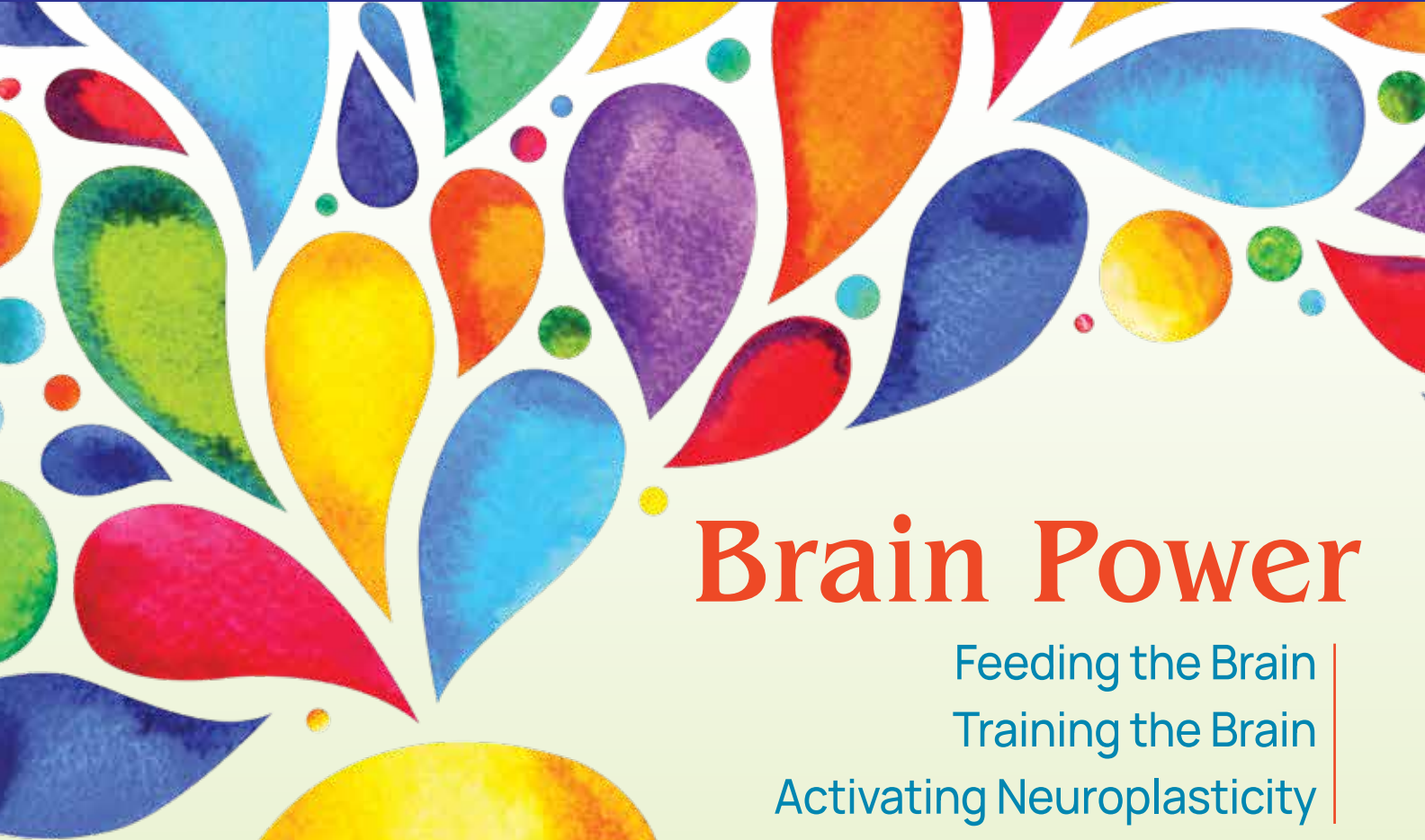




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October 2025

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**ASK A HEALTH COACH**

Health coach, yoga teacher and writer Hope Knosher wraps up her tenth Ask a Health Coach column for us this month with a piece on longevity on page 26. Here's a look back at all her columns starting in January 2024.

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**Correction:** In our September article on The Veggie Taste, Nyemay Aya's name was incorrectly reversed to Aya Nyemay.

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# Focus on the Brain and the Limitations of AI



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We're pleased to present this brain-focused issue with three articles: one is an overview of things to do to enhance and maintain brain health, the second is about neurofeedback and this month's Conscious Eating article explores brain healthy eating. We're particularly pleased because, according to our 2025 reader survey, you all want to know about brain training. We asked readers to rate and rank their interest in six topics. "Brain Training" came in #2, noticeably ahead of the rest of the pack.

Neurofeedback has been shown through research to be effective in addressing attention deficit/hyperactivity disorder (ADHD), post-traumatic syndrome disorder (PTSD), anxiety/stress and insomnia. That's great, but I tried to address a problem I've always had with articles like this.

The issue is this. On the one hand, research demonstrates that neurofeedback is most effective when addressing the above conditions. On the other hand, there are many modalities that address those conditions. With readers' interest at heart, we want to tell you where neurofeedback sits within the context of all modalities for a given condition. I figured ChatGPT would make the task much easier. It did, but we still don't have an answer. Here's why.

First, when I asked ChatGPT, "What are the top three healing modalities that demonstrate the most success in addressing ADHD as a function of research?" medication topped the list, followed by behavioral therapy—including cognitive based therapy (CBT)—and then physical activity. When I modify the search to ask about "holistic healing modalities," drugs drop out and behavioral therapy was

broken into two separate items: CBT and parent/classroom interventions. When I asked about neurofeedback, the AI said that it isn't necessarily the case that neurofeedback is less effective; it simply wasn't listed because it didn't have as much research behind it as the others!

For giggles, I then asked Google's AI about holistic health modalities for ADHD with no mention of research and it listed neurofeedback as #1. That begs the question as to what Google's AI uses to determine what constitutes "#1". Moreover, I decided to start a second, new thread with ChatGPT and found it came up with a new answer! So, not only do AIs disagree with each other, ChatGPT disagrees with itself! That makes these things far *more* like humans than we might imagine, but also, unfortunately, it means that we can't deliver to you the more qualified information that I had hoped to.

As I write, we are five days removed from the assassination of Charlie Kirk. Sadly, this country has never been closer to exploding in my lifetime, with the possible exception of the violence in the 60s. To be fair, as a child, I had no sense of the national political mood during the civil rights movement, and I was only beginning to get a sense of that as the Vietnam war wound down.

I have written about my hair-trigger anger issue around injustice in this column several times, most recently in June when I admitted that I could no longer sincerely feel compassion for those in this country who are purposely causing untold suf-

fering across a broad swath of people in America. I reported that I could no longer sincerely practice taking and giving, the Buddhist practice, mounted on the breath, to take away suffering and to give love to the perpetrators. So I started a purification practice to clean up the karma associated with this anger. I wanted to once again practice taking and giving sincerely.

The weekend prior to the shooting, I took a personal retreat. During the retreat, I received an energy healing session that, remarkably, rid me of a *lot* of anger. And last Monday, for the first time this year, I offered taking and giving—*sincerely*—for those on the opposite side of the political fence.

I tell you this for three reasons. First, regardless of how angry one is, there are ways to bring the temperature down, if one really cares about doing so. Two, energy healing is like magic. Because I can't use, much

less try out, all the services of all customers, it would be unfair of me to speak of the provider in these pages. But I will talk about what I've found works in a future, online-only letter. Third, there is only one viable way out of our regretful national predicament, and no words express it better than those of the Rev. Martin Luther King: "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

For most of us, this is a call to be Super Humans. I trust many of you wish to be more like MLK and help lead the way. 🙏



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



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Ranesa House of Wellness announces its annual 11:11 Metaphysical Fair, taking place from 10 a.m. to 5 p.m. on Saturday, November 8 and Tuesday, November 11. The two-day event features free vegan food, drinks, tarot readings, meditations and mini wellness sessions, along with discounted treatments, spiritual workshops and metaphysical products.

Hosted by Mayuri Sobti, director of Ranesa House of Wellness, the fair honors 11/11—a spiritually significant date viewed as a powerful time for manifesting and new beginnings. “The 11:11 Metaphysical Fair is a very special gathering of Atlanta’s wellness and spiritual communities,” says Sobti. “It gives people a place to commune around positive energy and healing. It is a place to explore healing modalities and spiritual practices to enhance one’s personal life.”

Free offerings include vegan food and drinks, tarot readings, meditation and breathing sessions, cacao for intention setting and mini wellness sessions. Discounted services include reiki, access bars, chakra massage, balancing acupuncture, grounding reflexology, sound baths, restorative yoga and energy clearing detox massages.

Guests can purchase a \$111 package that includes one discounted treatment and one workshop. Highlighted workshops include Sacred Alignment Breathwork, the 11:11 Sound Bath and Candles & Crystals Restorative Yoga. The package can be purchased and reservations for treatments can be made at [ATLSchoolofWellness.com](http://ATLSchoolofWellness.com) or call 404-941-9544.

Ranesa House of Wellness is located at 3091 E. Shadowlawn Ave NE in Atlanta.



Mayuri Sobti

## Cereset on Ponce Relocates

Ruthie Emrick, owner and tech coach of Cereset on Ponce, announces the center’s move to a new location at 631 Ponce de Leon Avenue, Suite 205, in Atlanta.

Cereset, short for “cerebrum reset,” is a passive, non-invasive brain technology designed to help the brain relax, rebalance and reset by listening to its own echo. Clients report improvements in sleep, mood, energy, memory, focus and stress regulation following sessions. The process supports individuals of all ages dealing with anxiety, trauma, learning challenges, defiant behavior or difficulties with sleep, memory and decision-making.

The technology addresses brain imbalance caused by stress or traumatic events that can leave individuals in a “freeze” response, marked by numbness, or in a “fight-or-flight” state of heightened anxiety. By using only brain-initiated sound, Cereset allows the brain to reset itself, improving overall well-being and resilience.

“I am excited to continue to bring hope and healing to those who have struggled for so long with little to no results,” Emrick says. “I love that Cereset is a passive, non-invasive process with your own brain leading the way to lasting and meaningful change.”

For more information, call the new number, 678-487-7714, email [Info@OnPonce.Cereset.com](mailto:Info@OnPonce.Cereset.com) or visit [Cereset.com](http://Cereset.com). Cereset on Ponce is located at 631 Ponce de Leon Avenue, Suite 205, in Atlanta.



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## Moore Launches Conscious Living Online Course



Photo: Jason Denmark

Ilona Moore

Ilona Moore, founder of You Are The Light Academy and owner of the Peachtree Yoga Center, announces the release of Conscious Living: Energy Awareness & Activation, a new online course on the practical application of energy. The training is the first level of a three-part series designed to help participants remove energetic blocks, reconnect with their soul and experience greater harmony.

Moore is an E-RYT 500 and Yoga Alliance continuing education provider with more than 5,200 hours of teaching experience. Over the past decade, she has led 200-hour and 300-hour yoga teacher trainings, immersive workshops and retreats. Originally from Russia, with a degree in linguistics, she combines global awareness, intuitive insight and years of community teaching in her programs.

The course has been featured in *International Business Times* and offers tools for participants to free inner power, create desired situations and take conscious control of energy. “We live in a fast-paced world that is overloaded with information that gives us instructions on how to live our life,” Moore says. “This course awakens your extrasensory perception and allows you to experience subtle energy first-hand. It activates your energetic structure, which in turn, makes you the creator of your reality.”

The online course is available for \$369. Graduates may continue with a membership option for \$150 to join weekly Saturday practice sessions on Zoom.

For more information, call 404-636-7535 or visit [bit.ly/moore-conscious-living](http://bit.ly/moore-conscious-living).

## Healthy Living Expo at Perimeter Mall

The 11th annual Healthy Living Expo comes to the Perimeter Mall on October 25, focusing on promoting holistic health, wellness and lifestyle education through vendor exhibits and live demonstrations. Attendance is free, and attendees will have access to wellness-focused vendors, product samples, community health resources and hands-on demonstrations. Vendor, exhibitor and sponsorship opportunities are available at various rates.

As of the time of writing, insurance companies Humana and CenterWell are confirmed vendors, and Dr. Patrice High of NuEmpowerment Health will present Heart Smart: Lifestyle Medicine Secrets Every Woman Should Know. Also, as of the time of writing, vendor and sponsorship opportunities are available. For more information, contact Tierra Fluker, CEO of Distinctive Events Management, at [info@distinctiveco1.com](mailto:info@distinctiveco1.com).

Founded in 2012, Distinctive Events Management specializes in wellness-centered events and public engagement initiatives. Over the past decade, the Healthy Living Expo has grown into a well-attended wellness gathering. The event moves from city to city, and 2025 is the first year the Expo is coming to Atlanta.

“Our goal has always been to provide access, education and inspiration for healthier living,” says Fluker. “This expo is more than just a gathering—it’s a movement toward empowering people to embrace positive lifestyle changes.”

The Healthy Living Expo will be open from 11 a.m. to 8 p.m. on October 25 at Perimeter Mall, located at 4400 Ashford Dunwoody Rd NE in Dunwoody. For more information, visit [DistinctiveCo1.com](http://DistinctiveCo1.com) or email [info@dintinctiveco1.com](mailto:info@dintinctiveco1.com).



Dr. Patrice High

## Local Exhibits Feature Accomplished Artists Dodd, Draghiceanu, Rose

### The Well of Roswell Presents Works by Thomas Dodd



Dogma

The Well of Roswell’s latest art exhibit features Atlanta-based photographer and digital artist Thomas Dodd, now through December 13. Dodd is internationally recognized for his “painterly photo montages,” blending photography, digital art and mixed media to celebrate the feminine form. His work has been shown in galleries around the world.

“[Dodd’s] gorgeous images have an ethereal quality—almost dreamlike,” says Becky Arrington, co-owner of The Well of Roswell. “They seem to encapsulate the Divine Feminine energy.”

For more information, call 770-778-2051 or visit [TheWellOfRoswell.com](http://TheWellOfRoswell.com). The Well of Roswell is located at 900 Old Roswell Lakes Pkwy, Ste 300, Roswell.

### Amy Draghiceanu at The Wellness Emporium



Lotus Pond

The Wellness Emporium is now exhibiting the works of Amy Draghiceanu, a self-taught painter with a passion for creativity. What started as a personal outlet for her emotionally quickly grew into a joyful way to express herself and to share beauty with others. Amy specializes in acrylic paintings, although she continues to explore new techniques to keep her work fresh and inspired. Each piece is infused with color, movement and emotion, reflecting the energy she feels as she paints.

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

### Carolyn Rose Exhibit at Phoenix & Dragon Bookstore



Mirror of a Ghost

Phoenix & Dragon Bookstore showcases “The Ghost of Things,” an exhibition by Carolyn Rose and her students, from October 3 through October 30. Rose is a classically trained painter who creates with metallic acrylics on canvas. With more than 40 years in the Atlanta art community, she has exhibited at The High Museum of Art and taught at Georgia State and the Art Institute of Atlanta.

Says Rose, “My experience with color theory and metallics has lent me the language of the ghost. My ghosts are spirits of flowers, vases and precious objects, and the paintings change with the rise and fall of the sun—just like ghosts.” An opening reception will be held on October 5 from 4 to 5:30 p.m. Admission is free.

For more information, call 404-255-5207 or visit [PhoenixAndDragon.com](http://PhoenixAndDragon.com). Phoenix & Dragon Bookstore is located at 5531 Roswell Road in Atlanta.

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# Feeding Our Brain Power

## What To Eat for Mental Acuity

by Maya Whitman



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The U.S. Centers for Disease Control and Prevention reports that about one in 10 adults aged 45 and older experience worsening memory loss or cognitive decline, a precursor to dementia. A 2022 study in *JAMA Neurology* indicates that 22 percent of adults over age 65 experience mild cognitive impairment. Our dietary choices significantly impact brain longevity, and what we avoid is equally important.

The late pioneering researcher Dr. Martha Clare Morris developed the MIND Diet, which merges the Mediterranean and DASH (dietary approaches to stop hypertension) diets to enhance cognitive function with plenty of delicious versatility. A 2015 study published in *Alzheimer's & Dementia* found that strict adherence to the MIND Diet can reduce Alzheimer's risk by 53 percent, while moderate adherence can lower it by 35 percent.

The MIND Diet is a stress-free, lifelong plan with bountiful menu options, including fish, lean poultry, vegetables, nuts, berries, whole grains, legumes and high-quality olive oil. It accommodates gluten-free and plant-based preferences. With satiating breakfast options like Greek yogurt or scrambled eggs, spicy chili for lunch and fun dinner burrito bowls, this diet is flexible and beginner-friendly, allowing for moderate consumption of pasta, potatoes and bread, with a focus on whole-grain, complex carbohydrates over refined ones. It also recommends oven roasting instead of high-heat frying.

### A Lifelong Investment

"You can never be too young to embrace brain-healthy dietary strategies in support of longevity. Early adoption of brain-healthy eating habits may also enhance cognitive reserve, strengthening the brain's resilience to neuropathological damage over time," says neuroscientist Kristen Willeumier, founder and CEO of the Willeumier Center for Advanced Research in Neurotrauma & Brain Rehabilitation, in California.

Embracing variety is important. "I like to have people think of brain-healthy food groups, not superfoods," states Annie Fenn, M.D., founder of the Brain Health Kitchen and author of *The Brain Health Kitchen: Preventing Alzheimer's Through Food*. Fenn notes that women are more likely to develop Alzheimer's than men "for reasons that have nothing to do with living longer. Alzheimer's can start in the brain up to 30 years before the first symptoms. It's never too early or too late. Data shows that switching to a brain-healthy diet can have benefits even in one's 70s."

The Link Neuroscience Institute, in California, recommends eating more colorful berries, fatty fish such as sardines, dark leafy greens, nuts and seeds, and a moderate amount of high-quality dark chocolate to protect the brain from oxidative stress, which can lead to conditions like Alzheimer's and Parkinson's diseases, as well as mood disorders, including long-term depression. They also advise against consuming processed and fried foods, sugar, alcohol and sodium.

### Cutting Out the Culprits

According to Willeumier, even a modest reduction in the intake of processed foods, including packaged products, sweetened cereals, deli meats and sugary beverages, can have a positive impact on brain health. She recommends the complete elimination of alcoholic beverages. "Neuroimaging studies, including the Whitehall II Study, which followed 550 participants over a 30-year period tracking alcohol intake and cognitive performance, suggest that there is no protective effect of alcohol on the brain, even from light drinking. Eliminate alcohol for the preservation of your long-term brain health."

Certain foods accelerate brain aging, and Fenn recommends limiting or eliminating fast and fried foods, sugar, artificially sweetened drinks, ultra-processed products and foods that are excessively high in saturated fat like butter and some cheeses. Certain cooking techniques are also problematic. "Frying, searing and grilling directly over high heat creates inflammatory particles called advanced glycation end products, or AGEs," explains Fenn. "Think low-and-slow when you cook—low heat, slow cooking, braising, poaching, steaming and indirect grilling."

Willeumier notes that these healthy eating habits can have an immediate effect on brain function by influencing neurotransmitter production, stabilizing blood sugar levels, reducing inflammation and improving cerebral blood flow, all of which can also help us to live longer, maintain our focus and thinking skills, and feel happier. 🍌

Maya Whitman is a frequent writer for Natural Awakenings.

## SARDINIAN LENTIL SOUP WITH HERBS

Fresh herbs are the stars of this fragrant soup. When shopping for celery, look for a bunch that has plenty of tender leaves, which add flavor and aroma to the dish.

### YIELD: 2 QUARTS

3 Tbsp extra virgin olive oil  
5 celery stalks, finely chopped (about 2 cups), leaves reserved  
1 large fennel bulb, cored and finely diced (about 1½ cups), fronds finely chopped and reserved  
1 medium yellow onion, finely diced (about 1 cup)  
1 tsp dried oregano  
1 tsp kosher salt  
½ tsp freshly ground black pepper  
½ tsp red pepper flakes, plus more for serving

2 large garlic cloves, thinly sliced  
½ cup dry white wine or water  
8 cups vegetable, chicken or beef stock  
¾ cup green lentils  
¾ cup fregola sarda whole-wheat orzo, or other small, whole-grain pasta  
1 large bunch Italian parsley, stems finely chopped, leaves coarsely chopped (about 1 cup each)  
½ cup fresh tarragon, finely chopped  
2 Tbsp chives, finely chopped  
Pecorino cheese to taste, optional  
Lemon wedges

Warm the oil in a medium pot over medium-low heat. Add the celery stalks, fennel bulb, onion, oregano, salt, black pepper and red pepper flakes. Cook, stirring often, for 8 to 12 minutes until the vegetables are soft.

Stir in the garlic and cook until fragrant for about 1 minute. Add the wine and cook for 2 to 4 minutes until the liquid is almost completely reduced.

## GREEN JUICE: MORNING HYDRATION BRAIN BOOST

### YIELD: 1 SERVING

4 to 5 stalks of celery  
½ to 1 whole cucumber, peeled  
½ cup Italian parsley  
½ cup baby spinach  
2 to 3 stalks of red kale or Pacific kale  
½ to 1 whole green apple, peeled and cored

Mix all ingredients together in a juicer or blender and enjoy.

Recipe courtesy of Dr. Kristen Willeumier.

Gen AI/CanvaPro

Add the broth and bring soup to a boil. Reduce the heat to a gentle simmer and stir in the lentils, fregola sarda and parsley stems. Cook uncovered at a low simmer until the lentils are tender and the pasta is al dente (soft but with a chewy bite), about 20 to 30 minutes. Stir often to make sure nothing sticks to the bottom of the pot.

Just before serving, stir in the parsley and celery leaves, fennel fronds, tarragon and chives. Grate or shave Pecorino atop and serve hot with lemon wedges on the side.

Store leftover soup in a tightly covered container in the refrigerator for up to three days or in the freezer for up to three months. The soup will thicken as it rests; add water or broth when reheating and an additional handful of fresh herbs before serving.

Recipe courtesy of Annie Fenn.



Courtesy Annie Fenn



# Activating Neuroplasticity

## The Brain's Ultimate Rewind Button

by Hannah Tytus

The brain has an amazing ability to rewire itself by strengthening, rerouting or growing new connections in response to learning, experience or injury. This continuous reshaping is known as neuroplasticity. The changes can be positive, such as regaining movement or speech after a stroke or learning a new skill. Sometimes they are neutral, and other times they can be harmful when maladaptive patterns reinforce chronic pain or anxiety. Fortunately, the brain can grow and adapt at any age, and there are many ways to help it thrive. Nourishing foods, mindful movement, meditation, social connection, clean air and restful sleep are everyday choices that can nurture the brain in powerful ways.

### Neuroplasticity Across the Lifespan

It has long been believed that children's brains are more malleable as they grow, and that once they reach adulthood, the brain stops evolving. But new research suggests that this may not be the full story. While the brains of developing children are certainly very adaptable, the adult brain is far from fixed.

A variety of influences, including stress, hormones, neurotransmitters, growth factors, medications, environmental stimulation, learning and aging, can reshape how brain cells are built and function. These factors may trigger changes in the size or

structure of brain regions, shift the brain's chemical makeup, alter the shape of individual neurons and even rewire networks of connections, sparking the growth of new neurons in a process called neurogenesis.

Scientists have long known that injuries, chronic stress and the natural process of aging can take a toll on the brain. Yet, new discoveries in neuroscience and integrative medicine point to the remarkable potential for repair and renewal at every phase of life.

### Healthy Fats

"Nutrition is the foundation of everything in health. You can't build anything in the body without good food," says Dr. Kat Toups, a functional medicine psychiatrist, researcher and author of *Dementia Demystified: The Definitive Guide to Resurrecting Your Brain, Reversing Cognitive Decline and Regaining Your Memory*. Contrary to decades of marketing campaigns for low-fat and fat-free diets, Toups explains, healthy fats are essential for brain health. The spongy white and grey matter of the brain, where all the thinking and messaging happens, is made primarily of fat.

Found in fatty fish such as salmon, sardines and mackerel, as well as in walnuts and fish oil supplements, omega-3 fatty acids are some of the healthiest fats, increasing blood flow in the brain and nourishing its physical structures to help improve learning, memory and cognitive well-being.

### Mindful Movement

"The most validated ways to support neuroplasticity are exercise and meditation—and both are free," says Toups. Exercise is well-known to protect the brain and boost thinking skills. One way it may do this is by supporting the growth of new neurons and strengthening connections within the hippocampus, an area in the brain involved in the formation of fresh memories and the recall of past experiences. A 2017 study published in *Experimental Gerontology* found that regular exercise significantly

increased hippocampus volume, while nonactive participants showed a shrinking hippocampus.

In addition to strength and cardio training, exercise that incorporates mindful and creative components may enrich the benefits. Engaging the body and mind at the same time can strengthen neural networks and support long-term cognitive function. Long walks, yoga classes or playful sessions with the kids or grandchildren are excellent ways to support the link between body and brain. Studies show that tai chi, a mindful movement practice, may be even more effective than regular exercise in protecting cognitive function because it increases brain activation in regions associated with motor function and focus, and is accessible to those with mobility limitations.

### Daily Meditation

A regular mindfulness practice supports neuroplasticity, making it easier to regulate emotions and handle stress. A 2024 review found that regular meditation can physically reshape the brain, strengthening areas tied to focus, emotional control and self-awareness. One reason for this is meditation's effect on a protein called brain-derived neurotrophic factor (BDNF). This molecule acts like fertilizer for brain cells, helping them grow, form new connections and remain healthy. Meditation increases BDNF, and higher levels of BDNF are linked not only to sharper learning and memory, but also to longer lasting brain health.

Additional research has demonstrated that even a short daily meditation session can increase gray matter density in regions tied to learning, memory and emotional regulation. Over time, these changes help reduce stress reactivity and support long-term resilience. Even if formal seated meditation is not feasible, simple mindful presence can help. "I try to tell people to find small moments to come into their body, come into the moment and be present," Toups advises.



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### Creative Activities

"Every time you learn something new or do a novel task, you are promoting neuroplasticity," explains Touns. Learning new skills, from juggling to speaking a new language, produces measurable changes in brain structure, particularly in brain matter volume. These changes can occur in both early-learning phases and long-term practice, underscoring the brain's capacity for adaptation throughout life.

Making music and dancing can strengthen connections in the brain; even the act of listening to music has been shown to enhance neural plasticity and cognitive flexibility. Touns recommends rocking out to a favorite song in the kitchen and choreographing a few dance moves.

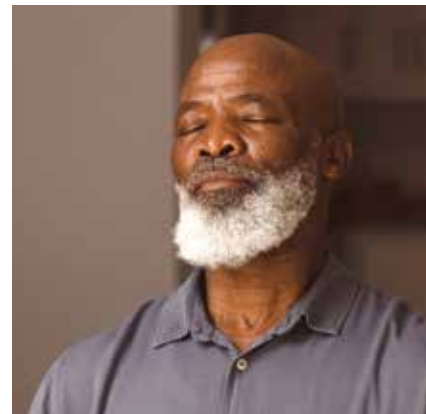
### Restorative Sleep

Rapid eye movement (REM), a stage of sleep marked by increased brain activity and vivid dreaming, plays an important role in neuroplasticity. During REM, the brain actively prunes unhelpful neural connections and reinforces others, supporting brain development, the learning of new skills and memory improvement.

To support consistent REM sleep, aim for seven to nine hours of shuteye and try to maintain a consistent bedtime and wake time. A good night's rest after learning a new skill or information can help that lesson integrate into the brain, supporting behavioral change.

### Clean Air

Keeping the air in the home clean is important for overall brain health. Research suggests that mold toxicity may be a risk factor for developing Alzheimer's disease, after researchers discovered traces of fungi inside the central nervous system of many Alzheimer's patients—an infection that was absent in healthy individuals. Mold toxicity in the home can elicit an immune response and harm the brain. For example, a 2020



Anna Frank from Getty Images  
Signature/CanvaPro

study found that black mold inhalation can cause inflammation in the hippocampus and reduce neurogenesis, the growth of new brain cells.

Practicing clean air habits can help assuage the risks of mold exposure at home. These include investing in an air purifier, ventilating regularly by opening windows, using exhaust fans and maintaining household ducts. Mold concerns can be investigated with a simple at-home testing kit, followed by professional testing and remediation, if needed.

### Light Therapy

"Photobiomodulation is a powerful way to create neuroplasticity, both quickly and over the long term," says Dr. Lew Lim, founder of the Vielight photobiomodulation (PBM) device, which has been studied in collaboration with universities and medical institutions, including the University of Toronto, Harvard Medical School and Mount Sinai Hospital.

PBM, also called light therapy, uses gentle red or near-infrared light to stimulate brain cells, boost the energy-producing parts of cells known as mitochondria, improve blood flow and calm inflammation. "When we activate the mitochondria with PBM, the mitochondria actually release growth factors, which support growth of new cells in the brain," Lim explains.

According to Lim, PBM may help the brain protect and repair its neurons, encourage the growth of new connections and support the clearing of harmful waste proteins linked to cognitive decline. He

asserts that certain light pulse frequencies, such as 40 hertz, may also help tune brainwave patterns that are important for memory and learning. While most research so far has been in small human studies or animal models, the results suggest that regular PBM could strengthen the brain's natural ability to adapt and rewire itself. Some people use PBM as part of a daily routine to keep their minds sharp, while others use it to heal from more serious brain injuries.

### Finding Community

Research shows that staying connected to others offers powerful protection for the brain. Older adults that feel lonely or spend long stretches without social contact face about a 50 percent higher risk of developing dementia, including Alzheimer's disease, even when other health factors are taken into account. One long-term study found that memory and thinking skills declined 20 percent faster in those that reported feeling lonely.

Being socially active can help guard the brain against decline. For 25 years, the Northwestern University SuperAging Program has studied people in their 80s and beyond with nimble minds that work as well as people decades younger. Brain scans show that these study participants called SuperAgers do not exhibit the usual thinning of the brain's outer layer normally seen with age, and one key area involved in attention and decision-making is thicker than even in middle-aged adults.


Under the microscope, SuperAger brain cells are larger, better connected and show fewer signs of Alzheimer's damage or inflammation. These resilient individuals tend to be very social, valuing close relationships and staying engaged with others—habits that may work hand-in-hand with their unusually healthy brain structures to help protect thinking skills late in life.

Even a weekly coffee with a friend or joining a class can be powerful brain fuel. People with rich social lives, including those that regularly share time with friends, family and communities, tend to keep their minds sharper for longer.

### An Evolving Brain

The brain is never truly fixed. It is a living, adapting system that can grow stronger, sharper and more resilient at any age, and we can guide those changes. Whether through movement, nutrition, light therapy, meditation or meaningful connection, every choice we make can help shape and rewire the mind for the better. The science is clear: it is never too late to nurture the brain's potential. Embrace neuroplasticity as a lifelong journey and let each new day be an opportunity to learn, adapt and thrive. 🧠


*Hannah Tytus is an integrative health coach, researcher and former writer at the National Institutes of Health. She also hosts "Root Shock", a podcast exploring how cultural and systemic forces shape our understanding of health.*



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# Neurofeedback

## Training the Brain for Focus, Calm and Better Sleep

by Rick Baldwin, Noah Chen and Paul Chen



Ulrich/Pixabay.com

### How Neurofeedback Works

The brain produces rhythmic patterns of electrical activity, known as brainwaves—delta, theta, alpha, beta and gamma—which correspond to different states of consciousness and are linked with, though not limited to, different kinds of mental activity. Beta waves are common when the subject is alert or engaged in intellectual activities, while theta waves are present during daydreaming and light sleep. In the above example, sensors have been placed on the child's head to measure her brainwaves in real time. The sensors feed data about her brain activity into a computer system that translates neural activity into audio-visual feedback. When the child's brain produces the desired brainwave patterns, positive reinforcement occurs—the screen brightens. By turning raw neural activity into something visual, auditory or tactile, the otherwise overlooked

functions of the brain can be recognized and responded to.

This is how neurofeedback is used to treat a variety of issues. For example, while some people need help regulating their theta waves, others may have overactive beta waves.

A neurofeedback session typically lasts 30 to 60 minutes. The process begins with a quantitative EEG (qEEG) brain map, a detailed snapshot of neural patterns that guides an individualized training plan. Over multiple sessions, and often within the span of one to two weeks, the brain learns to optimize its own activity.

As Melissa Hergert, BCN, founder of Brain Train Centers in Marietta, explains, “Whether it's ADHD or another brain processing issue, once we customize the training based on the client's brain map, so much improves cognitively. When the right areas learn to process more effectively, focus, clarity and even emotional control often follow.”

### Movies, Games and Music: The Modalities

After an initial consultation in which the practitioner learns about the client's goals and a qEEG is performed, a feedback session can

begin. Not all sessions are built around watching a film; others involve playing a game or listening to music.

Whatever the method, positive reinforcement of the brain's activity is provided to condition how the brain responds. Clients often describe the sessions as surprisingly relaxing. Unlike traditional talk therapy or meditation, neurofeedback, today, doesn't require conscious effort; the brain does its thing while the client engages with the game, video or soundscape. Reinforcements operate at the subconscious level; the subject is not doing anything consciously to prompt the reinforcements.

In Atlanta, Cereset on Ponce uses a passive mirroring process; there is no reinforcement. Indeed, Cereset's website explicitly states “Cereset does NOT utilize neurofeedback,” but is described as “an advanced, non-invasive neurotechnology.” The franchise uses its patented BrainEcho technology, which reflects the brain's own activity back to itself through engineered musical tones. Cereset claims this allows the brain to “reset” or release stuck rhythms. Sessions take place in a quiet, softly lit room, where clients recline in a zero-gravity chair while specialized headphones deliver subtle sound patterns. Clients can rest and relax, or even sleep. Most sessions last 45 to 60 minutes, and many clients notice an immediate sense of calm and lightness by the time they leave. “Our technology helps the brain reset itself,” says owner Ruthie Emrick.



Patrick Bryant, LCSW, NBCCH

“We provide the environment and cues for balance; we're not forcing change. Clients leave feeling lighter, calmer and more present.”

### Results May Vary

For many clients, meaningful changes accumulate over weeks. While one session might not produce dramatic results, the cumulative effect can be powerful. Patrick Bryant, LCSW, NBCCH, director of The Peaceful Place in Decatur, Georgia, recalls hearing one client describe the shift as almost instantaneous. “It's like a switch flipped. I just stopped ruminating and obsessing over what might happen.”

However, a study published by ResearchGate reported, “The number of NFB training sessions recommended to reach any clinically relevant improvements is higher,” ranging from 17 to 50 sessions for ADHD to two to five sessions every week for up to 18 months when treating something like epilepsy. However, it's important to note that even on the clinical level, the variation in these numbers is incredibly high, pointing to a likely interaction between one's personal physiology and lived experience impacting the effectiveness of the practice.

Still, many users report NFB sessions to be life-changing. Cobb Pearson, a client of Cereset on Ponce, describes his journey. “Cereset has helped me to overcome the paralyzing brain fog and ADD that

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resulted from too many spinning plates, and I feel peace and happiness despite a never-shrinking to-do list. I'm learning to put things aside even if they're not finished, and I'm sleeping eight hours per night. I am still a work in process, but I feel like a radically different person."

## Where Neurofeedback is Being Applied

### ADHD

Neurofeedback has largely been studied in people with attention-deficit/hyperactivity disorder (ADHD). Many children and adults with ADHD exhibit an imbalance in brainwave activity—excess theta waves, which are linked to relaxation, and insufficient beta waves, which are linked to focus. Training the brain to rebalance these rhythms can improve attention, reduce impulsivity and lengthen concentration spans.

Bryant has seen this firsthand. "Clients often report their brains feel less noisy. They can slow down enough to make intentional decisions. Once their brains function more efficiently, sleep improves, staying awake during the day gets easier, and shifting between tasks becomes less frustrating."

But the benefits aren't limited strictly to ADHD. "Many clients come in thinking they have ADHD, but their focus issues stem from other processing difficulties," says Hergert. "Neurofeedback allows us to customize the approach, and once the brain learns to process better, improvements can be dramatic."



Cobb Pearson

### ANXIETY

For people struggling with chronic stress, obsessive thinking or feelings of panic, neurofeedback can encourage calmer brain states. By training down over-arousal patterns, clients often experience fewer runaway thoughts and more emotional resilience.

Bryant notes that anxiety clients almost always report sleep improvements alongside reduced worry. "To date, all of our clients presenting with anxiety symptoms also had sleep issues. Neurofeed-

back helped them fall asleep when they meant to, stay asleep and return to sleep if they woke in the night."

Hergert recalls clients who began the program unable to face routine challenges. "We've seen clients move from panic attacks and overwhelming anxiety to being able to take tests calmly or even speak in front of large crowds. Some, with the support of their doctors, were able to reduce or come off medications."

### INSOMNIA

Poor sleep often overlaps with other conditions, but neurofeedback shows particular promise for it. By training the brain's natural rhythms, many people fall asleep faster and wake more refreshed. Bryant describes sleep as both a common target and a reliable benefit. Clients who stick with training often discover that quality rest returns naturally, without medication.

### NEUROFEEDBACK ENHANCEMENTS

Some research has been done into using NFB to enhance the capabilities of healthy adults. A meta review of twenty-three NFB studies published on PubMed found that NFB positively impacted a variety of operationally-defined functions, from memory recall and attention to "intelligence and well-being." Another found that NFB positively impacted many variables relating to sports performance, such as decreasing reaction time and stress.

### OTHER APPLICATIONS—AND LIMITATIONS

Neurofeedback has been explored for depression, PTSD, seizures, migraines, autism spectrum conditions and traumatic brain injuries. Research is especially promising in trauma treatment. As Bryant points out, even world-renowned trauma researcher Bessel van der Kolk has highlighted its consistent effectiveness. Says Bryant, "We believe neurofeedback will continue gaining popularity as a non-invasive, drug-free option. This approach builds on the premise that the brain can heal itself—we just have to give it the right information and resources."

Hergert emphasizes the importance of training and standards. "There are more providers now, and equipment is easier to access. But it's crucial to make sure you're working with someone fully trained in the field. Board certification ensures clients are getting the best care possible."



Melissa Hergert, BCN

## Costs, Access and Practical Considerations

A typical neurofeedback session costs between \$100 and \$300. When adding up the number of weekly sessions that might be recommended and the fact that insurance coverage is often limited, NFB can seem like a costly solution. Bryant acknowledges the financial challenge. "Yes, neurofeedback has an expensive price tag upfront. But when clients improve to the point where therapy frequency decreases or medication use lessens, it can save money in the long run."

Hergert's clinic has experimented with new models to make care more accessible. "Insurance is tough for any holistic therapy. We've shifted toward a subscription model that keeps costs manageable and ensures clients can continue care without financial strain."

Both agree that systemic issues in mental healthcare—low reimbursement rates and inconsistent coverage—are barriers that need attention at a larger scale.

## Criticisms and Controversies

Despite its growth, neurofeedback has its skeptics. Critics argue that evidence outside ADHD, anxiety and insomnia is thin, with many studies limited by small sample sizes and lack of long-term follow-up. Others are concerned about the availability of

consumer-grade devices marketed directly to the public without professional oversight.

Bryant believes that skepticism often stems from a lack of familiarity with the methods. “Despite being researched for over 40 years, most people still don’t know what neurofeedback is. Some critics don’t account for whether clients completed full protocols or paired training with therapy. It’s not a miracle or a cure-all, but under professional guidance it can be life-changing.”

### Future Directions and Hope

NFB traces its origins to the 1920s and the creation of the first electroencephalogram (EEG) device that measures brainwaves. That led to studies in the 50s through the 70s that showed that NFB could help suppress seizures, relax patients and increase focus. With the popularization of computers in the 80s, NFB became easier to use and gained more attention.

Today, studies are still undertaken to define the limits and applications of this

technology. Some researchers envision carefully supervised home systems for maintenance or supplemental use. For now, most agree that neurofeedback works best as part of a comprehensive plan that might include therapy, lifestyle changes or medical support.

Bryant captures the larger promise. “We’ve seen clients who had been labeled “treatment-resistant”— [having had] years of therapy and multiple prescriptions— finally feel better than they have in decades. One client told us they hadn’t gone more than a week without suicidal thoughts since childhood. After neurofeedback, they went two months without a single ideation. That’s the kind of impact that changes lives.”

Hergert adds a note of optimism. “Every day, I’m amazed by how much this field evolves. With more providers getting trained and more people finding access, I truly believe neurofeedback is on its way to becoming a standard part of mental healthcare.”

As clinics like The Peaceful Place, Brain Train Centers and Cereset demonstrate, neurofeedback is far from fringe science. It’s becoming an increasingly credible, practical option for people seeking focus, calm and restorative sleep. And for many who’ve struggled to find relief elsewhere, it represents something even more powerful: hope. 🙌



*Rick Baldwin is a writer, artist and illustrator living in Tucker, Georgia. He serves as a meditation and spiritual practitioner to those who reach out. More at StillAndChill.com.*



*Noah Chen is a New York-based writer who, in addition to writing for Natural Awakenings, covers pop-culture for the New Rockstars YouTube channel and is working on a novel.*

## Neurofeedback Resource List

Anchor Point Counseling Services (Conyers)  
[AnchorPointGA.com](http://AnchorPointGA.com)

Balance Atlanta Family Chiropractic (Buckhead)  
[BalanceAtlanta.com](http://BalanceAtlanta.com)

Brain Train Centers (Ackworth, Marietta, Woodstock)  
[BrainTrainCentersinc.com](http://BrainTrainCentersinc.com)

BrainCore Neurofeedback (Duluth)  
[BrainCoreOfDuluth.com](http://BrainCoreOfDuluth.com)

BrainSpa Wellness (Marietta, Smyrna)  
[BrainSpaWellness.com](http://BrainSpaWellness.com)

Capstone Counseling & Coaching (Dunwoody)  
[CapstoneAtlanta.com](http://CapstoneAtlanta.com)

Cereset Buford  
[Cereset.com/centers/cereset-buford/](http://Cereset.com/centers/cereset-buford/)

Cereset Norcross  
[Cereset.com/centers/cereset-norcross/](http://Cereset.com/centers/cereset-norcross/)

Cereset on Ponce (Atlanta)  
[Cereset.com/centers/cereset-on-ponce/](http://Cereset.com/centers/cereset-on-ponce/)

Connect My Brain (Sandy Springs)  
[ConnectMyBrain.com](http://ConnectMyBrain.com)

Innovative Wellness Resources (Roswell)  
[InnovativeWellnessResources.com](http://InnovativeWellnessResources.com)

Integral Health Studio (Atlanta)  
[IntegralHealthStudio.com](http://IntegralHealthStudio.com)

Medical Creations Integrative Medicine (Atlanta)  
[mcimAtlanta.com](http://mcimAtlanta.com)

Marietta West Cobb Counseling Center  
[bit.ly/mwccc-neurofeedback](http://bit.ly/mwccc-neurofeedback)

Mind and Motion Developmental Centers of Georgia (Suwanee)  
[MindMotionCenters.com](http://MindMotionCenters.com)

Reise Counseling (Atlanta)  
[ReiseCounseling.com](http://ReiseCounseling.com)

Valerie Hudgins (Woodstock)  
[TheWellnessEmporium.net/Brainfeedback](http://TheWellnessEmporium.net/Brainfeedback)

Wavelet Labs (Atlanta)  
[WaveletLabs.com](http://WaveletLabs.com)

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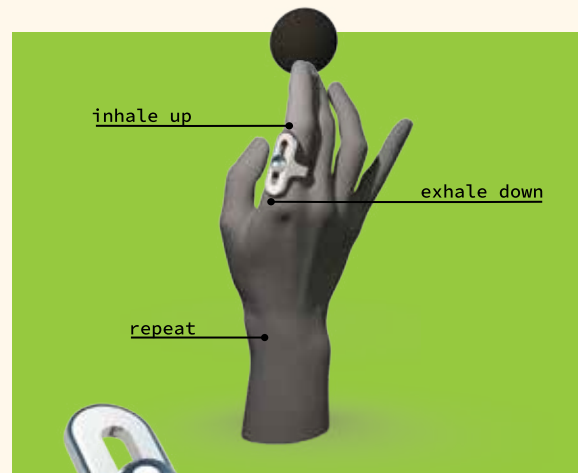


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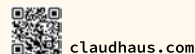


[InnovativeWellnessResources.com](http://InnovativeWellnessResources.com)

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## Ask a Health Coach with Hope Knosher

# How can I improve my health and increase my longevity without incurring a significant cost?

**L**ongevity medicine is the new buzzword in health and wellness, and there's a plethora of information available about it. There are supplements, such as resveratrol and NAD+, that are geared toward slowing down the aging process; there are peptides like BPC-157, Epitalon, Thymosin Alpha-1 and collagen; and beyond that, there's far-infrared sauna, red-light therapy, biohacking and strength training that are getting attention.

While it can be hard to figure out where to start and what's right for you, it's helpful to know there are several ways to get started that don't require much decision-making and don't cost anything.

You don't need fancy wearables, high-end supplements, or an ice bath in your backyard to start optimizing your biology. Not everyone has the disposable income for more expensive options. Here are three of my favorite science-backed, zero-cost practices to support your energy, hormones, metabolism, mood, and yes, even your longevity. They are simple, everyday habits that anyone can incorporate into their routine. What matters most is consistency and knowing how to work with your body, not against it.

Start with your goal. Focus on making these practices part of your daily habits. You'll probably start feeling the benefits almost immediately, and that will keep you motivated to continue.

### Eat your goal weight in protein every day.

Protein is so important, especially as we age. Many of my clients begin to feel the results quickly when they focus on high-protein meals, especially in the morning. Eliminating high-carb meals, such as cereal, pasta without protein or sugary drinks—even those with protein!—can provide a quick boost.

The habit is to eat, in grams, your goal weight in pounds. If your ideal weight is 150 pounds, for example, aim for 150 grams of high-quality protein per day, such as lean meats, fish, eggs, dairy products, legumes and nuts. There are several benefits to this new habit.

**Helps maintain muscle.** A diet rich in high-quality protein helps prevent muscle loss, or *sarcopenia*. Protein helps maintain and rebuild muscle mass, which naturally declines with age, starting at around the age of 30 and accelerating after 50, thereby

reducing frailty and the risk of falls.

**Supports strength.** Maintaining muscle strength by eating enough protein improves physical function, independence and quality of life in older adults.

**Improves metabolic health.** Protein helps regulate your appetite, enhances your satiety, supports blood sugar control and might even aid in fat loss by preserving lean muscle mass.

**Counteracts anabolic resistance.** As we age, our muscles become less responsive to protein intake, a condition known as *anabolic resistance*. To stimulate muscle synthesis effectively, more protein is necessary.



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**Supports immune function and tissue repair.** When you get enough protein, your body is better able to maintain immune health and repair tissues, which is crucial for recovery from illness or injury, especially in older adults.

**Linked to longer, healthier life.** Maintaining muscle mass and metabolic health through getting an adequate amount of protein is associated with a reduced risk of disability, hospitalization and mortality in aging populations.

Be sure to spread your protein intake evenly across the day and aim for 30 to 50 grams per meal or snack.

### Walk 10 to 15 minutes after meals.

Is your digestion sluggish, especially after your evening meal? You're not alone. Feeling tired after a big meal is a common problem in today's world. Eating high-protein meals can help, and so can walking after meals.

Take a short walk for about 10 to 15 minutes after each meal, especially after dinner. A light stroll around your home, neighborhood or workplace counts; nothing strenuous is required. Here are some of the benefits:

**Better blood sugar regulation.** Stable blood sugar levels help prevent chronic metabolic diseases, such as diabetes and cardiovascular disease, both of which are linked to premature aging and increased mortality.

**Aids digestion.** Some movement after eating can support better digestion by stimulating gut motility, helping food move smoothly through the digestive system.

**Reduces inflammation.** Improves glucose control and lowers systemic inflammation, which is widely recognized as accelerating aging and age-related diseases.

**Improves metabolic flexibility.** Repeated post-meal activity trains your body to switch more smoothly between burning carbs and fat, which supports a healthy metabolism and reduces metabolic stress.



Ron Lachy/Pexels.com

**Enhances overall physical health.** Increased daily movement supports cardiovascular health, muscle function and mental well-being—all crucial for healthy aging.

Aim to walk within 15 to 30 minutes after eating to catch the window when blood sugar spikes occur. Don't have 15 minutes? A brief walk of two to five minutes has been shown to benefit blood sugar control when longer walks aren't feasible. Remember, every little bit counts.

### Get 15 minutes of sunlight first thing in the morning.

Go outside within 30 to 60 minutes of waking up, without sunglasses. Don't look directly into the sun, but aim to get natural light directly into your eyes to reset your body clock properly. How this helps:

**Resets/anchors your circadian rhythm.** Exposure to morning light sends a strong signal to your internal clock, helping regulate sleep and hormone rhythms. This translates into higher-quality rest, which in turn supports repair, mental clarity and healthier aging.

**Improves mood and mental health.** Exposure to morning light increases serotonin levels and alertness, which support mental well-being and cognitive health — both of which are linked to longevity.

**Promotes metabolic/cardiovascular health.** Exposure to morning light also improves metabolic health, blood sugar control and cardiovascular function—all essential for healthy aging.

**Supports melatonin regulation.** Proper melatonin production in the evening helps you fall asleep naturally and enter deep restorative sleep phases. Good sleep patterns reduce the risk of related diseases and improve lifespan.

**Boosts vitamin D synthesis.** UVB rays in the morning sunlight help your skin produce vitamin D, which helps reduce the risk of illness and chronic inflammation and is essential for bone health and immune function.

**Enhances immune function and reduces inflammation.** Vitamin D produced through sunlight exposure helps regulate the immune system, thereby reducing the risk of illness and chronic inflammation.

Morning sunlight is unlike sunlight later in the day. It consists of more blue light, which cues your circadian rhythm, and it holds less of the more intense UV rays that can damage skin. So get outside no matter the weather. Get started today building a future of health and longevity! 🌞

*Based in Atlanta, Hope Knosher is the founder of Healthy Living with Hope, offering health coaching, yoga classes and retreats. She is a national board-certified health and wellness coach, a certified yoga therapist and a certified E-RYT 500 yoga teacher. Contact her at 770-789-7782.*

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# Immune-Bolstering Essential Oils for Fall and Winter

by Roz Zollinger

Aromatherapy is the therapeutic use of pure essential plant oils to support physical, emotional and spiritual well-being. As both an art and a science, the term “aromatherapy” was formally coined in the 1920s, but it draws on centuries of healing traditions. Essential oils are highly concentrated plant extracts obtained through distillation or cold expression, and they carry the life force and consciousness of the plant. Marcel Lavabre, a producer of essential oils in France, described essential oils as “the soul, the spirit of the plant.”

With fall’s cooler weather comes an increase in colds, flu and seasonal viruses. Alongside herbal immune boosters such as ginger, lemon, thyme and turmeric, many essential oils offer natural antibacterial, antiviral and immune-supporting properties. Consider incorporating the following oils during the fall and winter months:

## Immune-Supporting Essential Oils

Cinnamon	Antibacterial and immune-stimulating
Clove	Antibacterial and immune-stimulating
Eucalyptus	Antiseptic and antiviral. Provides respiratory support
Ginger	Warming, anti-inflammatory and supportive for lungs and digestion
Lavender, Lavandin, or Spike Lavender	Calming, stress-relieving and immune-toning
Lemon	Purifying, uplifting and mentally clarifying
Lemongrass	Antiseptic, antimicrobial and invigorating
Rosemary	Stimulates circulation and the lymphatic system
Thyme	Strong antiseptic and respiratory tonic



## An Immune-Boosting Blend for Body Oil or Spray

Add the following essential oils to one ounce of carrier oil or unscented lotion:

- 2 drops Cinnamon
- 2 drops Clove
- 8 drops Eucalyptus
- 6 drops Rosemary
- 6 drops Lemon
- 6 drops Lavender, Lavandin or Spike Lavender
- 2 drops Ginger

Blend well and apply to pulse points or the soles of the feet.

## A Room or Body Spray

Add the essential oils listed above to a one-ounce spray bottle with five drops of vodka or other high-proof alcohol as a dispersant. Fill with water and shake gently. Mist the air or your face by holding it twelve inches from your face and breathe deeply. 🌿



Roz Zollinger is the director and co-owner of Atlanta’s Heal Center and is recognized internationally for her contributions in the fields of reflexology, aromatherapy and energy healing. She pioneered Aromatic Reflexology and developed the Zollinger BodySystems Method of Reflexology/Aromatherapy.

Fit Body ——— 🏋️ ———

# Strong at Any Age

## Embracing Resistance Training During Menopause

by Jordan Peschek, RN-BSN



Menopause marks a significant transition in a woman’s life, bringing with it numerous physiological changes that can affect health, mobility and quality of life. Among these changes, declines in muscle mass, bone density and balance present particular challenges. Research suggests that resistance training is a safe and effective strategy to counteract these effects.

For women navigating perimenopause and menopause, it is not just a savvy fitness choice, but a crucial intervention to improve strength, balance, lean muscle mass and bone health, thereby reducing the risk of falls and injuries while supporting healthy aging.

## Physiological Challenges of Menopause

Perimenopause can last for two to 10 years leading up to menopause, which is officially marked by 12 months without a menstrual

period. Menopause typically occurs between the ages of 45 and 55 and involves a natural decline in estrogen production. This hormonal shift accelerates loss of muscle mass (sarcopenia) and bone density (osteopenia or osteoporosis), both of which are critical factors for maintaining physical function and preventing injury.

“Once in menopause, we lose muscle and bone mass at a faster rate, so strength training helps counteract that loss,” explains Dr. Brenda Heinecke, physical therapist and pelvic floor specialist based in Milwaukee, Wisconsin. Muscle weakness and decreased balance increase the risk of falls, a leading cause of injury in older adults, while reductions in lean body mass slow metabolism and contribute to weight gain.

## Benefits of Resistance Training

Resistance training, also known as strength training, involves exercises that cause muscles to contract against an external

force such as weights, resistance bands or body weight. Unlike aerobic exercise, which primarily benefits cardiovascular health, resistance training specifically targets muscle and bone strength.

A 2023 systematic review of 12 randomized controlled trials involving more than 800 women, published in the *Journal of Clinical Medicine*, reported that resistance training improved musculoskeletal health in menopausal women, highlighting its positive effects on muscle mass, bone density and functional outcomes like balance and mobility.

The authors noted that resistance training could effectively combat the muscle and bone loss accelerated by menopause, contributing to better overall health and reduced risk of fractures. They also found strength training to be positively associated with hormonal and metabolic improvements in menopausal women, including stabilized blood pressure and a reduction of hot flashes compared to inactive women in the studies.

## Hip Strength and Fall Prevention

The hips play a vital role in balance and mobility, but hip strength diminishes significantly during menopause, affecting gait stability and increasing the likelihood of falls. A 2023 article in the *Iranian Journal of Public Health* reported on a Korean study of postmenopausal women that performed a variety of resistance exercises to target the large muscle groups of the lower body, including a band lateral walk, one-leg deadlift, side-lying hip abduction and squat deceleration, over the span of four weeks. The group that performed these resistance exercises significantly improved their gluteal muscle strength.

## Lean Body Mass and Metabolic Health

Menopause-related declines in estrogen also contribute to reductions in lean body mass and increases in fat mass, which can negatively impact metabolism, insulin sensitivity and cardiovascular health. “Strength training not only helps increase muscle and bone mass, but it helps with other common

issues of menopause such as cardiovascular disease; insulin resistance; and impairments to mood, cognitive function and sexual health," Heinecke remarks. Resistance training helps to preserve and increase lean muscle mass, which in turn supports a healthy metabolic rate and reduced risk of type 2 diabetes.

A 2023 *BMC Women's Health* study of premenopausal women highlights that maintaining lean body mass through resistance exercise helps mitigate common menopausal symptoms such as weight gain and fat redistribution.

### Balance and Functional Independence

Balance naturally deteriorates with age due to changes in the nervous system and muscle function. The 2023 review in *Journal of Clinical Medicine* reinforces that resistance training not only strengthens muscles, but also improves neuromuscular coordination, which is critical for maintaining balance and preventing falls. Exercises such as squats, lunges and step-ups challenge both strength and balance systems, making them ideal components of a menopausal fitness program.

### Starting a Resistance Training Program

Given its benefits, resistance training should be a cornerstone of menopausal health routines. However, many women may feel uncertain about how to begin or fear injury. "My personal recommendation would be to join a fitness class or hire a personal trainer for a few sessions," shares Victoria Morse, a certified fitness instructor in Kona, Hawaii. "For most people, lasting change can be hard to achieve alone—they need accountability. Once we accept this truth, our chance of success increases dramatically."

For those that are ready to add strength training to their routine, begin with light resistance and focus on proper technique, gradually increasing weight or resistance as strength improves. Aim for two to three sessions per week, targeting major muscle groups with these exercises:

- Squats, lunges and step-ups for lower body and hip strength
- Push-ups or chest presses for upper body
- Rows and shoulder presses for back and shoulders
- Core stabilization exercises such as planks or medicine ball rotations

Menopause introduces complex challenges, but resistance training offers a scientifically supported solution to some of the most significant concerns: loss of hip strength, balance and lean body mass. For women facing menopause, lifting weights or using resistance bands is more than just a fitness trend; it is an essential strategy to maintain mobility, independence and vitality for years to come. 🌸

Jordan Peschek has a background in personal training, yoga instruction and mental health nursing. She publishes the Milwaukee and Twin Cities editions of *Natural Awakenings*.

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- Gabrielle, 200YTT Graduate*

# Connecting Community With Yogic Tradition

Kula Kamala Ashram Offers Universal Teachings and Restorative Practices

by Trella Dubetz

Nestled in the peaceful countryside of Berks County, Pennsylvania, Kula Kamala Foundation & Yoga Ashram is quietly reshaping what it means to live a spiritual life in today's world. More than just a yoga center, the ashram serves as a nonprofit sanctuary for both local and global communities, supports meaningful causes, fosters creative solutions and encourages inclusive spiritual exploration.

"We are an interfaith, inclusive space rooted in the principles of *Sanatana Dharma*—a universal perspective of truth, goodness, service and nonviolence. The work we do is summoned by our sincere calling to make the world a little more welcoming, a little less intimidating, and life more radiant and peaceful," explains Swamini Shradhdhananda Saraswati, affectionately known as Swaminiji. Founded in 2015 by Swaminiji and her husband, Ed RamaChandra Allitt (now deceased), the ashram is a registered 501(c)(3) organization, with offerings available both in person and online.

One of the ashram's most beloved offerings is chanting—a practice rooted in yogic tradition. "The music and mantras are filled with messages of love and peace," Swaminiji observes. "We teach mantra from the beginning. We start with the history, work through the pronunciation and cultivate the *bhav*, the sweetest intention of devotion." Swaminiji personally leads the chanting training programs, which focus



on either a traditional method called *veda* or a more modern approach. "When we chant, we witness people relax—their faces and nervous systems soften. It's transformative physically, mentally, emotionally and spiritually." Chanting is offered both online and in person.

For those seeking an in-person experience, the ashram offers wellness and themed retreats, professional trainings in leadership and yoga and serene outdoor spaces—including a koi pond, meditation path and labyrinth, library and several spots for personal quiet time. "Mindfulness and quietude are important," Swaminiji emphasizes. "Our silent retreats, offered by donation twice yearly, provide people with an opportunity to explore both."

The ashram is deeply committed to sustainable living and is increasingly off-grid. The original structure was built in 1932, and an additional wing was added in 1954. Since acquiring the property, Swaminiji has overseen the installation of HVAC units to offset heating oil use; a solar system that generates up to 130 percent of the ashram's energy needs; two geodesic greenhouses and 54 outdoor raised garden beds to support food production; and a café that serves wholesome, gluten-free, vegan food, offered by donation.

"The human heart is constantly looking for ways to heal through connection—with ourselves, with Source and with each other. We serve others to ease the incessant searching and empower the actual discovery," Swaminiji reflects. "May there be more places of peace, more spaces for healing."

Kula Kamala Foundation & Yoga Ashram stands as a powerful reminder of our inherent potential as humans to explore, rediscover and empower spiritual growth, purpose and unity.

For more information about Swamini Shradhdhananda Saraswati and Kula Kamala Foundation & Yoga Ashram, located at 17 Basket Rd. in Reading, PA, call 484-509-5073 ext. 1 or visit [KulaKamalaFoundation.org](http://KulaKamalaFoundation.org).

Trella Dubetz is a trauma-informed bodyworker, holistic and human design practitioner, graphic designer and writer based in Lancaster County, PA. She blends creativity with healing practices to support personal transformation. Connect with her at [TrellaDubetz.com](http://TrellaDubetz.com).

# Bringing the Yoga Precepts to Life — On and Off the Mat

by Patricia Schmidt

One of yoga's oldest texts, the *Yoga Sutras of Patanjali*, offers ten ethical precepts, known as the *yamas* and *niyamas*, that serve both as foundational steps to enlightenment and as invitations for students to be in right relationship with themselves and others. These include principles of non-harming, truthfulness, contentment and moderation, while the tenets of effort, self-reflection and surrender comprise the basis for all skillful action. Indeed, they have had a lasting and important influence on established ethical systems throughout the world.

Although these precepts are traditionally paired with yoga's postural and breath practices, many students find them somewhat challenging to learn and live by. In fact, many report that activities *off* the mat, such as swimming, cycling and walking, can offer meditative opportunities for integrating these behaviors into their lives. Some even feel that their off-the-mat work helps them have a deeper understanding of the precepts while they're *on* the mat, creating a rewarding and meaningful learning loop that, in turn, helps them integrate yoga into all parts of their lives.

Cherry Porter, a longtime Decatur resident, began practicing yoga seven years ago after years of engaging in other movement practices, including aerobics instruction, competitive running and scuba diving. She took up lap swimming at the same time as starting yoga and continues to enjoy both. She feels it has turned into a feedback loop of learning: meeting yoga's ethical principles off the mat and bringing them onto the mat again has given her "a new reason to be alive," she says.

## The Practicalities of Non-Harming

*Ahimsa*, or non-harming, is one of the ethical principles dedicated to being in right relationship with others. In the yoga studio, it's possible to put the mat down gently, close the door quietly and move and speak with consideration. The environment is conducive to resisting criticism of oneself, others, clothing or mannerisms. But the yoga studio space is designed to enable these softer behaviors. In contrast, public roads, cycling lanes, hiking trails—and, of all things, shared swimming lanes at public pools—can make embodying them much more challenging.



Paula Anderson is a movement specialist who, until her recent retirement, taught various movement practices at Emory University. She remains active in cycling, swimming and yoga, in particular. Through her weekly experience of sharing pool spaces, she encounters the concept of non-harming and making choices for the greater good rather than personal benefit.

"Pools are a shared space," she says, "but no one wants to share a lane! Wrists are clanking, you're kicking each other, and no one wants that. But it's the right thing to do!" Porter empathizes. "I hate waiting for a lane, and I don't like sharing lanes, either. But I don't want to *not* share. I empathize with that person waiting."

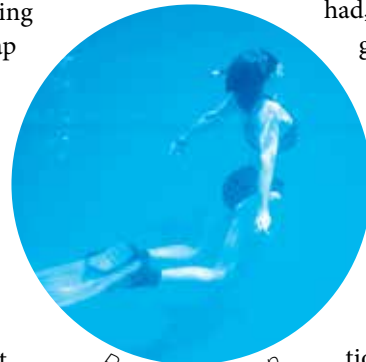
Christine Vanroosen, a Brookhaven resident and longtime yogi and swimmer, feels that most people, including her, are attached to their own preferences to the point of selfishness. "In crowded yoga classes, it can be very territorial, and it's because we like where we're comfortable." She feels that sharing a lane is

good yoga practice, putting the greater good ahead of her own comfort.

But ahimsa is a personal practice, too. Easing up on self-imposed benchmarks around lap times, mileage cycled or perfection are all ways of practicing self-compassion off the mat.

Buying an e-bike was a pivotal moment for Anderson. “It was to the point where I knew I was hurting myself—my back, my knees—and I thought, ‘I want to feel that I’m strengthening my body, not tearing it down.’” Vanroosen similarly notes that non-harming was more evident in the water: “I try to go through the water as smoothly as I can, where I know I’m not hurting myself.”

Kenneth Anderson, Paula’s husband, is a competitive swimmer, a cyclist and has been practicing yoga for just over five years. Like Vanroosen, he intentionally works with his movement practices off the mat to embody ahimsa. “I tend to get injured because of overuse or over-efforting, so I specifically try to not do self-harm and to rather do things that will let me get better without hurting myself.”



Paula Anderson



Kenneth Anderson

Vanroosen says that honest self-reflection helps her find the right balance between *tapas*—disciplined effort—and non-harming. “I try to be very cognizant of my state of mind, how much sleep I’ve had, how much food. Sometimes I push a little bit, but I’m not gonna hurt myself. Balance is essential.” Paula Anderson points out that water’s density demands efficiency, making swimming an ideal environment for self-reflection. She says, “All the ways that you can cause more turbulence or more resistance: they matter. So you want resistance in the right times, in the right ways.”

The efforting of *tapas* is often associated with challenge. Whether it’s getting on the bike during wintry conditions, recognizing uncomfortable mind-chatter that arises during swimming or cycling, *tapas* is about showing up for experience in a way that leads to change. In her seminal work, *The Yamas & Niyamas*, Deborah Adele also relates *tapas* to “right resistance,” and describes it as taking the weather forecast before doing a controlled burn of a field. You want to check the conditions before you light the match, she writes. Similarly, when we dedicate ourselves to something challenging, it’s best to apply the correct amount of resistance to the body, the mind and the situation, rather than applying too much or too little effort.

“That’s where the *tapas* has come in for me,” says Paula Anderson. “I swim every week, even when it’s 43 degrees and raining out. Even when I don’t want to.” Porter notes that despite discomfort during swimming, it benefits her chronic pain for hours afterward, so she continues. As BKS Iyengar has written, “Sometimes we have to put the clay in the oven.”

## A Deeper Contentment

In the *Sutras*, the *yamas* and *niyamas* are positioned as an important way to ease suffering. The precepts of non-harming, truthfulness, disciplined effort and self-reflection need to be present in all endeavors, but so must a present-minded clarity or mindfulness that leads to being content with what *is*. The *sutras* teach that contentment through mindfulness will actually lead the aspirant to a better sense of her bliss body, thus moving her further along her path to enlightenment. She then re-dedicating herself to effort, self-study and the other *yamas* and *niyamas*, and the cycle of learning begins anew.



Cherry Porter

Present-minded clarity is just one way of thinking about the *niyama saucha*, which literally translates to “cleanliness,” but holds the meaning of “mindfulness” in popular culture. For many yoga students, mindfulness starts as connecting with pleasure and gratitude. Porter, for example, begins every swim with two-thirds of a lap underwater—just to *feel* it. Kenneth Anderson encourages beginning swimmers to connect with the sensations of being in the water like a fish, because “it just feels nice.” Like Anderson, Vanroosen begins her swims by being mindful of the pleasure of swimming along the bottom of the pool.

What follows is a balancing act of effort, self-reflection and contentment—which becomes the “skillful action” of yoga. “A lot of athletes struggle with being content with what they’re putting into the sport [and] how they’re doing. It’s a balancing act of being content that you’re putting enough effort in. You know, it’s putting in the *right* effort.”

This deeper contentment isn’t only available in the experience of water; Paula Anderson feels it in cycling, too. “I’d say it’s mostly the *santosha* of the experience—of seeing what I’m seeing, appreciating that I’m out there doing it and being in good company. At that moment, I feel I’m the luckiest person in the world. Joy wells up in me, and it’s immeasurable.”



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](http://PLSYoga.com).



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**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**



# YOGA in Atlanta

- A Focused Advertising Section -

## CALENDAR

### WEDNESDAY, OCTOBER 8

**Restorative Yoga + Sound Bath** – 7:30-8:30pm. Enjoy relaxing yoga followed by a nourishing sound bath to promote peace and healing. \$28 walk-in; \$48 new student pass. Joiful Yoga, 205 Hilderbrand Dr, Sandy Springs. [bit.ly/Restorative-Yoga-SoundBath-100825](http://bit.ly/Restorative-Yoga-SoundBath-100825).

### SATURDAY, OCTOBER 11

**Innercise Yoga and Tacos!** – 10am. Outdoor all-levels yoga on the bartaco patio followed by tacos and community vibes. \$20 includes yoga and two taco chips. bartaco, 3802 Roswell Rd NE, Atlanta. Innercise Yoga. [bit.ly/Innercise-Yoga-and-Tacos-101125](http://bit.ly/Innercise-Yoga-and-Tacos-101125).

**Reiki Infused Yoga & Meditation** – 3:30-5pm. Vinyasa flow with meditation and distant Reiki to balance chakras and calm the mind. Free. Healing Hands Reiki, 27 Waddell St NE, Ste A, Atlanta. [bit.ly/Reiki-Infused-Yoga-101125](http://bit.ly/Reiki-Infused-Yoga-101125).

### SUNDAY, OCTOBER 12

**Sunday Morning Yoga @ The Interlock** – 10-11am. Join lululemon ambassadors for free outdoor yoga at Highline Park. All levels welcome. Ages 18+. The Interlock, 1115 Howell Mill Rd NW, Atlanta. [bit.ly/The-Interlock-Sunday-Morning-Yoga-101225](http://bit.ly/The-Interlock-Sunday-Morning-Yoga-101225).

**Trap Yoga in the Park** – 6pm. Flow to hip-hop, R&B, and soul in an inclusive outdoor yoga class with live DJ. All levels welcome. Donation-based. Piedmont Park (behind Park Tavern), Atlanta. Level3 Yoga. [bit.ly/Trap-Yoga-in-the-Park-101225](http://bit.ly/Trap-Yoga-in-the-Park-101225)

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## CALENDAR

### TUESDAY, OCTOBER 14

**Yoga for Health** – 6-7pm. Learn simple yogic practices to enhance spine health, reduce anxiety, and boost clarity. Includes Yoga Namaskar, Nadi Shuddhi, and a guided meditation. Free. Sandy Springs Library, 395 Mount Vernon Hwy, Atlanta. 678-390-ISHA. [bit.ly/Yoga-for-Health-101425](http://bit.ly/Yoga-for-Health-101425).

### WEDNESDAY, OCTOBER 15

**Come As You Are: Don't Forget to Breathe Edition** – 6pm. An evening of mindful breathing and presence practice to reconnect body and spirit. \$11.11 love offering or pay-what-you-can. Location TBA. [bit.ly/Dont-Forget-To-Breathe-101525](http://bit.ly/Dont-Forget-To-Breathe-101525).

### THURSDAY, OCTOBER 16

**A Restorative Gathering** – 6pm. Yoga nidra, sound bath, and meditation to honor community heroes. All are welcome. \$7.18. Legacy Park, 500 S Columbia Dr, Decatur. Compassionate Atlanta. [bit.ly/Restorative-Gathering-Registration-101625](http://bit.ly/Restorative-Gathering-Registration-101625).

### SUNDAY, OCTOBER 19

**Yoga in the Park** – 9:30am. Pay-what-you-

can, all-levels outdoor class to breathe, move, and reset for the week. Bring a mat and a friend. Grant Park, 759 Boulevard SE, Atlanta. Mind Yo Bodhi Yoga. [bit.ly/Yoga-in-the-Park-101925](http://bit.ly/Yoga-in-the-Park-101925).

### MONDAY, OCTOBER 20

**Monday Magic Yoga Club** – 7pm. Slow flow, yin yoga, and sound bowls to ground your week with intention and ease. All levels welcome. \$20. The Abbey Studio, 638 Glenwood Ave SE, Atlanta. Heather Rule. [bit.ly/Magic-Yoga-102025](http://bit.ly/Magic-Yoga-102025).

### THURSDAY, OCTOBER 23

**Senior Chair Yoga** – 10am. Gentle, accessible chair-based class for seniors and all abilities; mindful movement, breathwork, and relaxation to improve strength, balance, flexibility. Pay-what-you-can; suggested \$10. Hampton Farms Club, 235 Club Ridge Dr, Marietta, GA. Melanie Yoga & Wellness. [bit.ly/Senior-Chair-Yoga-102325](http://bit.ly/Senior-Chair-Yoga-102325).

### SATURDAY, NOVEMBER 1

**Ignite the Inner Flame: Breath & Sound for a Cosmic Rebirth** – 3-5pm. Transformative

practice that transcends the physical realm to reach the spiritual and holistic dimensions of healing. \$55 advanced. Vista Yoga, 2836 Lavista Rd, Suite Dear (rear of bldg). [bit.ly/vista-events](http://bit.ly/vista-events)

### SUNDAY, NOVEMBER 2

**Hops & Flow Beer Yoga** – 10am. All-levels yoga class includes your first beer or coffee. Held indoors on the mezzanine at Monday Night Brewing's The Grove. \$18. 670 Trabert Ave NW, Atlanta. Hops & Flow. [bit.ly/Hops-and-Flow-Beer-Yoga-110225](http://bit.ly/Hops-and-Flow-Beer-Yoga-110225).

**Align + Wine Yoga** – 11am. All-levels yoga session followed by a curated wine tasting to refresh body and mind. \$28.16. Vinoteca, 299 N Highland Ave NE, Ste T, Atlanta. Shavonna Warthen. [bit.ly/Align-Wine-Yoga-110225](http://bit.ly/Align-Wine-Yoga-110225).

### WEDNESDAY, NOVEMBER 5

**Stretch & Sounds** – 6:45pm. Deep stretch class paired with live sound bath for stress relief and nervous system reset. \$28.16. Double Dutch Aerobics, 2030 Bolton Rd NW, Atlanta. T & G Management. [bit.ly/Stretch-and-Sounds-110525](http://bit.ly/Stretch-and-Sounds-110525).

### BODY & BRAIN

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770-779-9642

### GIVING TREE YOGA CENTER

1295 W. Spring Street SE, Suite 200  
Smyrna, GA 30080  
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"The mind is something that has no form. The body is representation of form. So we have something formless and we have a form. And what is happening in between, what is connecting the formless with the form, that is the breath."

Shi Heng Yi

# COMMUNITY CALENDAR

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

## Sunday, October 4

**Introduction to Transmission Meditation** – 7:30-9pm. Discover Transmission Meditation, a group practice that offers spiritual growth and world service. Free online talk and meditation presented by Share International USA SE Region. [share-international.us/se](http://share-international.us/se). [bit.ly/Transmission-Meditation-100425](http://bit.ly/Transmission-Meditation-100425)

## Monday, October 6

**Adult and Pediatric CPR AED** – 7:30-9:30am. Learn lifesaving CPR and AED skills for all age groups. Certification provided. \$65. Attentive Safety CPR, 1640 Powers Ferry Rd SE, Bldg 18, Ste 300, Marietta. [bit.ly/Adult-and-Pediatric-CPR-101225](http://bit.ly/Adult-and-Pediatric-CPR-101225)

**ReleaseHER: The EmpowerHER Bootcamp** – 6-7pm. High-intensity bootcamp combining strength, breathwork, affirmations, and emotional release. Empower your mind and body. Free. The Home Depot Backyard, 1 Backyard Way, Atlanta. [bit.ly/Release-HER-Bootcamp-100625](http://bit.ly/Release-HER-Bootcamp-100625).

**Full Moon Healing Ceremony** – 7pm. Gather under the full moon for healing, reflection, and connection through meditation, prayer, and energy work. Bring a lawn chair. Love offerings welcomed. Unity North Atlanta, 4255 Sandy Plains Rd, Marietta. [unitynorth.org](http://unitynorth.org)

## Tuesday, October 7

**Mini Health and Resource Fair** – 4-7pm. Free health screenings, clinical trial info, social services, and giveaways for all ages. Rescheduled from September. Free. Wolf Creek Library, 3100 Enon Rd, Atlanta. [bit.ly/Health-and-Resource-Fair-100725](http://bit.ly/Health-and-Resource-Fair-100725).

**Tai Chi with Sule Welch** – 6pm. Gentle outdoor class introducing Tai Chi for stress relief, balance, and flexibility. Led by SiFu Sule Welch. Free. The Home Depot Backyard, 1 Backyard Way, Atlanta. [bit.ly/Tai-Chi-With-Sule-Welch-100725](http://bit.ly/Tai-Chi-With-Sule-Welch-100725)

**The B.A.R. (Basic Abdominal Routine)** – 7:15-8:15pm. Core workout with Guru of Abs using all planes of motion. Moderate to vigorous, all levels welcome. Free. The Home Depot Backyard, 1 Backyard Way, Atlanta. [bit.ly/Basic-Abdominal-Routine-100725](http://bit.ly/Basic-Abdominal-Routine-100725)

## Wednesday, October 8

**Wellness Walk Atlanta** – 6:30-8:30pm. Enjoy an evening of mindful movement and connection with grounding sessions, cold brew

tastings, and a full moon reflection. Free. Just Add Honey Tea Co, 684 John Wesley Dobbs Ave NE, Atlanta. [bit.ly/Wellness-Walk-Atlanta-100825](http://bit.ly/Wellness-Walk-Atlanta-100825).

**Weekly Wed Meditation Class** – 7-8:30pm. Guided meditation, stretching, and wisdom talks with certified coaches and monks. Free; donations welcome. Georgia Meditation Center, 4522 Tilly Mill Rd, Atlanta. [bit.ly/Weekly-Meditation-Class-100825](http://bit.ly/Weekly-Meditation-Class-100825)

## Thursday, October 9

**Let's Talk Veins Atlanta** – 8am-4pm. Drop in for a free vein health consult, learn about treatments, receive compression socks, and enjoy lunch. Free. USA Vein Clinics, 305 Brookhaven Ave, Ste B1180, Atlanta. [bit.ly/Lets-Talk-Veins-Atlanta-100925](http://bit.ly/Lets-Talk-Veins-Atlanta-100925).

## Thursday, October 9

**Love & Hiking Date for Couples** – 1-5pm. Enjoy a self-guided hike with fun digital activities designed to strengthen connection. Donation-based event. Elwyn John Wildlife Sanctuary, 1520 Kittredge Park Rd NE, Atlanta. [bit.ly/Love-and-Hiking-Date-100925](http://bit.ly/Love-and-Hiking-Date-100925).

## Saturday, October 11

**Rhythm Walking: 5K Training** – 7:45am. Free weekly outdoor session on the Atlanta Beltline blending walking and music for a fun, pressure-free workout. Free. Park Tavern, 10th & Monroe, Atlanta. [MindbodyGroupFitnessArts.com](http://MindbodyGroupFitnessArts.com). [bit.ly/Rhythm-Walking-5K-Training-101125](http://bit.ly/Rhythm-Walking-5K-Training-101125).

**Self Love Sexual Health & Wellness Expo** – 9am-10pm. Explore self-care, sexual health, and wellness with workshops, vendors, and networking. \$23+. Ages 18+. AC Hotel Atlanta Buckhead at Phipps Plaza, 3600 Wieuca Rd NE, Atlanta. [bit.ly/Self-Love-Sexual-Health-Wellness-101125](http://bit.ly/Self-Love-Sexual-Health-Wellness-101125).

**Weekly Wellness Walk Club** – 9-11am. Join The Self Care Lab. for morning walks along the Beltline to connect, recharge, and embrace movement. Free. Meet outside Krog Street Market, Atlanta Beltline Eastside Trail. [bit.ly/Weekly-Wellness-Walk-101125](http://bit.ly/Weekly-Wellness-Walk-101125).

**Free Saturday HIIT Workout Class** – 10-11am. High-intensity training followed by self-care and meditation. Boost endurance, burn fat, and connect with community. Free. JTM Fitness, 3365 West Hospital Ave, Ste G, Chamblee. [bit.ly/HIIT-Workout-Class-101125](http://bit.ly/HIIT-Workout-Class-101125).

**Heal in Peace Circle** – 11am-12pm. A cozy, supportive gathering for those seeking emo-

tional healing and inner peace. Share stories, connect, and find solace in community. Free. Wolf Creek Library, 3100 Enon Rd, Atlanta. [bit.ly/Heal-in-Peace-Circle-101125](http://bit.ly/Heal-in-Peace-Circle-101125).

## Sunday, October 12

**Unity Atlanta Church "12 Powers Workshop"** – 12:30-2pm. You're invited to explore how you can use your God-given powers to improve your life. Each month, Licensed Unity Teacher, Freda Steward, will present one of the twelve spiritual powers available to all people. Feel free to bring a bag lunch. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. [UnityAtl.org](http://UnityAtl.org).

## Thursday, October 16

**Yoga in the Park** – 6pm. Outdoor all-levels class led by Dancing Dogs Yoga, powered by lululemon. Breathe, flow, and connect with community on the Active Oval at Piedmont Park. Free. Piedmont Ave NE, Atlanta. [lululemonAtlanta.com](http://lululemonAtlanta.com). [bit.ly/Dancing-Dogs-Yoga-101625](http://bit.ly/Dancing-Dogs-Yoga-101625)

## Saturday, October 18

**Healing Psychic Fair** – 10am-7pm. Explore tarot, astrology, Reiki, sound healing, and more at this community spiritual fair. \$20; \$10 seniors; \$5 kids. Healing Hands Reiki, 27 Waddell St NE, Ste A, Atlanta. [bit.ly/Healing-Psychic-Fair-101825](http://bit.ly/Healing-Psychic-Fair-101825).

**Heal in Peace Circle** – 11am. A safe and supportive weekly gathering to connect, share stories, and nurture emotional well-being. Free. Wolf Creek Library, 3100 Enon Rd, Atlanta. BizzyLux Events. [bit.ly/Heal-In-Peace-Circle-101825](http://bit.ly/Heal-In-Peace-Circle-101825)

## Sunday, October 19

**KIDFITSTRONG Fitness Challenge Atlanta** – 12-6pm. Fun, interactive fitness challenge designed to keep kids active and healthy. Free with registration. Piedmont Park, 400 Park Dr NE, Atlanta. [bit.ly/Kidstrong-Fitness-Challenge-101925](http://bit.ly/Kidstrong-Fitness-Challenge-101925).

**Praying Paws Annual Pet Blessing** – 2pm. Celebrate the bond with animal companions in a heartfelt ceremony of gratitude and blessings for pets and their caretakers. Unity North Atlanta, Labyrinth, 4255 Sandy Plains Rd, Marietta. [unitynorth.org](http://unitynorth.org)

## Saturday, October 25

**Faithful Flow: Graceful Movements with God's Guidance** – 10-11:30am. Connect faith and movement through scripture, gentle stretches, meditation, and prayer. Beginner-friendly. Free. North Meadow, Piedmont Park, Atlanta. [bit.ly/Graceful-Movements-with-Gods-Guidance-102525](http://bit.ly/Graceful-Movements-with-Gods-Guidance-102525).

**Reiki Share** – 3:30-5:30pm. Reiki practitioners gather for group healing, meditation, and energy practice. \$21 donation. Healing Hands Reiki, 27 Waddell St NE, Ste A, Atlanta. [bit.ly/Reiki-Share-102525](http://bit.ly/Reiki-Share-102525).

## Sunday, October 26

**"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. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. [UnityAtl.org](http://UnityAtl.org).

## Sunday, November 2

**Gentle Stretching and Breath-Work** – 10-11am. Explore mind-body connection through Korean-style yoga, Tai Chi, tapping, and breathwork. Free. Body & Brain Yoga Tai Chi, 4641 Roswell Rd, Ste C, Atlanta. [bit.ly/Mind-Body-Connection-110225](http://bit.ly/Mind-Body-Connection-110225)

## Wednesday, November 5

**Metabolic Matters: MASLD in Obesity** – 11:30am-1:30pm. Learn early detection and management strategies for metabolic disorders linked to obesity. Free. Georgia World Congress Center, 285 Andrew Young Intl Blvd NW, Atlanta. [bit.ly/Metabolic-Matters-110525](http://bit.ly/Metabolic-Matters-110525)

## 11:11 Metaphysical Fair

Saturday, November 8 and Tuesday, November 11 · 10am – 5pm

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Andrea, 404-557-4306. Norcross.

## ONGOING

### Sundays

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

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

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

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

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

## Meditation 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](http://Atlanta.Shambhala.org).

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

**Unity Atlanta Church Sunday Services** – 11am-12pm. "Spiritual Keys for Life" - All are invited to the Fall Faith Message Series by Rev. Jennifer L. Sacks featuring the teachings of Minister and Master New Thought Writer, Emmet Fox. Attend in-person or watch via livestream. Youth Sunday School is in-person at 11am for ages 5-18. Nursery service is available 10:30am-12:30pm. 3597 Parkway Lane, Peachtree Corners. 770-441-0585. [UnityAtl.org](http://UnityAtl.org).

**Twin Hearts Meditation** – 11am – 12:30pm. 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: [AtPranicHealing.com](http://AtPranicHealing.com).

**Tarot and Mocktails** – 1-2.30 pm. 1st Sunday. Designed for experienced and beginner tarot readers. Bring a deck of cards or buy onsite. Enjoy mid-day snack and drink. Learn about tarot and oracle cards. With Holistic Health & Wellness - 3372 Canton Rd Suite 116, Marietta, GA, 30066. 678-471-6587. [HolisticHealthse.square.site/events](http://HolisticHealthse.square.site/events)

### Tuesdays

**The Art of Preserving Balance and Vitality Through Movement** – 6-7pm. Discover the ancient art of cultivating Chi to enhance well-being. Learn to manage stress, channel emotions, and deepen your connection with life. \$18/class; packages available. Zoom. Efraín Brady, 470-281-8645. [PathsToIntegration.com](http://PathsToIntegration.com).

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

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

**"Divine Connection" (Conexión Divina)** – 8-9pm. Starting back on August 12, the Spanish-language weekly spiritual gathering will study the book, "The Sermon on the Mount," by Emmet Fox. Led by Rev. Xiomara Malagon via Zoom. For more info and to

receive the Zoom link, email: [xioma735@gmail.com](mailto:xioma735@gmail.com). Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. [UnityAtl.org](http://UnityAtl.org).

## Wednesdays

**Meditation & Modern Buddhism** – 7:00-8:30pm. 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](http://MeditationInGeorgia.org).

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

**Weekly Group Meditation Session** - 6:30-7:30pm. All levels of meditation experience are welcome. A simple, five-step meditation process will be presented before the 10-15 minute meditation session. Afterwards, conversation and questions are welcomed. Facilitated by Elisha Fields. Love offering. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. [UnityAtl.org](http://UnityAtl.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.



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Come experience a one-of-a-kind vocal jam inspired by the musical genius of Bobby McFerrin! Our voices layer melodies to create a moving tapestry of sound. You can keep it simple or get creative — wherever you're at, it works!

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THE WELL OF ROSWELL  
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• First Time Free •  
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[f](https://www.facebook.com/CircleSongsAtlanta) Circle Songs Atlanta  
[dianeatonmusic@gmail.com](mailto:dianeatonmusic@gmail.com)

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](mailto:ads@naAtlanta.com)

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[lkminnick@live.com](mailto:lkminnick@live.com)  
678-641-7005



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### KRISTIN TANSEY

Shine Energy Healing  
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Our independent providers offer therapeutic massage and body-

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### TORI MCGEE, Holistic Realtor

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[HolisticHomeExpert@gmail.com](mailto:HolisticHomeExpert@gmail.com)  
c: 770-608-6777 | o: (404) 252-9500



As a Holistic Realtor Certified in Building Biology, Tori brings a thoughtful perspective to Real Estate—health, air and water quality, EMF, mold potential, toxic materials all matter more.

## Spiritual Centers

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# Turn Your Passion Into a Business

## Own Your Own Natural Awakenings Magazine!

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

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

### Why Own a *Natural Awakenings* Magazine?

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

### What We Offer:

- A proven business model with low startup costs.
- Comprehensive training and friendly, ongoing support.
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- Financing Options Available.

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

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[Corp.NaturalAwakenings.com](http://Corp.NaturalAwakenings.com)



## Own a business that makes a difference.

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

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

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- Charlotte, NC
- Chicago, IL
- Columbia, SC
- Dallas, TX
- Daytona/Volusia/Flagler Counties, FL
- Detroit/Wayne County, MI
- Fairfield & Southern Litchfield Counties, CT
- Grand Traverse Region/Northern Michigan
- Greater Ann Arbor, MI
- Greater Lansing, MI
- Greater Oakland, Macomb, Livingston, Genesee, MI
- Gulf Coast, Alabama/Mississippi
- Houston, TX
- Jacksonville/St. Augustine, FL
- Lancaster/Berks, PA
- Lehigh Valley, PA
- Long Island, NY
- Milwaukee, WI
- Monmouth/Ocean Counties, NJ
- Naples/Fort Myers, FL
- New York City, NY
- North Central New Jersey
- North New Jersey
- Northwest Florida
- Palm Beach, FL
- Philadelphia, PA
- Phoenix, AZ
- 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.

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