga.com

To place an ad in our Yoga section,
inquire at ads@naAtlanta.com.

conflict. As the Sutras say: "When [the student] has let go of attachments, when her mind is rooted in wisdom ... When she realizes wisdom, she will never fall back into delusion; knowing it, she sees all beings in herself." (*Gita 4 excerpts*).

If, in fact, so much of society's pain today comes from a personal sense of disconnection and division, the *Gita's* answer is that the path to connection is yoga's skillful action.

Practical Advice From Patanjali's Yoga Sutras

Patanjali's yoga teachings also emphasize that wisdom and discernment are the foundation of right action. They are even more practical than the teachings of the *Gita*, especially in the second of the four collected parts, or "books," of the treatise. For many yoga students, Books One and Two of Patanjali's text offer ideal entry points to these teachings, particularly if they have any kind of complex relationship with religion or concepts of the divine.

Book Two is the most practically oriented of the four books—and, right from the start, the student is guided to adopt three tenets of yoga as skillful action: dedication to the work, careful inner contemplation, and an ultimate letting go (*Y.S. 2.1*). Additionally, Book One discusses letting go and discipline or practice as the secrets to skillful action (*Y.S. 1.12-16*). Both the *Gita* and Patanjali's *Sutras* suggest that the cycle of right action and detachment are key to any path to enlightened/connected behavior. The reader is given the lesson again and again, signaling the very real challenge of the endeavor. "This is hard work," yoga philosophy teaches. "You must practice at this." For students of yoga, it can be comforting that yoga philosophy recognizes how hard it can be to enact and sustain enlightened behavior.

Yet because it is hard work, Patanjali offers prescriptive guidance for living with oneself and others—just in case the student needs extra help—in two sets of conduct guidance codes called the *yamas*

and *niyamas*. The *yamas* guide interaction with others and include concepts like non-harming, living in moderation and expressing honesty and integrity. The *niyamas* are more about personal accountability—they're guidelines for showing up to life, to oneself and to being human. They're pared back, simplified and necessary for tough times.

Where to Start?

Whether yoga philosophy is new terrain or well-worn territory, it can be beneficial to receive the guidance of wise scholars and experienced teachers, especially in times of uncertainty. For more information:

- Author Deborah Adele's works on the *yamas* and *niyamas* offer an excellent starting point. In her books, the reader will find applicable examples and prompts to help bring these foundational principles into daily life.
- *Embodying the Yoga Sutra* by Ranju Joy and David Charlton includes specific chapters on the *yamas* and *niyamas* and offers the student applied practices related to bodily experiences of the philosophical concepts. This is an alternative approach to other beginners' guides.
- In *The Secret Power of Yoga*, Nischala Joy Devi offers a unique translation of Patanjali's *Sutras* that eschews direct Sanskrit translation in favor of softer, positive language choices.

Note: All Bhagavad Gita translations and excerpts in this article are based on Stephen Mitchell's Bhagavad Gita: A New Translation. It offers clear language and excellent commentary for the beginning student. 🙏



Patricia Schmidt, C-IAYT, E-RYT 500, YACEP, is a certified yoga therapist specializing in pelvic health, accessible yoga and yoga for cancer support. She is a Franklin Method trainer, Roll Model method teacher and somatic movement specialist. To learn more, visit PLSYoga.com.

The Evolving World of Pilates

An Exercise for Every Age and Ability

by Carrie Jackson

Pilates is a versatile and popular exercise that emphasizes core strength and flexibility. Originating in 1925 with Joseph and Clara Pilates’ first studio, its methods have evolved to adapt to modern lifestyles. Whether practiced in person with an instructor or virtually with the guidance of an online video or app, Pilates remains rooted in holistic wellness.

Angela Pawlicki, owner of Amplified Pilates Center, in Chicago, notes that Pilates benefits the mind, body and spirit. Connecting these attributes is one of its core principles. “An hour for self-care in a safe and friendly space while moving the body has a huge

impact on your total wellness,” she explains. “We teach clients how to breathe through uncomfortable moments and focus on precision and form instead of just the burn. Pilates builds strength, posture, range of motion and stability, which are key aspects of physical health. The mindfulness, intention and breathwork during Pilates can also help calm the nervous system.”

A Pilates workout combines stimulation and serenity, providing a deep emotional boost. “Mental wellness is found in both the uncomfortable and joyful aspects of Pilates,” says Pawlicki. “The music is in the background so clients are not just moving

to the beat, but rather focusing on their bodies and movements. They also find time to quiet the mind of outside thoughts and focus on being mindfully present to how their body moves.”

The variations in Pilates make it accessible to almost everyone. Pawlicki’s clients range from 13 to 93 years old at all fitness levels. “A number of our clients are just looking to be healthy, both physically and mentally. We also see athletes, women who are pregnant or in postpartum, and people healing from injuries such as knee or hip replacements and spinal surgeries,” she points out. “While the basic Pilates apparatuses have remained largely unchanged over the years, the teaching principles have evolved to address the wear and tear our bodies experience from cell phones, computers and seated jobs.”

In recent years, teaching methods have expanded to include group, private, online and hybrid classes that cater to different interests, abilities, goals and schedules. “Online and virtual classes are a great way to bring Pilates to people that do not have access to it in person, or whose personal commitments do not allow them to attend a class,” Pawlicki says. “This also lets them pause and replay a specific section, which they wouldn’t be able to do in a class.”

Pilates apps offer convenient options for busy individuals. Better Me (*BetterMe.world*) serves as a comprehensive tracker, allowing users to also record their steps and food intake. Pilatesology (*Pilatesology.com*) is designed for beginners, offering progressive exercises to help them learn the basics without feeling overwhelmed. B the Method (*BTheMethod.com*) caters to those seeking home workouts with minimal equipment, offering options for light dumbbells.

Jesse Masche, co-owner of East Side Pilates, in Milwaukee, uses Pilates to create a



Alena Shekhovtsova from corelens/CanvaPro

community where strength, empowerment and holistic wellness converge. Noting that it is a reliable and versatile exercise for long-term well-being, she states, “Pilates focuses on building core strength, which supports a healthier spine. This leads to increased flexibility and mobility as you age, which can improve your balance and reduce the risk of falls.”

While trends like wall Pilates and aqua Pilates gain traction on social media, Masche believes that exercises on traditional equipment, such as the reformer, offer the most efficient way to reap the benefits. “Aqua Pilates can provide a soothing atmosphere, but I don’t necessarily think the rewards are the same,” she says. “The reformer is a support system—like a third muscle—to help you utilize the correct muscles for each exercise. The springs hold you up, allowing you to get in the correct position. It also gives you valuable feedback on which muscles you’re engaging.”

The springs on the reformer, chair or tower apparatus can be adjusted based on individual goals. “A beginner may use more spring for support, allowing them to fully engage their entire body and lengthen into the exercise,” Masche suggests. “As they advance, they may decrease the spring to support their own body weight more. Or, they can make it stronger, challenging themselves to resist and engage the spring, stimulating muscle activation. It all depends on their focus and what they want to accomplish.” 🦋

Carrie Jackson, a Chicago-based freelance writer and frequent contributor to Natural Awakenings, can be reached at CarrieJacksonWrites.com.

Atlanta Pilates Studio Owner Witnesses Its Evolution

Leslie Clayton, owner of Body Awareness, which, at 31 years, is Atlanta’s oldest Pilates studio, has participated in the Pilates evolution.



Leslie Clayton

Photo: Madison Crowley

In the beginning, many of her clients were affluent, having discovered Pilates at spas and resorts on the two coasts. Two other types of Pilates students were prevalent then, as they are now: those rehabilitating from injuries and professionals, such as dancers, who were looking to fine-tune their performance.

How students have engaged with Pilates has changed over time. In the beginning, large group mat classes were an easy and economical way for people to try Pilates out. But “private sessions have always been a major way to learn Pilates,” says Clayton. “You can really customize the session. People can get their individual needs met because there are many different ways that people choose to breathe or stand or sit or have functional imbalances in their posture.”

When COVID emerged, it impacted people’s ability and willingness to learn remotely and virtually. Based on available data, ChatGPT reports that Pilates in the U.S. enjoyed its biggest growth between 2020 and 2023. ClassPass reported that in 2024, Pilates bookings increased by 84 percent over 2023. Moreover, more men started taking up Pilates than ever: Solidcore, a national chain offering Pilates-style workouts, reported a 71 percent year-over-year increase in male membership between 2022 and 2023.

These days, Clayton sees the biggest growth in Pilates coming in group reformer classes. She’s addressing that by opening a second studio; her current location only has four reformers. [No official date for opening has been announced as of this writing.] New studios are opening with anywhere from eight to 15 reformers, she says, but she’s willing to teach no more than 10 in a group class. “Pilates is really about fine-tuning posture form,” she says. “A lot of things could go wrong when you have a lot of moving parts.”

Clayton sees significant differences among her student groups. Clients in their 70s through 90s see Pilates as their primary form of exercise, she says. “The spring tension environment is just the best thing that I know of for keeping the joints mobile without stressing the joints.” Longevity is a key motivating factor as older clients “can see [the benefits of Pilates] now more than ever when they are in social gatherings with their friends that are of their age.”

Younger practitioners, on the other hand, typically use Pilates for core strength and flexibility and as a supplement “to keep their body in balance if they play tennis or golf.” It’s also fun for this group, in addition to the “cosmetics” consideration; “you look long and lean, and your posture looks great.”

One motivating factor to take Pilates has not changed since the very beginning: rehabilitating injuries, especially of the lower back, as well as injury prevention. “The mindfulness that you bring to your exercise with Pilates is very important for injury prevention,” says Clayton.



FreshSplash from Getty Images Signature/CanvaPro

Where To Find Natural Awakenings Magazine

West End /
Southwest Atlanta

Medu Bookstore
2841 Greenbriar Pkwy SW
Suite N-426
Atlanta, GA 30331

Southwest Regional Library
3665 Cascade Rd
Atlanta, GA 30331

Tassili's Raw Reality Café
1059 Ralph David Abernathy Blvd SW
Atlanta, GA 30310

Wadada Healthy Market &
Juice Bar
878 Ralph David Abernathy Blvd SW
Atlanta, GA 30310

Washington Park Library
1116 MLK Jr Dr SW
Atlanta, GA 30314

West End Print Shop
964 Ralph David Abernathy Blvd SW
Atlanta, GA 30310

natural
awakenings

Healthy Kids



Staying Active With Dad

Three Fathers Share Their Stories

by Megy Karydes

Movement serves as a universal language, and one of the most powerful ways fathers can connect with their children. According to a study published in the *American Journal of Lifestyle Medicine*, when parents model active lifestyles, they not only boost their own fitness but also lay the foundation for their children's lifelong physical, social and cognitive development.

Regular physical engagement builds habits that can lead to healthier, happier lives. When a family engages in such activities together, what may have started out as exercise becomes a memory-making, relationship-enhancing and mood-boosting occasion.

Whether tossing a ball, hiking a trail or simply dancing in the living room, physical activity provides dads and kids a shared experience that strengthens their bond. There are many easy ways to spend quality time together, away from the distractions of screens and daily routines.

Making Movement Fun

"The goal, at least from my parenting perspective, is to raise healthy, happy and resilient kids. A lot of people take for granted how powerful play can be," says Brian Comly, an occupational therapist and father of two who founded *MindBodyDad.com* to help families enjoy movement, play and togetherness. "It's important for



nomadsoulphotos/CanvaPro



Odua Images/CanvaPro

adults to model curiosity, creativity and connection, and instill these skills early. Oftentimes, the substitute is a phone, tablet or TV, which actually inhibits or atrophies these skills."

W. Zach Smith, a Seattle-based physical therapist and founder of HIDEF Physical Therapy, believes that modeling healthy behavior and starting early is paramount, and it doesn't have to be overly complicated. "Starting from a young age, I would bring my kids to the garage when I worked out. Now, both of them will copy me and grab small, one-to-three-pound dumbbells and do a lot of the exercises that I do," Smith shares, adding that when the kids were younger, they would help him with the yard work, pulling the garden cart and picking up after him.

Rucking, a practice where a child is strapped to the back of a parent or caregiver for a walk, has been a favorite activity for both Comly and Smith. Smith notes that rucking not only enhances the physical challenge for the parent but also provides immense enjoyment for their children. As his daughter has matured, she has developed the ability to jump out of her stroller and run alongside it for extended periods, alternating between running and resting.

Prioritizing Connection

Physical activities foster a deeper connection between individuals, extending beyond simple muscle development. Andres Ochoa, a project manager in Chicago and a father of two daughters aged 10 and 12, has observed that engaging in shared physical activities strengthens their family bond. After meeting their respective sports commitments during the week, Ochoa makes sure to dedicate the weekends to family time.

Ochoa finds that shared physical activities enable him to remain fully present and focused, while minimizing distractions. "Being together and active creates moments of true connection, where kids feel seen and valued," he says, noting that such moments can lead to meaningful conversations, stronger emotional ties and improved communication.

Depending on the season, Ochoa may take his daughters to their local YMCA to practice basketball or ride bikes on a nearby trail. Occasionally, they will set a family goal such as completing a 5K run. Ochoa's primary objective is not to introduce additional stress into their lives. They participate in the Turkey Trot every year, and in the absence of scheduled races, engage in runs as a family, challenging each other. He often allows his daughters to take the lead in selecting their activities.

Small Habits, Big Impact

Even with today's digital distractions, dads that prioritize physical activity find creative ways to incorporate movement into their daily routines. For instance, Ochoa walks his daughters to school every Friday whenever possible. If the weather is bad or they are headed somewhere after school, he strategically parks several blocks away, allowing them to walk for a portion of the journey.

While structured sports offer numerous benefits, Comly reminds parents not to forget about unstructured play. "Kids, for hundreds of thousands of years, evolved to explore the environment, not plastic toys," he quips. "That's literally how they learn and how they grow. They are meant to engage with each other, and in a natural environment, and the parent's role is to help facilitate that, not interfere with it."

Megy Karydes is a Chicago-based writer and author of *50 Ways to More Calm, Less Stress*.



Onfokus from Getty Images Signature/CanvaPro

RESTORE, REALIGN, & REJUVENATE

REIKI ENERGY HEALING
CRYSTALS • OILS • CANDLES
INCENSE • CORD CUTTING,
HERBS • LIFE COACH
INTUITIVE READINGS



Essentials Metaphysical Store

3382 Hwy 5, Suite D
Douglasville, GA 30135
www.TangelaHealing.com
313-282-1759

WHERE SUSTAINABILITY MEETS STYLE

Decatur Estate VINTAGE MARKET

www.decaturestateantiques.com
@decaturestate
Decatur Estate Vintage Market
decaturestates@bellsouth.net
404-378-4889



3429 Covington Hwy, Suite C Decatur, GA 30032
Weekdays 11am-6pm, Weekends 11am-7pm

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 and paid listings to ads@naAtlanta.com.

Saturday, June 7

ELEVATE: House Music, Health & Harmony Outdoor Festival – 10am-8pm. Celebrate house music, health and harmony with DJs, yoga, vendors, massage therapy and more. Free admission. Perkerson Park, 770 Deckner Ave SW, Atlanta. bit.ly/Health-and-Harmony-Outdoor-Festival-060725.

Fit Fest ATL – 12-6pm. Enjoy workouts, wellness workshops, vendors, live music, and a block party at this fitness celebration. \$20. Underground Atlanta, 50 Upper Alabama St, Atlanta. bit.ly/Fit-Fest-ATL-060725.

Sunday, June 8

Unity Atlanta Church "12 Powers Workshop" – 12:30-2pm. You're invited to explore how you can use your twelve God-given powers to improve your life. Licensed Unity Teacher, Freda Steward, will present the power of WISDOM in this month's workshop. Feel free to bring a bag lunch. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. UnityAtl.org.

Tuesday, June 10

Atlanta Resource Foundation E-Bike Excursion – 9:30am-2pm. Explore 22 Atlanta neighborhoods on a guided e-bike ride with lunch and stops included. Ages 18+. Free. Star Metals Office, 1055 Howell Mill Rd, Atlanta. bit.ly/Atlant-Ebike-Excursion-061025.

S.A.F.E. Self Defense with Sule Welch – 6-7pm. Learn awareness, instinct, and escape strategies in this empowering self-defense class. Ages under 16 with guardian. Home Depot Backyard, 1 Backyard Way, Atlanta. bit.ly/Self-Defense-with-Sule-Welch-061025.

Walk With Us Atlanta – 6-7:30pm. Join a low-impact fitness walk through scenic streets with a supportive community. All fitness levels welcome. Free. S Colonial Homes Circle NW, Atlanta. bit.ly/Walk-With-Us-Atlanta-061025.

Festival of Humanity Transmission Meditation Talk with Meditation – 7:30-9pm. Discover a simple, powerful group meditation to serve humanity and deepen your spiritual path. Free online event hosted by Share International USA SE Region. bit.ly/Festival-of-Humanity-Transmission-Meditation-061025.

Thursday, June 12

High Focus & Pyramid Silverline Mental Health Event – 11am-2pm. Enjoy workshops, networking, and resources supporting mental health and treatment options. Free

ATLANTA SCHOOL OF WELLNESS & RANESA HOUSE OF WELLNESS
3091 E Shadowlawn Ave NE, Atlanta
404-941-9544
AtlSchoolOfWellness.com
Register for events online or call us.

Saturday, June 14

Essential Oils for Self Healing – 10am -1pm. Essential oils are nature's most powerful plant medicine. Learn how to safely and effectively use them for your personal healing. \$95.

Thursday, June 19

Mindfulness Sound Bath – 6-7:30pm. A deeply immersive, full-body healing experience using specific frequencies to facilitate healing and deeper states of consciousness. You'll release lower frequency thoughts, emotions and experiences, and enter an accepting state to receive all your blessings. \$65

Thursday, June 26

New Moon Sound Bath – 6-7:30pm. Enter this sacred gathering to honor yourself and connect with your heart. Through a powerful, 5000-year-old meditation you will align with your heart's true desires and release them into the Universe as you align with healing vibrations. \$65

admission. Maggiano's Little Italy, 1601 Cumberland Mall, Ste 200, Atlanta. bit.ly/Mental-Health-Workshop-061225.

Self-Care City Scavenger Hunt – 1-5pm. Explore wellness through a self-guided scavenger hunt based on the Hot Habits series. Flexible start, all levels welcome. Suggested \$20 donation. 3900 Crown Rd SE, Atlanta. bit.ly/Self-Care-City-Scavenger-Hunt-061225.

Saturday, June 14

Heal Your House Festival: Meditation in the Park – 8-8:45am. Join a peaceful morning of guided meditation and mindfulness in nature. All levels welcome. Free. Grant Park, 840 Cherokee Ave SE, Atlanta. bit.ly/Heal-Your-House-Festival-061425.

Father's Day Rooftop Movement Class – 11am-12pm. Celebrate dads with a high-energy rooftop workout hosted by ATLBMA x Union Fit Hub. Members only. Society Atlanta, 811 Peachtree St NE, Atlanta. bit.ly/Fathers-Day-Rooftop-Movement-061425.

Speed and Conditioning Training – 12:45-3:30pm. Free athletic development for ages 7+, including neurodiverse youth. Builds fitness, flexibility, and injury prevention. Pittsburgh Yards, 352 University Ave SW, Atlanta. bit.ly/Speed-and-Conditioning-Training-061425.

Sunday, June 15

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.

Tuesday, June 17

Overeaters Anonymous – Smyrna Meeting – 6:30-7:30pm. A confidential, free fellowship for individuals recovering from compulsive eating. Open to all seeking support. Ridgeview Institute, 3995 South Cobb Dr SE, Smyrna. bit.ly/Overeaters-Anonymous-061725.

Wednesday, June 18

Weekly Wed Meditation Class – 7-8:30pm. Enjoy stretching, guided meditation, and a wisdom talk in a peaceful setting. Free; \$5 donation suggested. Georgia Meditation Center, 4522 Tilly Mill Rd, Atlanta. bit.ly/Weekly-Wed-Meditation-061825.

Just Walk with Carolyn Hartfield – 9-11am. Join a health-focused walk with guided conversation and community connection. Free. Mason Mill Park, 1400 McConnell Dr, Decatur. bit.ly/Just-Walk-With-Carolyn-Hartfield-061825.

Walk It Out Wednesdays w/ Ranger Dofice – 4-6pm. Enjoy a brisk, guided hike through Arabia Mountain and reconnect with nature midweek. Free. Davidson-Arabia Mountain Nature Center, Stonecrest. bit.ly/Walk-It-Out-Wednesday-061825.

Vitality, Spirit & Wellness Clinic

Saturday, June 21 • 11am – 3pm
The Well of Roswell

Healing services at discount! Providers: Keith Dykes, Robin Albury, Dr. Samantha Harvey and Dr. Adam Trapp. Experience Reiki Healing, Chiropractic Alignments, Functional Medicine and Crystal Healing. 45-minute sessions, \$50 each. 900 Old Roswell Lakes Pkwy Suite #300.

More info: VitalitySpiritAndWellness.com

Saturday, June 21

Free Saturday HIIT Workout Class – 10-11am. Burn calories with a high-intensity workout followed by meditation and self-care talk. All fitness levels welcome. Jamie The Motivator, 3365 W Hospital Ave, Ste G, Chamblee. bit.ly/4eRhDvx.

Oasis Health Expo 2025 – 10am-5pm. Explore wellness exhibits, free health screenings, workshops, kids' activities, and live entertainment. Free admission. Cumberland Mall, 2860 Cumberland Mall, Atlanta. bit.ly/Oasis-Health-Expo-062125.

City Market Atlanta: Community Health Fair – 12-6pm. Enjoy DJs, health screenings, wellness vendors, food trucks, fitness demos, art and giveaways at this free, family-friendly event. 2001 MLK Jr Dr SW, Atlanta. bit.ly/Community-Health-Fair-062125.

Tuesday, June 24

The B.A.R. with Guru of Abs – 7:15-8:15pm. A dynamic core workout using all planes of motion. All levels welcome. Ages under 16 with guardian. Home Depot Backyard, 1 Backyard Way, Atlanta. bit.ly/Basic-Abdominal-Routine-with-Gurus-062425.

Wednesday, June 25

Walk & Talk Decatur – 6-7pm. Join a friendly community walk around Decatur Square starting at Clarity Fitness. All levels welcome. Free. 1 W Court Sq, Ste 100, Decatur. bit.ly/Walk-and-Talk-Decatur-062525.

Thursday, June 26

Healing Sound Bath with Raye Andrews – 7-8pm. Join Certified Vibrational Sound Therapist, Raye Andrews, for a beautiful symphony of sound, celebrating the Summer Solstice. This immersive, full-body listening experience can bring relaxation to your mind, body and spirit. Suggested love offering \$20-\$40. Held in the Chapel. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. UnityAtl.org.

Friday, June 27

Guided Nature Hike with Arabia Mountain Naturalists – 8-10:30am. Explore Arabia's unique ecology and history on a scenic hike with expert guides. Free. Davidson-Arabia Mountain Nature Preserve, 3787 Klondike Rd, Stonecrest. bit.ly/41H00It.

Saturday, June 28

Weekly Wellness Walk Club – 9-11am. Join The Self Care Lab. for a morning walk along the Beltline to celebrate movement, mindfulness and community. Meet at Kroger Street Market. Free. Atlanta Beltline Eastside Trail. bit.ly/3EgwB1D.

Climb Out of the Darkness | Team Atlanta-Decatur – 9am-12pm. Walk in support of postpartum mental health awareness with family-friendly activities. Free. Mason Mill Park, McConnell Dr, Decatur. bit.ly/Climb-Out-of-Darkness-062825.

Faithful Flow: Graceful Movements with Gods Guidance – 10-11:30am. Gentle movement, meditation and scripture in a peaceful outdoor setting. All levels welcome. Free. North Meadow, Piedmont Park, Atlanta. bit.ly/Graceful-Movements-with-Gods-Guidance-062825.

Network & Fitness – 10am-12pm. Mix networking with energizing workouts at this fun professional meet-up. All levels welcome.

\$20. Piedmont Park, 830 Willoughby Way NE, Atlanta. bit.ly/Network-and-Fitness-062825.

Sunday, June 29

"Spiritual Keys to Aging Well" – 12:30-1:30pm. This monthly discussion group is based on the booklet, "Spiritual Keys to Aging Well," by Unity World Headquarters at Unity Village. Copies are available at the event. Facilitated by Elisha Fields. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. UnityAtl.org.

Saturday, July 5

Angel & Ancestor Spirit Jam – 6-8pm. Receive intuitive messages from the Angel and Ancestor realm in a group setting. \$10 at the door. Healing Hands Reiki, 27 Waddell St, Ste A, Atlanta. bit.ly/Angel-Ancestor-Spirit-Jam-070525.

ONGOING —————

Sundays

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.

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

Grant Park Farmers Market – 9am-1pm. The Beacon ATL, 1030 Grant St SE, Atlanta. cfmatl.org/markets.

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.

Meditation Healing & Wellness Course

Sundays • 10:30am-12:30pm

Six-week course meets once weekly, Sundays or Wednesdays. Deepen your meditation or explore healing paths. Transform your life and connect spiritually.

Andrea, 404-557-4306. Norcross.

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.

Online: UUCA Service – 11am. Unitarian Universalist Congregation of Atlanta: uuca.org/live.

Unity Atlanta Church Sunday Services – 11am-12pm. May 4 - June 15 Message Series -

"Spring into Wholeness." Rev. Jennifer L. Sacks shares messages of Freedom and Renewal to help you model the great wisdom, strength, and love already imprinted within you. 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.

Twin Hearts Meditation – 11am – 12:30pm. 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 Pranic Healing Center via Zoom. To watch: AtlPranicHealing.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

Tuesdays

Online Meditation Open House – 7-8pm meditation, 8-8:30pm discussion, followed by tea and cookies. To watch: 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.

Classifieds —————

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

Practice For Sale —————

NATURAL MEDICINE PRACTICE FOR SALE - Available for Acquisition: Long-standing Naturopathic/Natural Medicine Practice in Woodstock. 170+ patients, ample growth potential. Inquiring parties must have relevant experience and credentials. Seller financing/training available. Contact: Alex Levinson: Alevinson@tworld.com, 786-570-5750.

Natural Supplements —————

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

Space for Rent —————

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.

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: xiomara735@gmail.com. Unity Atlanta Church: 770-441-0585. UnityAtl.org.

Wednesdays

Meditation & Modern Buddhism – 7-8.30pm. 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.

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.

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.

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.

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.

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.

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/4mnww3t4.


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.

COMMUNITY DIRECTORY

Discover the leaders in natural health care, sustainable living, and personal and spiritual development in our community! To list your product or service here, email us at: ads@naAtlanta.com

Chiropractic


HANDS ON WELLNESS CHIROPRACTIC
3652 Chamblee Dunwoody Rd Ste 1
Chamblee, GA 30341
www.howchiropractic.com
770-452-2955



Relieve pain—especially in the back and neck, improve mobility, and enhance overall health. Specialties: Spinal/extremity adjustments, posture correction, sports, pregnancy and pediatric care, including Webster technique. Personalized care to meet your needs.

Coaching for Women


SAM OKAM, WOMEN'S SUCCESS COACH
webinar/info: bit.ly/3B4Zf3R
email: coachsam@mbscoachinggroup.com



I help professional moms gain control of their lives without a nanny, lost sleep, or countless self-help books. Gain control with my signature system in just a few weeks. Visit the URL above for details.


Energy Healing

LINDA MINNICK
Intuitive, Coach, PSYCH-K Facilitator
www.lindaminnick.com
lkminnnick@live.com
678-641-7005



Your thoughts are running the show. Change your thoughts, change your results. With an easy, quick, and proven process, I can assist you in creating a healthier, happier belief system thereby getting better results.


KRISTIN TANSEY
Shine Energy Healing
shine-energyhealing.com
ktansey18@gmail.com
646-345-8519



Release emotional trauma, pain, limiting beliefs and more with Emotion Code, Body Code, and Belief Code. These are transformational methods to create joy, optimal health, and abundant life.

Functional / Integrative Medicine

DR. NINA ROSS, ND; PH.D
8735 Dunwoody Place, Suite O,
Atlanta, GA 30350
678-561-4522
Landing.NinaRossFM.com



With a masters degree in Traditional Chinese Medicine, and over 20 years of experience, Cameron provides quality acupuncture, herbal medicines, moxibustion, cupping and gua sha.

Health Food Store


SEVANANDA NATURAL FOODS MARKET
467 Moreland Avenue NE
sevananda.coop
404-681-2831



Atlanta's only MEMBER-OWNED natural foods market. Featuring vegan hot bar, extensive herbs and supplements department, and a large selection of products from local vendors. Support local. Shop Sevananda!

Herbalist


SHANNON GOWLAND
Seeds of Wellness
SeedsOfWellnessCenter.com
bewell@seedsofwellnesscenter.com
404-895-1302



Empower yourself on your wellness journey. I look at your health history, genetics, epi-genetics, and review your skin, nails, eyes and tongue to develop your bio-individual protocol.

Holistic Dentistry


ATLANTA DENTAL WELLNESS
Cale Jackson, D.M.D.
Piedmont Center, 3525 Piedmont Rd
Bldg Five, Ste 408, Atlanta
AtlDentalWellness.com · 404-233-1102



Mercury-free dentistry service for over 20 years. Special treatment for mercury removal. Discover which dental materials are optimal for you.

Hyperbaric Chamber


HYPERBARIC OXYGEN THERAPY
Boost Your Body's Healing Processes!
Hands On Wellness
howchiropractic.com/hyperbaric
770-452-2955



Our chambers increase oxygen levels, promote faster recovery, reduce inflammation, and boost overall wellness. Ideal for sports injuries, chronic conditions, post-surgical recovery. Schedule a consultation today and breathe new life into your cells!


Hypnotherapy

BECKY ARRINGTON
The Well of Roswell
www.arringtonassoc.com
becky@arringtonassoc.com
770-778-2051



Stop Sabotaging; Start Succeeding! Clear emotional trauma resulting from childhood, prior experiences or past lives by accessing your “untapped wisdom” within, facilitated by Becky's intuitive abilities and Alchemical Hypnotherapy processes.


VAL HUDGINS
The Wellness Emporium
1501 Regency Way, #203
Woodstock, GA
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
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.

Iridology

DR. ROXANNE PADMORE, ND, CCI
Mending Hearts Wellness Center
136 Powers Ferry Rd, Marietta
MendingHeartsWellnessCenter.com
470-496-7272 · AskDrRox@gmail.com



The iris reveals information that may help prevent conditions and internal enemies from attacking your Health. When you know what's wrecking your health, you can take action and take better care for yourself.

Naturopath


SONORA COST
Iridology | Herbalism | Nutritional Counseling
SonoraCost@gmail.com
678-886-4470



Alternative medicine is holistic medicine! Let's give you a sample with a FREE introductory consultation or eye analysis. Call to book an appointment and mention this offer in *Natural Awakenings*.

Realtor


TORI MCGEE
Holistic Realtor / Building Biology Advocate
www.atlantaholisticrealtor.com
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/
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 · 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

SOFTWARE THERAPY
for Pain Relief & Tissue Regeneration
Introductory session: \$49
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 · 404-993-3914

THE WELL OF ROSWELL
Hope, Healing & Happiness
900 Old Roswell Lakes Parkway #300
Roswell, Georgia 30076
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
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.



LIST YOUR BUSINESS FOR FREE!
naAtlanta.com/businesses

A Reason. A Season. A Lifetime.

by Rev. Jenn Sacks

Several years ago, as I discerned my call to ministry, I had a friend I'll call Zee. We met at church and bonded quickly. We shared phone calls, e-mails, birthdays, holidays—and especially our stories of woe.

Zee and I often prayed with a church group devoted to self-awareness and personal empowerment so each of us could best choose how to live abundant, fulfilling lives. In the group, we encouraged one another and affirmed the inner strength, faith and courage we had to transform ourselves.

At some point, Zee began missing weekly gatherings, offering excuses about a hectic schedule. One day, as we discussed our troubles, she began a tirade about her boss. We had reached the point in our spiritual education classes—or at least I had—when we were encouraged to stop blaming others and focus on our own spiritual growth.

When I said, “I guess you’re thinking about how to deal with that,” Zee stared at me with eyes like daggers.

“Whose side are you on?” she asked.

“Yours, of course,” I stammered.

Eventually, Zee stopped attending church. Although we continued to be friends, I no longer wanted to use my energy to share woeful tales. When we did meet from time to time, I tried to listen with compassion. I loved her as my friend and wanted what was best for both of us, even if we no longer hung out at church.



Arkod/Pexels.com with alterations

But I also began to feel a strain between us. The more I chose to be responsible for myself, the more I realized that Zee continued to be the victim. Her problems were always someone else’s fault. She was having a string of bad luck. “Life,” she declared, “just isn’t fair.” I wanted her to be self-empowered rather than blame the “rotten boss,” the “bad day” or the “financial strain”—as she called them. I thought we both wanted self-empowerment, since that was the reason we connected in the first place.

One evening, during a quick phone call to plan our next visit, she said, “I don’t know why you’re making all this effort. You might think you have this all figured out now, but you’ll never be good enough to be anybody’s minister. Heck, you barely support me anymore.”

I mumbled something like, “Of course I support you. See you tomorrow,” so I could hang up and attend to my wounded heart.

That night, I stayed awake a long time, wondering what might mend the relationship. We had begun the journey together,

so hopeful for bright futures, but it was obvious that our paths were diverging.

When I finally fell asleep, I dreamt I was walking a clear, open path, the sun rising above drifting clouds. The road climbed, and I began to see a town ahead of me. The sun grew brighter as I walked, step by step. From deep within me, I felt my strength, faith and courage. I knew I could find my way, even if Zee was no longer with me.

The next morning, we met at our favorite diner as previously arranged. When I tried to share my heart, she only wanted to tell me what was wrong with me and why I wasn’t a good friend. I don’t remember much of the conversation, only the sadness of goodbye.

When I rose from my chair to leave, Zee said, “Call me sometime and let me know how it goes.”

“Sure. I will,” I said, but I didn’t. I never saw her again.

I later heard from another friend that Zee had changed jobs again. Then again, after that.

“Are you upset?” my friend asked. “Zee got really mean with you at the end.”

I checked my heart and said, “No. Not anymore. I know I am where I need to be now.”

It is said that people come into our lives for a reason, a season or a lifetime. Zee and I were “reason” friends who traveled together for a season. Even though we parted ways, I am grateful for the miles we shared. To me, those miles with Zee are part of my sacred and wondrous lifetime journey. 🌻



Photo: Nicole Tyler Photography

Senior minister of Unity Atlanta Church in Peachtree Corners, Rev. Jennifer Sacks is a preacher, writer and spiritual leader. She holds a Master of Divinity from Unity Institute and Seminary. Learn more and connect with her at RevJenn.com.

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.
- Financing Options Available.

Join a thriving network of passionate franchise owners reshaping the future of holistic health and wellness.

Call 239-206-2000 for a FREE evaluation of your community's potential. Learn more or apply today at:

Corp.NaturalAwakenings.com

Turn Your Passion Into a Business



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.

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

- Atlanta, GA
- Boston, MA
- Broward County, FL
- Bucks/Montgomery Counties, PA
- Central Florida/Greater Orlando, FL
- Central New Jersey
- Charlotte, NC
- Chicago, IL
- Columbia, SC
- Dallas, TX
- Daytona/Volusia/Flagler Counties, FL
- Detroit/Wayne County, MI
- Fairfield & Southern Litchfield Counties, CT
- Gainesville/Ocala/The Villages, FL
- Grand Traverse Region/Northern Michigan
- Greater Ann Arbor, MI
- Greater Lansing, MI
- Greater Oakland, Macomb, Livingston, Genesee, MI
- Gulf Coast, Alabama/Mississippi
- Hartford/Tolland, CT - *Coming soon*
- Houston, TX
- Hudson County, NJ
- Jacksonville/St. Augustine, FL
- Lancaster/Berks, PA
- Lehigh Valley, PA
- Long Island, NY
- Milwaukee, WI
- Monmouth/Ocean Counties, NJ
- Naples/Fort Myers, FL
- New Haven, CT
- New London/Windham, CT - *Coming soon*
- New York City, NY
- North Central New Jersey
- North New Jersey
- Northwest Florida
- Palm Beach, FL
- Philadelphia, PA
- Phoenix, AZ
- Pittsburgh, PA
- Rhode Island
- Richmond, VA
- Sarasota, Manatee, Charlotte and DeSoto Counties, FL
- South Central Pennsylvania
- South Jersey, NJ
- Southeast North Carolina
- Space & Treasure Coast, FL
- Tampa, FL
- Tucson, AZ
- Twin Cities, MN
- Westchester/Putnam/Dutchess, NY
- Western Michigan



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.



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:

- Mercury-free for more than 35 years
- Safe removal of mercury fillings: **SMART protocol**
- Biocompatible dental materials
- Ozone dentistry
- Lowest possible radiation x-rays

We are committed to you and your well-being, delivering the highest standards in optimal wellness & biological oral health.



SCAN ME