



HEALTHY LIVING | HEALTHY PLANET

FREE

natural

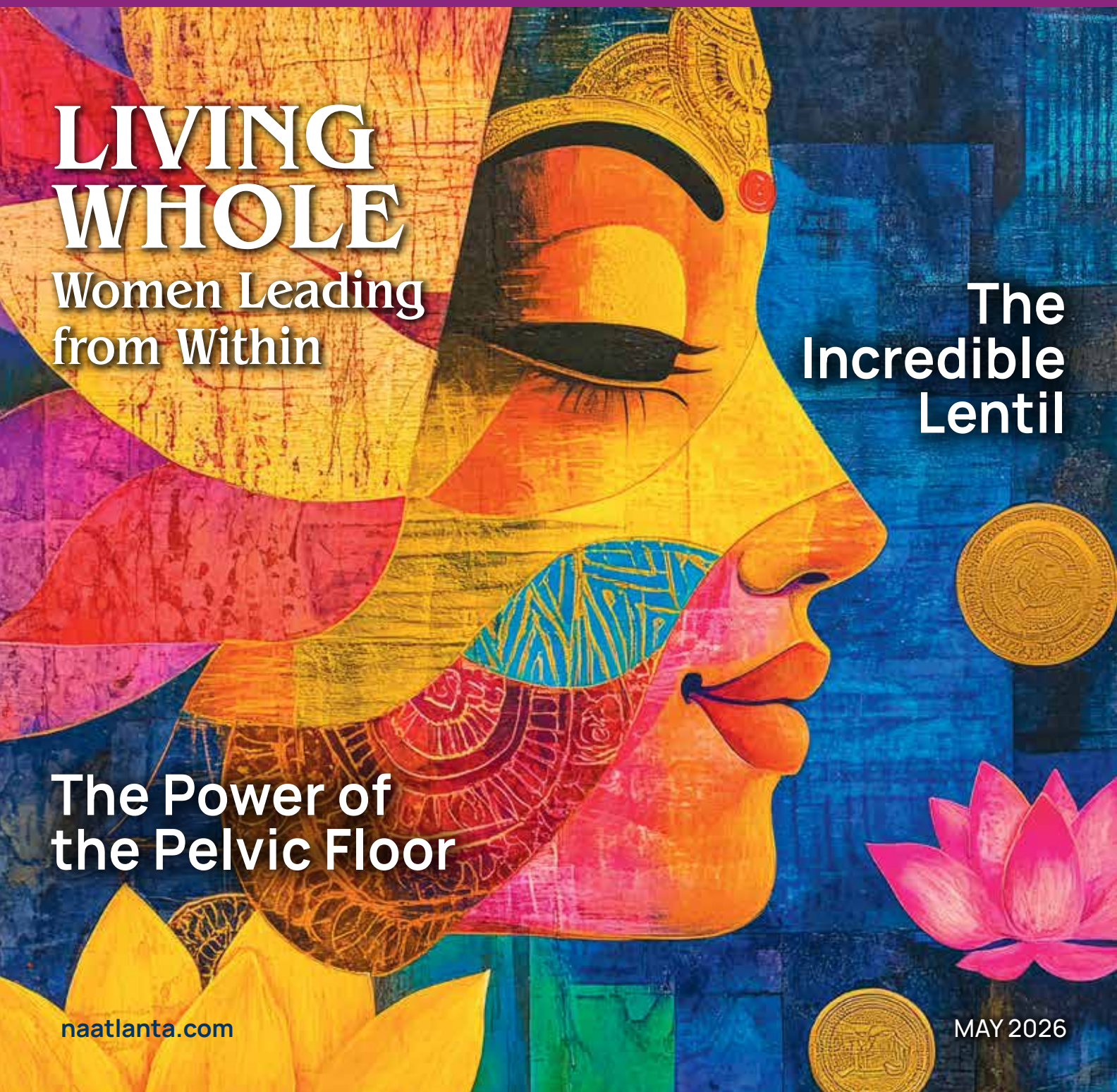
awakenings

LIVING WHOLE

Women Leading
from Within

The
Incredible
Lentil

The Power of
the Pelvic Floor



Become a Certified Aromatherapist

Aromatherapy Certification Course

Our internationally respected Aromatherapy Certification Program gives you the skills and confidence to work with essential oils with ease. Learn how to choose the right oils and applications, crafting remedies that simply work. Join our upcoming training, a 50 hour in-person, small group hands-on course.

Begins August 5



HEAL CENTER
healing arts + learning

HealCenterAtlanta.com | 404-303-0007
270 Carpenter Drive NE, Suite 500-505

Has your child suffered for months or years?



*Children Deserve
Childhood*

Give them the medical
expertise they need
and deserve

Chronic illness, ADHD, autism, PANS/PANDAS, emotional dysregulation, etc.; all are complex and resist the "pill and pray" approach. Dr. Juliana Nahas takes the time to listen and find answers. We blend the best of modern science with holistic, root-cause strategies that support your child's whole being.

And... We accept insurance!

DISCOVER THE DIFFERENCE.
Visit covingtonpediatrics.com/services.



Covington Pediatrics
FUNCTIONAL AND INTEGRATIVE MEDICINE

5211 US HWY 278 NE · Covington GA
770-787-7444



Juliana Nahas, MD, FAAP

REFLEXOLOGY
National Certification
HANDS-ON TRAINING

6 WEEKENDS · 50 FEET · STARTS JULY 11



With Mayuri Sobti

ATLANTA SCHOOL OF WELLNESS
www.ATLschoolofwellness.com · 404-941-9544





Your partners in dental health

We approach dentistry with an emphasis on nutrition, biocompatibility and restoration of natural balance, allowing the body to heal, repair and rejuvenate

- Mercury safe dentistry using IAOMT SMART protocol
- Biocompatible material choices
- Dental ozone treatment
- Saliva and Microbiome Testing
- Airway orthodontics to treat sleep disordered breathing in children and adults
- Same day ceramic and zirconia crowns
- Digital dentistry with state-of-the-art technology



DR. ZAHRA PUNJANI, DMD AIAOMT
Accredited member of the IAOMT



BLOOM HOLISTIC DENTISTRY
200 ASHFORD CTR N. STE. 330
DUNWOODY GA 30338
770-396-1188

WWW.BLOOMHOLISTICDENTISTRY.COM

**Nourish Your Soul,
Heal Your
Body...and
Transform Your Life**

THE WELL OF ROSWELL
Holistic Healing & Events

www.thewellofroswell.com
Frequency Medicine*Energetic
Healing*Sound Baths*Psychosomatic
Therapy*Hypnotherapy*Drumming
*Breathwork*Classes & Workshops
*Event Space Rentals

Climb
CHIROPRACTIC

Is your nervous system letting you heal, or keeping you stuck?

If your nervous system is overwhelmed, your body can't function the way it's designed to, no matter how healthy you try to be. We focus on clearing obstacles so that healing can actually happen.

- ◆ Root-cause chiropractic care
- ◆ Neuro Emotional Technique (NET)
- ◆ Craniosacral Fascial Therapy (CFT)
- ◆ Functional hormone & gut testing

BOOK A COMPLIMENTARY 15-MINUTE CONSULTATION

Serving Kennesaw & surrounding areas
770-282-4247 • climbchiropractic.com

**YOUR HEALTH
YOUR JOURNEY
OUR COMMITMENT**



**NOW
OPEN!**



NATURAL MEDICINE	AESTHETICS	SPORTS MEDICINE	SEXUAL WELLNESS
Root cause, integrative, natural health medicine for the entire family.	Holistic Aesthetics and Non-Invasive Body Contouring	Holistic Sport Medicine featuring treatments for pain & performance	Hormone optimization, erectile dysfunction & vaginal rejuvenation

\$100 OFF	\$99	\$99	\$49
AN INTAKE EVALUATION (REGULARLY \$399)	BODY CONTOURING SPECIAL (INCLUDES CONSULT & 1ST SESSION; \$450 VALUE)	NEUROPATHY ASSESSMENT (REGULARLY \$250)	MEN'S SEXUAL WELLNESS ASSESSMENT (INCLUDES ASSESSMENT AND NITRIC OXIDE TESTING; REGULARLY \$250)

615 Colonial Park DR - STE 203, ROSWELL, GA 30075

PrimaliHealth.com



Call Now For More Information
(470) 235-3900

My Coming brings peace.

Likewise, My Presence brings cleavage.

My Sword, that Love which I am, will separate all men, will show the true from the false, will clear the way for the New Light which I bring.

May it be that you can withstand this change and accept My Light.

Many times before have I told you that My Appearance is nigh.

Look then carefully, My friends, and miss Me not.

My Blessing goes with you all.

**Maitreya,
the World Teacher**





CONTENTS

Natural Awakenings
Atlanta | May 2026

16

MORE THAN SOUP

- 18 Pelvic Power
- 20 Strong, Centered and Whole
- 22 Yoga, Fascia & Your Well-Being

- 26 How to Help a Friend With Depression
- 34 Life Lessons from an Earthquake

DEPARTMENTS

- 9 Publisher's Letter
- 12 Atlanta Briefs
- 16 Conscious Eating
- 18 Healing Ways
- 20 Inspiration
- 22 Yoga
- 26 Personal Evolution
- 28 Community Calendar
- 32 Community Directory
- 33 Classifieds
- 34 Walking Each Other Home



18



22



Contact Us

404-474-2423
info@naAtlanta.com



Cover image by

by **Patcharaphorn for Adobe Stock**
(Generated with AI)

Atlanta Team

Publisher **Paul Chen**
Managing Editor **Diane Eaton**
Yoga Editor **Patty Schmidt**
Consulting Editor **Trish Ahjel Roberts**
Calendar Editor **Jimmy Mwanyae**
Copy Editor **Nasir Abbas**
Staff Writers **Noah Chen**
Hajar Moore
Design & Layout **Steffi K. Kern**
Website **Adrita Ghosal**
Distribution **Distribution Services Group**
Teri Durden
Vincent Turner

National Team

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

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



Own Your Own Franchise



Cover Art Submissions

© 2026 by *Natural Awakenings*. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing. *Natural Awakenings* is a free publication distributed locally and is supported by our advertisers. Please call to find a location near you or if you would like copies placed at your business. We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. Check with a healthcare professional regarding the appropriate use of any treatment.



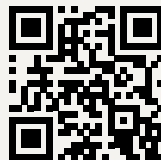
Submissions

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



Distribution

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



Advertising

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



Index of Display Advertisers

Art of Living Retreat Center.....11	Elohee.....10	Natural Awakenings Corporate..... 08, 30
Atlanta Dental Wellness.....36	Heal Center.....02	Nina Ross.....35
Atlanta School of Wellness.....02	Keith Dykes.....10	PLS Yoga.....25
Bloom Holistic Dentistry.....03	Kula Kamala.....11	Primal Performance.....04
CircleSongs.....35	Linda Minnick.....28	Share International.....04
Climb Chiropractic.....03	Lisa Watson.....19	Sunshine & Good Vibes.....12
Covington Pediatrics.....02	MOON Organics.....27	The Well of Roswell.....03
Dr. Nancy Williams.....21	Natural Awakenings Atlanta.....35	Wellspring Dental.....18
		Whole Healing Dental.....27

The first rule of sustainability is to align with natural forces, or at least not try to defy them.

—Paul Hawken

WEB EXCLUSIVES



The Minimalist Workout
Build Strength, Skip the Gear
bit.ly/minimalist-workout-0426



Natural Skincare Recipes
bit.ly/skincare-recipes-0426



Aromatherapy and Sleep Rituals
bit.ly/aromatherapy-and-sleep-0526



Our One Wild and Precious Life
bit.ly/wild-and-precious-0426



Home Sweet Sustainable Home
Strategies for Saving Money and the Planet
bit.ly/sustainable-home-0426



Going Zero Waste A Conversation With Kathryn Kellogg
bit.ly/zero-waste-0426



Helping Kids Use Less Plastic
Gentle Swaps for Growing Minds
bit.ly/less-plastic-0426



At-Home Pet Massage
Tips and Techniques for a Happier Animal
bit.ly/pet-massage-0426

FOLLOW US!

@naAtlanta

SUBSCRIBE TO OUR NEWSLETTER

Don't miss out on Atlanta's #1 source for natural healing and personal evolution articles and commentary. Sign up now for our twice-monthly e-newsletter!

bit.ly/signup-fomo

COMMUNITY PARTNERS

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

naAtlanta.com



natural
awakenings

Proudly Announces — A Mini Documentary by **EMPOWERED**
HOSTED BY MEG RYAN



Coming 2026 — On National and Local Public Television, and in your Local Community

A Movement. A Community. A New Model of Health.

A Mini Documentary on **KnowEwell**
The **Regenerative Whole Health®** Movement

Real People.
Real Insights.
Real Practitioners.
Real Transformation.

hosted by critically acclaimed actress

MEG RYAN



Register and Join the Movement: knowewell.com/regenerative-whole-health-movement



Balancing Masculine and Feminine Energies



Herekitty from pixabay via Canva

Our lead article this month, *Strong, Centered and Whole*, is about women who thrive. When a woman is fully aligned within herself, those around her can feel it; it's not force, it's presence.

In yoga, this is described as the balance between two fundamental forces: the feminine, *Shakti*, is dynamic, intuitive, receptive and creative, and the masculine, *Shiva*, is structured, directional, focused and organizing. *Shakti* moves; *Shiva* stabilizes. *Shakti* generates possibility; *Shiva* gives it form.

The ideal is not to favor one over the other, but to bring the masculine and feminine into balance. It's about acting with clarity and receiving with sensitivity; moving with purpose while remaining flexible.

Unfortunately, most of us do not live in balance.

Given our patriarchal society, all of us are shaped by a culture that rewards output over awareness, control over receptivity and constant doing over being. The result is not strength, but strain, a disconnection from the very qualities that generate vitality, creativity and connection.

In our article, you'll notice that a pattern emerges among the profiled women. Each, in her own way, has stopped forcing life and is, instead, working with it.

When Behati Hart talks about "unmasking" and no longer living from roles imposed by others, she is not adding something new; she is removing what blocks her. The shift she describes—from trauma turned inward

as hypervigilance to passion focused outward as creation—is a movement from constriction to flow.

Maria Rodale describes a life guided less by external expectations and more by her own voice and gut. She is selective about what she consumes, not just the food she eats, but the content she reads, watches and listens to. That's less about control and more about discernment.

Dr. Rebecca Hunton names something many women experience but rarely articulate—the exhaustion from chasing impossible standards that fail to factor in health and wholeness. She doesn't push harder. Instead, she sets up bite-sized, achievable steps while staying grounded in what is sustainable. That is a reorientation from force to alignment.

And Sarita-Linda Rocco brings it into sharp focus. *Shakti*, she says, is creative life force. "It does not compete. It creates." When that energy is fragmented—by comparison, pressure or expectation—something essential is lost. When it is protected and honored, it becomes a source of stability, not volatility.

Taken together, these are not just lifestyle choices. They point to a deeper principle: thriving is not about more effort; it's about removing interference.

And that leads to a more practical question. How do you know when the balance between masculine and feminine energies is off? Here are some clues.

- If everything feels like effort, you may be "doing" too much
- If you feel like you overthink, you are probably ignoring your intuition
- If you are constantly managing and controlling, there is little life force moving through you
- If rest feels unearned, something is out of alignment

Continued on page 31

Retreats Workshops

A FOCUSED ADVERTISING SECTION

“Set your life on fire.
Seek those
who fan your flames.”

—Rumi

Call to advertise here: 404-474-2423

BALI ALIGNMENT IMMERSION


A 15-Day Transformational Travel Experience
in the Sacred Landscapes of Bali

Hosted by Keith Dykes



You don't need another vacation, you need alignment. Step outside your current life and into an environment designed for clarity.

This 15-day immersion blends sacred cultural experiences, luxury travel, and guided alignment sessions to interrupt patterns, sharpen decision-making, and reconnect you with your next chapter.

<p>Balinese Culture & Traditions</p> <p>Sacred Water Purification</p>		<p>Temple Ceremonies</p> <p>Ocean Cliff Adventures</p> <p>Volcanic Mountains</p>
---	---	--

August 12-27 2026

KeithDykes.com/Bali-2026

UPCOMING RETREATS



GATHER THE WISE WOMEN

Nickie Graves MPA, BSN,
BA, RN | June 5-7



ZENHIKE WOMEN'S “BE LIKE WATER” RETREAT

Jenny Roberts (RYT-200)
& Salena Hall
June 5-7

A WEEKEND IN THE WOODS

Rebecca Galla-Jones
& Kathy Koher
June 11-14

MOUNTAIN MAGIC AT ELOHEE

Tanya Gauthier, LOTR; Trish
Little, LMT, ERYT500;
& Chasity Scherer
June 11-14

A BEGINNER-FRIENDLY MANTRA MEDITATION RETREAT

Kelsang Dechok, Teacher,
Kadampa Meditation Center
GA | June 12-14

THE ART OF REMEMBERING

Kiera McGuire
& Holly Johnson
June 17-21

REST & RELAXATION WEEKENDS

A Yoga Invitation | June 5-7

Summer | July 24-26

Harvest | Sept 25-27

NORTH GEORGIA'S RETREAT DESTINATION

(770) 316-9195

info@elohee.org

Social's: @eloheeretreat



Find our full Retreat calendar: Elohee.org

SAVE 20%
USE CODE:
AWAKENING



THE ART OF LIVING
Retreat Center

Ancient Wisdom. Modern Renewal.
Mountain views and mindful practices to calm your mind and restore your energy.

Yoga • Meditation • Scenic Nature Trails • Ayurvedic Spa • Vegetarian Meals • Art Studio • Robust Daily Workshops

aolrc.org | Boone, NC | 800.392.6870



KULA KAMALA FOUNDATION & YOGA ASHRAM

A Place of Peace A Space for Healing

WHAT IS AN ASHRAM?

An ashram is a spiritual school, situated in a quiet and peaceful space, denoting a locus of activity centering on Yoga study and instruction.

THE KULA KAMALA FOUNDATION ASHRAM OFFERS:

- Weekly Yoga Classes
- Online Spiritual Studies
- Kirtan, Homa & Puja
- Sound Healing
- Food4All Cafe.teria
- Yoga Teacher Training
- Meditation Path
- Festivals
- **Weekend Retreats**
- **Personal Retreats**
- **International Retreats**
- Volunteer Opportunities
- Residential Internships
- Sangha (Community)

AND SO MUCH MORE!

For more information & to register for classes, programs & retreats visit www.kulakamalafoundation.org or use the QR code

SCAN HERE



17 BASKET ROAD READING PA 19606 (484) 509-5073 ex.1 STUDY@KULAKAMALAFUNDATION.ORG



Do you feel...
Overwhelmed?
Disconnected?



RESET & RECLAIM WORKSHOP

A Women's Nervous System
Healing Experience

May 30 - or - June 20
Smyrna Community Center

Learn simple tools to calm your nervous system, to release emotional overwhelm, to restore balance in your body's energy systems, and to reconnect to clarity, intuition and inner stability.

This workshop, which serves as an introduction to The Creator Path, our 12-week program in nervous system regulation and empowerment, includes:

- Meditation & mindful awareness
- Introduction to Reiki
- Eden Energy Medicine routine
- Polyvagal exercise with reflection
- Restorative yoga & sound healing
- Herbal & tea mini workshop

12 Seats Only. \$50.
Reserve Your Space NOW!



EMAIL OR CALL:
JulieDemenkow@gmail.com
(404) 547-9527



Photo: Christian Rodriguez

Atlanta Hispanic Yoga Festival Returns in October

Atlanta Hispanic Yoga Festival announces its 2026 full-day wellness event on October 4 at The Westside Warehouse in Atlanta. The festival is powered by lululemon and community wellness collaborators and is conducted primarily in Spanish, led entirely by Hispanic bilingual yoga teachers.

Recognized as one of the first full-day Spanish-language yoga festivals in the United States, the event offers a culturally rooted experience designed to reduce language and economic barriers in wellness spaces. More than 500 attendees are expected to participate in yoga sessions, a traditional cacao ceremony and local art displays, and have access to Latin American food vendors. Programming welcomes all levels and includes a bilingual class open to both Spanish and English speakers.

Founded by Magda Olvera, a Spanish-speaking yoga teacher, lululemon ambassador and community leader, the festival, in its second year, continues to expand beyond its annual gathering. AHYF now hosts additional events throughout the year to increase access to wellness resources across metro Atlanta. "What began as a vision to create a space where Spanish speakers could practice yoga without translation has grown into a powerful community experience," says Olvera. "My hope for 2026 is that every person who walks through our doors feels welcomed and empowered."

The festival takes place from 9 a.m. to 5 p.m. and offers tiered pricing options, including \$25 for morning sessions, \$30 for afternoon sessions and \$50 for full-day access.

For more information, email ahyfest@gmail.com or visit AtlantaHispanicYogaFestival.com. The West Side Warehouse is located at 996 Huff Rd NW in Atlanta.

Spiritual Living Center Names New Senior Minister

The Spiritual Living Center of Atlanta (SLCA) announced its new Senior Minister, Rev. Jean Bell.

Bell has been a member of the organization, serving in a variety of roles since 2013. In her new role, Bell becomes the organization's first Black woman senior minister. Having earned her ministerial degree in 2022, she was ordained in 2025 and has most recently been serving as associate minister.

"We are excited for this next chapter and all that is to come under Rev. Jean's leadership," says Executive Director Shannon Prewitt. "Rev. Jean is the perfect person at the perfect time to lead this community, and the 100 percent vote of confidence from our pledging members at our recent town hall confirmed just that. It has been an honor to serve with Rev. Jean over the past six years, and I look forward to her leadership and watching SLCA grow."

For more information, call 404-417-0008 or visit SLCA.com. Spiritual Living Center of Atlanta is located at 2650 N. Druid Hills Rd. NE in Atlanta.



Rev. Jean Bell

Sunshine and Good Vibes Launches Integrated Program



Julie Demenkow

Julie Demenkow, a certified Eden Energy medicine practitioner and owner of Sunshine and Good Vibes, launches Creator Path, a 12-week program integrating nervous system tools, energy practices and group sessions. It will take place in Smyrna in September.

The program combines a bottom-up approach to nervous system regulation with the triangle of empowerment and polyvagal theory, along with reiki Level 1 attunement, restorative yoga, herbal applications and guided energy practices. Participants learn an energy medicine routine for self-use and for friends and family, and take part in group reiki gatherings, one-on-one sessions and a mix of in-person and online meetings.

"I am beyond thrilled to bring this program to women. It is the foundation of all my work and learning over the years. The modalities that inspired me are connected and woven into The Creator Path program to provide empowerment. It gives me great joy to share this project with you," says Demenkow.

Sessions will be held at Tillman House Resource Center, 1314 Church St, Smyrna, on September 12 and 13 from 10 a.m. to 4:30 p.m., followed by scheduled gatherings through November, including twice-monthly Saturdays and evening online sessions.

Demenkow is a registered yoga teacher, reiki master in the Usui method and a licensed occupational therapy assistant. Her background in occupational therapy informs a client-centered approach focused on practical application.

The cost to participate is \$2,000.

For more information, call 404-547-9527, email juliedemenkow@gmail.com, or visit SunshineAndGoodVibes.org. Sunshine and Good Vibes is located at 1250 Powder Springs St. in Smyrna.



New Book Explores Compassion Without Burnout



Dr. Geshe Lobsang Tenzin Negi

Drepung Loseling Monastery announces the release of *Engaged Compassion*, a new book by Geshe Lobsang Tenzin Negi, PhD, available May 12. The book presents a practical framework for cultivating compassion while avoiding emotional exhaustion.

Engaged Compassion moves beyond basic self-care by offering tools rooted in contemplative science and emotional intelligence. Drawing from Tibetan Buddhist philosophy and modern research, the book outlines methods for building meaningful connections and resilience without self-depletion. The announcement notes that it “provides the emotional intelligence and practical tools to foster deep, sustainable connection and societal flourishing without self-depletion.”

Central to the book is cognitively based compassion training (CBCT), a structured program developed by Negi at Emory University. CBCT blends analytical meditation with modern psychology to help individuals systematically cultivate compassion. The practice includes attention stability training, awareness of interdependence, and emotional insight to support compassionate responses more consistently.



Negi serves as Executive Director of the Emory Center for Contemplative Science and Compassion-Based Ethics and as a teaching professor in the Department of Religion at Emory University. He is also the founder and spiritual director of Drepung Loseling Monastery in Atlanta. A former monk with the highest Geshe Lharampa degree, Negi is known for bridging ancient wisdom and contemporary science.

A reception and book signing will take place on May 17 from noon to 1 p.m. at Drepung Loseling Monastery.

To order the book: bit.ly/engaged-compassion. Drepung Loseling Monastery is located at 1781 Dresden Drive in Atlanta.

Bonvissuto Releases “The Good Living Code”



Holly Bonvissuto

Holly Bonvissuto, founder of Good Living Wellness, recently released her new book, *The Good Living Code: A Rebel's Guide to Aging Well*, which offers a sustainable wellness framework for anyone navigating midlife, chronic stress and a desire to deepen and maintain long-term health.

“I wrote *The Good Living Code* for anyone who has ever felt exhausted by the pursuit of wellness,” says Bonvissuto. “My hope is that readers will find not just a book, but a compassionate guide that gives them permission to slow down, listen to their bodies and build a kind of health that actually lasts.”

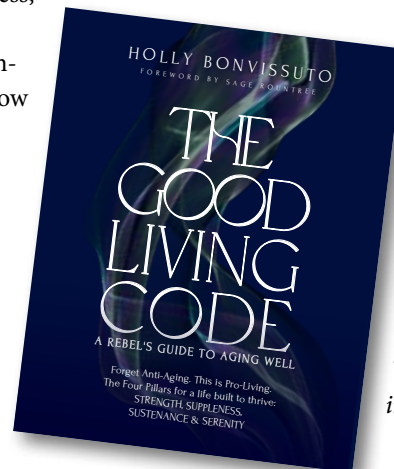
The book introduces Bonvissuto’s 4S Method, focusing on practical, accessible steps to build strength, suppleness, sustenance and serenity. Its framework is rooted in natural principles—building functional strength, cultivating mobility through healthy fascia and gentle movement, nourishing with anti-inflammatory whole foods, and anchoring it through nervous system regulation and mindful rest. A section called “Pocket Movements” provides

short practices that can be incorporated into daily routines.

Bonvissuto is a certified yoga teacher (E-RYT 500), personal trainer, mobility specialist and holistic health and wellness coach. Her work draws on personal experience navigating lupus, injury and burnout. She teaches clients in Atlanta and

works virtually with individuals worldwide.

The Good Living Code is available online and at GoodLivingWellness.com/My-Book. Good Living Wellness is located in Atlanta.



Hands On Wellness Hosts Neuroscience Course



Dr. Miriam Croft

Dr. Miriam Croft, owner of Hands On Wellness in Chamblee, presents a three-day course entitled “Change Your Mind. Create New Results” June 5, 6 and 7 in Dillard, Georgia. Based on the Neuro Change Solutions work of Dr. Joe Dispenza, it focuses on applying neuroscience concepts to support behavioral change.

“Change Your Mind. Create New Results” introduces a structured framework “where people can learn lasting change using neuroscience to essentially prune away unwanted habits, beliefs and attitudes so they can fully embrace their desired reality,” says Croft. Content includes identifying habitual behaviors, understanding the

“Knowing is not the same as doing,” Croft says. “Real transformation isn't an intellectual exercise; it's biological work. If you aren't seeing results, it's because you're still operating on old neurological hardware. You're reacting to your past instead of architecting your future.”

The course reportedly helps people pinpoint the “survival” habit and move from thinking to doing to being. It also gives attendees four “precision” tools to “turn high performance into a biological habit.”

“Change Your Mind. Create New Results” takes place at the newly renovated Dillard House located at 768 Franklin St., Dillard, Georgia. For more information, call 404-555-0000, email info@howchiropractic.com or visit HowChiropractic.com/Events. Pricing is available upon request.

interaction of the neocortex, limbic system and cerebellum and applying practical tools intended to reinforce new patterns.

Rest, Relax & Rewind Adds Exopod Therapy

Rest, Relax & Rewind announces the addition of the Exopod cellular optimization pod, a new wellness technology now available in Dunwoody. The boutique spa, which features massage as its core offering, expands with this full-body system designed to support recovery, relaxation and overall cellular function.

The Exopod integrates multiple therapies into a single session, including red light and near infrared light, pulsed electromagnetic field stimulation, vibration and ion therapy. This combination works to stimulate circulation, assist lymphatic drainage and promote collagen production while supporting muscle recovery and stress reduction. The pod also incorporates Himalayan salt and heat to enhance respiratory health detoxification and relaxation. The system is designed to help optimize mitochondrial activity, which plays a key role in energy production and cellular repair.

With more than 20 years of experience, owner Stephanie L. Jackson continues to evolve the practice into a comprehensive wellness destination focused on natural therapies. Jackson says, “Adding the Exopod to our boutique spa has helped us turn a corner into becoming a full-blown wellness center and is prompting us to look into other natural wellness options and services.”

Sessions are available by appointment Tuesday through Friday from 11 a.m. to 8 p.m. and Saturday from 11 a.m. to 6 p.m. A special rate of \$99 is offered to *Natural Awakenings* readers.



Photo: Courtesy of Rest, Relax & Rewind

For more information, call 770-806-9048 or visit RRRAtlanta.com. Rest, Relax & Rewind is located at 1770 Old Spring House Lane, Suite 114 in Dunwoody.

More Than Soup

Lentils as a Modern Wellness Staple

by Maya Whitman



Food_Magic/shutterstock

Humans have consumed lentils since the Bronze Age, and cultures worldwide, from the Middle East to the Mediterranean, have long valued them. These nutritious legumes gained popularity as a meat substitute in the United States during World War II and remain a cost-effective ingredient in modern kitchens, with the added benefit of being an eco-friendly, sustainable crop.

“Lentils require less water than many other protein sources, and they enrich the soil in which they’re grown,” says Cynthia Sass, a registered dietitian nutritionist and plant-based recipe developer in Los Angeles.

These small seeds from a legume plant are mild, easy to cook and offer endless possibilities for hearty soups, salads, plant-based “meatloaf”, veggie burgers, dips, stuffings and even sweet desserts. Lentils absorb any flavors added to them, effortlessly highlighting

exotic spices and fresh herbs, and can serve as a surprising flour replacement in delicious baked goods.

“When people discover lentils beyond soup, they often realize just how versatile and satisfying this tiny powerhouse can be. They are one of the most versatile foods in the plant-based kitchen,” says Tracy Gunter, a health strategist and owner of Original Origins Health & Wellness, in Columbia, South Carolina.

Vital Properties

According to the Cleveland Clinic, regular lentil consumption leads to healthier blood pressure levels than eating garbanzos (chickpeas), beans or peas. Their fiber content enhances good gut bacteria and sustains energy throughout the day. Lentils do not cause extreme glucose spikes, making them an excellent addition to a diabetes-management diet and helpful for reducing excessive

systemic inflammation. Rich in selenium and zinc, they boost immune response and contain cardiovascular-supportive minerals like potassium. Lentils also provide iron and offer 25 grams of protein per three-and-a-half ounces. Their high polyphenols content also lowers the risk of cancer, cognitive decline and obesity.

Sass notes, “Lentils make a terrific post-exercise recovery food and can help athletes and active people replenish nutrients they’ve depleted during exercise and heal from the stress a workout puts on muscles and joints.”

Gunter loves lentils for their high nutrition and plant-forward flexibility. “They can easily replace meat in many dishes because of their hearty texture and protein content,” she explains. “They can be seasoned and used as a filling for stuffed peppers, layered into vegetable shepherd’s pie or incorporated into tacos and wraps.”

Varieties and Inspirations

Lentils vary in color and texture, each type cooking differently. Brown lentils are perfect for plant-based “meatloaf”, “meatballs”, vegetarian chili and sloppy joes. Red lentils cook quickly for creamy Italian, Moroccan or Indian-inspired soups, hearty hummus-like dips and curries. Tiny black lentils (Beluga) and French lentils (Puy) add a firm, nutty texture to food bowls and salads and pair well with roasted Yukon gold or sweet potatoes.

Lentils work well in combination with soft-to-medium-grade tofu for comfort food classics like stuffed shells or manicotti. Additionally, lentil-based desserts such as brownies are decadently moist, and lentil puddings are delightful when made with the addition of dried fruits like Medjool dates.

“Lentils can be incorporated into nearly every type of cuisine and can be included whole or pureed,” says Sass. “Cooked lentils can be tossed with pre-made balsamic vinaigrette, olive tapenade, herbed tahini or vegan pesto and served over a bed of greens along with other raw or cooked veggies.” Although they cook within 10 to 40 minutes, depending on the variety, she suggests buying pre-cooked,

steamed lentils in the produce section of many markets as a practical option. Canned organic lentils are another solid alternative.

“One of my favorite ways to prepare lentils is simply simmered with garlic, onion, fresh herbs and a splash of lemon,” says Gunter. “Sometimes the simplest preparations allow their natural flavor and earthy richness to shine.” She also praises the combination of lentils with spices like cumin, turmeric, coriander, smoked paprika and curry, as well as herbs like parsley, cilantro, thyme and rosemary, which aid digestion.

Helpful Tips

Soak lentils for a few hours to enhance digestibility. For perfectly tender lentils, add salt only after cooking. Cook a pot of lentils and store it in the fridge for use throughout the workweek. Freeze any unused, cooled portions for three to six months in airtight containers. 🌱

Maya Whitman is a frequent writer for Natural Awakenings.



Tracy_Gunter

MEDITERRANEAN LENTIL POWER SALAD

YIELD: 4 SERVINGS

1 cup green or black lentils	¼ cup fresh parsley, chopped
3 cups water	2 Tbsp fresh lemon juice
1 cup cucumber, diced	2 Tbsp extra virgin olive oil
1 cup cherry tomatoes, halved	½ tsp sea salt
¼ cup red onion, finely diced	¼ tsp black pepper

Rinse lentils and place in a pot with water. Bring to a boil, then reduce heat and simmer about 20 to 25 minutes until tender but still holding their shape.

Drain and allow lentils to cool slightly.

In a bowl, combine the cooled lentils with the cucumber, tomatoes, onion and parsley. Drizzle with lemon juice and olive oil and season with salt and pepper, then toss gently.

This salad is best served at room temperature or chilled. It keeps well for several days and becomes even more flavorful as it marinates.

Recipe and photo courtesy of Tracy Gunter



Tracy_Gunter

CREAMY RED LENTIL GARLIC DIP

YIELD: 4 TO 6 SERVINGS

1 cup red lentils	1 Tbsp olive oil
2 cups water	½ tsp cumin
2 garlic cloves	½ tsp sea salt
2 Tbsp tahini	Pinch of smoked paprika or turmeric, optional
2 Tbsp lemon juice	

Rinse lentils and add to a saucepan with water and garlic.

Bring to a boil, then simmer about 12 to 15 minutes, until lentils are soft.

Allow to cool slightly, then transfer the lentils and garlic to a blender or food processor. Add the tahini, lemon juice, olive oil, cumin and salt. Blend until smooth and creamy.

Drizzle with olive oil and sprinkle paprika or turmeric on top, if desired. Serve with sliced vegetables, cucumber rounds or warm pita bread.

Recipe and photo courtesy of Tracy Gunter.

Want more?

SUPER GREENS AND BEANS DETOX SALAD bit.ly/greens-beans-0526

ZESTY FIESTA MUSHROOM-LENTIL “CHORIZO” TACO BOWL bit.ly/zesty-fiesta-0526

Pelvic Power

Restoring Strength, Function and Confidence

by Hannah Tytus



H_KO/shutterstock

The pelvic floor holds the key to vitality, confidence and even pleasure. According to Dr. Anna Cabeca, a holistic gynecologist and bestselling author of *The Hormone Fix*, “Pelvic floor health is essential for overall health. The pelvic floor is a sling of muscles supporting our critical organs, from the uterus to the bladder to the rectum. Everything is held within this bowl of muscles and connective tissue.”

Pelvic floor disorders are prevalent. A 2022 study in *Scientific Reports* examined more

than 25,000 medical records and found that one in three people had a pelvic floor disorder. These included urinary incontinence, pelvic organ prolapse (displacement) and bowel dysfunction, with incontinence and prolapse being the most frequent. Such conditions can significantly alter daily life. A 2021 survey of 4,556 women with pelvic floor symptoms showed that 46 percent stopped exercising due to pain or leakage, potentially leading to numerous other issues over time.

Dynamic Exercises for Foundational Integrity

Kim Vopni, a pelvic floor fitness educator and author of *Your Pelvic Floor*, has dedicated more than two decades to raising awareness about pelvic floor health through her global online community, The Buff Muff Method. Vopni states that the pelvic floor is not just a single muscle but a complex network of muscles in three layers. The first layer mainly affects the sexual response, the second helps with continence and the openings of the urethra, vagina and anus, and the third, deepest layer primarily supports the organs. “Like the biceps or hamstrings, the pelvic floor can be stretched and strengthened and conditioned,” Vopni points out.

The pelvic floor works in synergy with the diaphragm to create a natural sump pump action that moves fluids, massages organs and supports lymphatic circulation. “The pelvic floor has to work when we are upright—moving, lifting, coughing, sneezing, pushing and jumping. When we inhale, the diaphragm contracts and widens, and ideally the belly expands and the pelvic floor lengthens,” Vopni explains. “With the exhale, the pelvic floor contracts and lifts as the diaphragm recoils upward. We harness this relationship when we want to prevent or overcome pelvic floor symptoms.”

This explains why the clench-and-release movements known as Kegel exercises, to strengthen pelvic floor muscles, are best done with coordinated breathing. According to Vopni, a proper Kegel includes a squeeze and lift on the exhale and a full, blooming release on the inhale. Aim for three sets of 10 repetitions per day, holding each contraction for about 10 seconds.

“People often think the only thing to do for pelvic floor optimization is Kegels, and that tight means strong. The goal is to move beyond isolated squeezes and train the pelvic floor dynamically within whole-body movement, where the breath and pelvic floor coordination are incorporated into exercises such as bridges, squats and lunges,” says Vopni, who recommends consulting a pelvic floor physical therapist for individualized assessment and guidance, particularly after pregnancy or childbirth.

Vopni highlights key habits that support pelvic floor function, such as staying well hydrated, preventing constipation and engaging



WELLSPRING DENTAL

IS YOUR DENTAL CARE SUPPORTING YOUR WHOLE-BODY HEALTH?

We help patients who want safer, personalized dental care, especially those dealing with:

- Chronic inflammation
- Chemical or environmental sensitivities
- Airway and breathing concerns
- Microbiome imbalance

At Wellspring Dental, we take a biologic and holistic approach to dentistry.



Voted Best of Atlanta by Atlanta Magazine!
3 years in a row!



Integrative Individualized Innovative



Dr. Shannan Thorstenson

✉ info@wellspringdentalatl.com
🌐 wellspringdentalatl.com
☎ 404-806-7979

in pelvic release work to relax chronically tight muscles. Posture is crucial; high-heeled shoes can misalign the pelvis and shorten the calves and hamstrings, leading to involuntary clenching of the glutes and pelvic floor muscles, which impairs optimal function. Vopni recommends wearing “zero drop” shoes whenever possible, where the heel and toe are at the same distance from the ground, mimicking a natural barefoot position.

The Vaginal Microbiome

“The vagina has its own microbiome, and many people don’t realize that,” says Cabeca. “When the vaginal microbiome becomes unhealthy, we start to see problems with fertility, sexual function, dryness and infections.” Unlike the gut, which benefits from bacterial diversity, the vaginal microbiome thrives with fewer dominant species. A healthy vaginal microbiome is typically dominated by *Lactobacillus* species. Cabeca recommends a microbiome-supportive, “keto-green” diet rich in bitter greens, cruciferous vegetables, healthy fats, high-quality proteins and fermented foods, as well as vaginal probiotics taken in capsule form.

“Many vaginal hygiene products can disrupt the microbiome. Because the pelvic floor has so much vascularity [blood vessels], those tissues absorb chemicals very easily. That exposure can affect the glands and tissues that help keep the vaginal environment healthy,” Cabeca cautions. She recommends choosing organic menstrual products over conventional tampons and menstrual pads; avoiding heavily fragranced cosmetics; and using gentle cleansers such as olive oil-based soaps.

Knowing Our Bodies

Body awareness is a powerful tool for prevention and early intervention. “One of the most important things I tell patients is: Get a mirror and look down there,” Cabeca says. “You need to know your normal anatomy—what it looks like and what it feels like.” Understanding what is typical for our bodies can make it easier to recognize changes. 📌

Hannah Tytus is an integrative health coach, former writer at the National Institutes of Health and host of the Root Shock podcast, exploring the cultural underpinnings of health.

Energy Healing

- A FOCUSED ADVERTISING SECTION -

INTEGRATIVE ENERGY HEALING

WITH LISA WATSON

I will work with you to help you release emotional, mental, and energetic blockages that can lead to pain, fatigue, anxiety, illness, inertia, and more.

Clients report feeling lighter, more grounded, clear-minded, and deeply renewed after just one session.

Call for a free consultation (770) 617-3001
Member: EMPA

WWW.LISAHWATSON.COM

Donna Futrell

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



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

Ursula Lentine

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



Achieve wellness through deep inner work. Dr. Lentine helps you heal root problems, through evidence based Internal Family Systems, so you can have peace in your life.

Complimentary Clarity Call:
healingwithursula.as.me/ClarityCall

Reiki Holistic Wellness

1290 Kennestone Circle, A101, Marietta
www.ReikiHolisticWellness.com
Heather@ReikiHolisticWellness.com
470-730-1082



Clear your mind and tune into your center. I draw from a trove of energy modalities to enhance your well-being. Dive into the world of energy healing and restore your balance.

Dr. Tamara Stackpoole, DCEM

Overcome Your Chronic & Acute Conditions
EternalBecoming.com
thriveartscollective@gmail.com
575-237-4343



A doctor of Chinese Energetic Medicine, I use an ancient approach for drug-resistant issues. And I've developed a new modality, Inherent Alchemy, my foundational tool since 1986. Book your free consultation!

Julie Demenkow | Energy Healing, Reconnection & Inner Stability

SunshineAndGoodVibes.org
JulieDemenkow@gmail.com
404-547-9527



Carrying too much? I'll help you find steadiness and clarity. I blend energy work with body-based practices that settle your nervous system. This is not just relaxing—it's learning to return to yourself.

To advertise in this section, email paul@naatlanta.com.





Strong, Centered and Whole

Women That Inspire Us To Thrive

by Marlaina Donato

Something in the air seems to change when a woman with strong vitality enters a room. Her undefinable life force draws us in, whether it is evident in her step or her smile. Former First Lady Eleanor Roosevelt, poet Maya Angelou and anthropologist Jane Goodall are all iconic examples, but the capacity to thrive is inherent in each of us through small, consistent investments.

Globally, women are leading the way in consumer choices, eco-forward initiatives and sociopolitical awareness for a more sustainable and compassionate world. Whether on the frontlines fighting for worthy causes, supporting local farmers markets or putting healthy meals on the table, prioritizing self-care and learning from each other is vital. Here, four inspiring women from different walks of life divulge how they thrive in chaotic times.



Courtesy Behati Hart

Finding Her Authentic Self

Behati Hart served her country for a decade, switching between logistics, computer analysis and paralegal positions in the United States Air Force. As a woman of color in a male-dominated environment, she says she survived by crafting a persona to hide her then-undiagnosed attention-deficit/hyperactivity disorder and anxiety.

Today, Hart embodies what feels like a more authentic role as a multidisciplinary creator and coach. The author of *Just BE: A Memoir About Unmasking and Becoming Human Again* designed The BETi Method (Becoming Empowered Through Intelligence) to guide people out of trauma and identity-focused ways of living that compromise the soul's true calling.

“We allow the world to judge us, accept those judgments as fact and begin wearing masks, titles and labels that reflect others’ expectations of how they want to experience us,” she explains. “We become afraid to experience ourselves—the good, the bad and the ugly. Unmasking is embodying ourselves so that we feel safe with who we really are.”

Noting that trauma and passion are the same energy moving in opposite directions, she says, “Trauma turns fierce aliveness inward into hypervigilance, protection or freeze responses. Passion turns that same energy outward into creation, connection and joy.”

Numerous activities feed Hart's soul. “My forever medicines—laughter and dancing—require no prescription and provide cathartic emotional release through physical expression,” she points out. “As an earth-oriented person, being outdoors nourishes my spirit the most. My sacred garden and porch are my grounding spaces where I practice earthing—direct skin contact with the Earth's surface—because I believe that electrons from the earth may help reduce inflammation.”

Hart believes that we can learn from each other by sharing our experiences. “We don't always celebrate our stories, especially the stories of other women—ancient and

contemporary—who survived and taught us how to become who we are,” she says. “We need survivor stories, revolutionary stories and creator stories. To thrive, we must center the well-being of women and children, while embracing heart-led living—not feminine or masculine, but feminine and masculine, in sacred balance. That's the future I work toward.”



Courtesy Maria Rodale

Enjoying a Wild and Interesting Life

Maria Rodale seamlessly moves from the boardroom to the garden and from science to spirituality, carving out a distinctly unique life while preserving an impactful family legacy. She served as chief executive officer of Rodale, Inc., the publishing company behind *Prevention* magazine and bestselling book titles, including *An Inconvenient Truth*, by Al Gore. As a passionate, third-generation advocate for health and Earth literacy, she has penned several books of her own, including *Organic Manifesto: How Organic Food Can Heal Our Planet, Feed the World, and Keep Us Safe* and *Love, Nature, Magic: Shamanic Journeys into the Heart of My Garden*.

“I have met enough rich and famous people to know that financial success or fame is no

guarantee of happiness or thriving,” she says. “I define success as a safe and warm home, a comfortable bed, good homemade food, happy and healthy kids, family and friends who love me, loving myself, the freedom to create and, of course, good health.”

Rodale prioritizes eating in-season, organic, local food, in moderation. “I also think we create the future by what we ingest—culturally and physically. Just like I avoid fast food and highly processed foods, I avoid horror movies and true crime stories,” she explains.

Her self-care habits include saying a prayer and 30 minutes of meditation in the morning, before doing anything else, lifting weights twice a week, going for walks and adding to her gratitude list before bed. “The direct relationship we each have with our true, ‘higher’ selves and with God is unique for every person and part of our life journey to figure it out,” she says. “I listen to my own inner voice, trust my gut, not getting distracted by rage bait, not dwelling too much on the horrors that I can’t fix or control, and focusing on the things I can do.”

These are mantras she lives by and offers to others: “Stop worrying about what other people think. Treasure your weirdness. Get over your fears and get out there. Do what you, and only you, were born to do.”

Modeling a Wholesome Lifestyle

Dr. Rebecca Hunton has always wanted to make a difference, and after dedicating two decades to functional medicine, her tireless efforts shine at Radiantly Healthy, her



Courtesy Dr. Rebecca Hunton

direct-care practice in central Florida, where patients benefit from unhurried appointments, advanced diagnostics and a collaborative partnership with their healthcare team. By listening closely to her patients—mostly women—she has been able to create a responsive, personalized standard of care that conventional institutions are slow to follow.

“Our culture—especially our workplace culture—is not designed for health or wholeness,” she remarks. “We’re beating ourselves up for failing to achieve something that’s genuinely impossible. Many of my female patients are burned out and demoralized—not because they’re failing, but because the target was never reachable. Step one is that awareness. Step two is adding one small, achievable action, and then another. That’s where momentum starts.”

In her integrative practice, one concept emerges with great regularity: there is no health without good mental health. “You can’t separate emotional health from physical vitality. I make it a non-negotiable priority, which is part of my ‘just-10-minutes’ philosophy. When time is tight, I commit

to planking, the indoor bike or functional fitness, even if it’s just for 10 minutes. I maintain an affirmation and gratitude practice, and get outside on most days for some form of physical activity, often cycling.”

Because she believes that food is medicine, and one of the chief contributors to well-being, Hunton practices what she preaches to her patients. “I love to cook,” she explains. “I’m plant-forward, but not vegetarian, and legumes and beans find their way into nearly every dish I make.”

The healing power of community is also top of mind. “I’m thriving when I’m living in close alignment with the personal vision for my life, and that includes physical activity with friends, playing duplicate bridge to keep my mind sharp, as well as teaching and leading others for growth and fulfillment,” she says. “I try to be that person now for the younger women in my life—reaching back rather than just reaching forward.”



Courtesy Sarita-Linda Rocco

Teaching and Learning

Sarita-Linda Rocco’s journey into wholeness was forged from a crucible of deep grief, motherhood and a life-altering near-death



Living On Purpose Retreat

A Monthly Retreat to Clarify Your Identity and Walk Confidently in Purpose



Who This Retreat Is For

- Sense you are here to live *intentionally*
- Move On Purpose rather than by pressure
- Align important decisions with deepest conviction
- Walk confidently *into your becoming*

What to Expect

- A serene, supportive environment.
- Light breakfast and thoughtfully prepared lunch
- Guidance with the 9 purpose-aligned roadmaps
- A sacred tea circle and purposeful conversation



You will leave with a *personalized Purpose Alignment Map™*, your *Wholistic Life Compass* to guide your steps with clarity and confidence.

www.DrNancyJWilliams.com | 888-509-4439 | Retreat: May 16 & June 13, 2026

experience during her mid-20s. These rollercoaster life events left her with debilitating panic attacks, and her search for stability led her to Ayurveda and yoga. Today, Rocco is a renowned teacher and founder of The Nest Collaborative, a holistic haven in West Reading, Pennsylvania.

She is also an innovator and entrepreneur, continually searching for ways to help her students thrive in their body-mind fitness journey. One invention, The Original Superblock, is a specialized prop used to support students during yoga practice.

Rocco's way of life is straightforward but powerful. She prioritizes foods that keep her blood sugar balanced, minimizing simple carbohydrates and focusing on clean proteins, healthy fats and seasonal vegetables. "I love cooking and find great joy in building meals around our weekly CSA [community supported agriculture] from a local organic farm," she says. "Ayurveda spices and herbs are central in my kitchen, and hydration is foundational."

According to Rocco, "Self-healing begins with setting boundaries with people and situations that deplete energy. I hope women remember their divine feminine power, *shakti*, from which their creative intelligence and life-generating energy flows. It does not compete. It creates. When women fragment that power through comparison and social pressure, something sacred is lost."

Even now, hers is a journey of self-discovery and transformation. "Thriving is not perfection. It is honoring my energy moment to moment, knowing when to work with strength and when to rest without guilt," she explains. "Conscious breathing stabilizes my nervous system more reliably than anything else. I practice regulating my nervous system and building resilience, not using yoga as a workout. I incorporate strength training with bands and weights to support bone health. I walk my dog twice daily most days. One of my most important rituals is fasting after dinner and going to bed by 9 p.m." 🌱

Marlaina Donato is an author, painter and composer. Connect at WildflowersAndWoodSmoke.com.

Yoga ———  ———

Yoga, Fascia & Your Well-Being

by Patricia Schmidt



HayDmitry/DepositPhotos.com

As temperatures heat up in Atlanta and everyone is preparing for the sweltering summer months, our feet might start to get more attention. A pedicure here, a salt scrub there: sandal weather can have us taking better care of the way our feet look. But especially because the hotter weather means many wear footwear that doesn't offer support—think flip-flops, strappy sandals or no shoes at all—the summer months can bring a combination of lower-limb swelling and discomfort. For those living with certain conditions, such as *plantar fasciitis*—an inflammation of the connective tissues of the foot and ankle area—that lack of support can cause the condition to worsen, and pain develops in the feet.

While symptoms of plantar fasciitis can vary widely from person to person, it is perhaps the most common way that non-medical people learn the term "fascia."

Generally speaking, fascia is a type of connective tissue consisting of fibers, cells and fluid, but, depending on its form and function, it varies in structure and classification. For example, the tissue covering the outside of bones has one composition and name, while fascia just under the skin has a slightly different makeup to support a different role, and is therefore classified differently.

Fascia is considered to be something of an information super-highway in the body, as

its job is to conduct messages, assist movement and act as a structural 3D casing for every organ, muscle, bone and nerve in the body. It functions at its best when it is sufficiently hydrated and exposed to a variety of movement practices. However, if the body is limited to repetitive movements and positions, the fascia will become stiff and won't function at its best.

Think about professional soccer players, for example, whose feet are stuck in cleats all the time. If pre-match warmups and post-match cool-downs don't include a variety of foot movements and positions, they won't have the flexibility and mobility they need to perform their best. That's because of the condition of the fascia in their feet, ankles or lower limbs.

This is true for all fascia in the body. For example, too much screen time and a forward head position will stiffen the fascia and cause tightness and restricted movement in the neck, mid- and upper-back and between the shoulder blades. That rigidity can affect shoulder mobility, which in turn might affect strength-training goals or the ability to deepen yoga positions such as downward facing dog.

Hydration also affects the fascia; without it, the fascia will stiffen as well. If dehydrated, people will experience a range of sensations, from tightness to pain, to something as extreme as the restriction of organ and muscle function, such as breathing.

Yoga For Fascial Health

As interest in fascial health has grown in recent years, yoga has become a key avenue for improvement. With its relative lack of stress and gentle pressure patterns, yoga improves fascial fluidity, and when yoga is combined with gentle fascial manipulation through the use of balls, mats and rollers, a range of positive outcomes are noted, including improved range of motion and athletic performance, according to a 2024 study in the *Journal of Morphology and Kinesiology*.

Ashley Hall, owner of Pure Motion Yoga and Polaris Sports & Fitness in Atlanta, believes that fascial health is fundamental to the strength training and wellness goals his clients bring to their movement practices. Having received training in fascial release through the National Academy of Sport Medicine (NASM) and with additional NASM accreditations and yoga certifications to his name, Hall emphasizes the long-term benefits of combining the two practices with his clients.

Hall says releasing tension and holding patterns through fascial release can lay the foundation for strength training and mobility goals. "Where we're deeply releasing the tissues with the yoga and the rolling, we're working at the ground level of the fascia network. The combination of rolling and yoga—we're really elongating some of those locked-up tissues. We're then picking up some of the release, some of the new environment, and opening up into the joints."

"Tight fascia basically acts like a shrink wrap, a vacuum seal," he tells his clients. "So, once it's sealed around a muscle, you're losing some of that contractile activity. You're not actually burning as many calories—you're not using up as much energy because you have limited tissue that is actually able to contract." His weekly classes, such as "Fascia Friday" and his dedicated workshops on "self myo-fascial release," are some of the ways he emphasizes fascial health with his clients.

Gentle fascial release, he points out, fosters a compassionate relationship with one's own body, reflecting the yogic principles of non-harming, friendliness and acceptance. "A lot of it is about down-regulating the nervous system, softening your body so you're not holding on to tension. You're not living in these areas of anger, non-trust or non-caring," he says.

Hall finds that feeling safe and grounded in the body leads to a shift on a deeper psychological level. "So much of that shift

is feeling safe and grounded in the body ... as we get into the deeper layers of tissue, maybe the ego shows up and says, 'Hey, what are you doing? It looks like you're sort of changing over here, and I'm not quite ready for some of this.'" His approach is to invite a slowing down—to come in and out of the practice with ease and breath, and to take space to sense and feel first *both* the physiological *and* then also the psycho-emotional change.

Fascial Release for Happy Feet

This simple yoga-based practice to release the fascia of the foot and ankle can improve your plantar fasciitis during sandal weather. It might also help you stand tall, feel more grounded and begin your day with confidence.

PREPARATION

Prepare your foot by rolling out the bottom with a tennis ball or other small ball. You can do this standing, using a wall to help with balance or seated in a chair. Spend time on all areas of the foot, including the creases of the toes and the outer and inner arches. If you want to, you can stand on the ball, bringing pressure to the center of the heel or ball of the foot.

ALL FOURS FLOW

- Tuck your toes under and lean back into the center of your heel—you'll feel the bottom of your feet stretch. Breathe into the arches of your feet as you rock forward into cow pose. Spread the shoulders wide and feel centered in both palms.
- Exhale and allow the toes to untuck—the tops of your feet will press against the Earth. Take the tops of the feet to the Earth, and the hips may shift back towards your heels further. You might now become aware of the top of the foot and the front of the ankle as they lengthen, compressed against the Earth.
- Inhale, returning to cow pose, tucking the toes under once more.

- Exhale into downward facing dog. Linger here for a few breaths, pedaling through each leg. Consider the benefit you're looking for in your targeted fascial release. As you bend first one knee and then the other, notice several things: the openness of both calves, the connection to the Achilles tendon at the back of the ankle and any sensation in the heel and underfoot. Breathe into these sensations and any others, as inhalation itself has been shown in physiological mapping to lengthen muscle tissues.
- Return the knees to the Earth and begin again. Rock the hips back slightly—once more, opening the arches and underside of the foot—and then inhale to cow pose.
- Exhale, driving hips all the way back toward the heels with the tops of the feet on the Earth.
- Inhale, return to cow pose, toes tucked under.
- Exhale into downward facing dog. Linger here again.
- Aim for three to five repetitions of this movement cycle, while continuing to focus awareness on the fascial target area and the surrounding connections.

Finally, try this challenge: Do things differently on a different day. *Don't* roll out the foot and ankle, and try the same yoga practice. What do you notice? On another day, roll *only one foot* and not the other. What do you notice? 🙏



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.



- A Focused Advertising Section -

CALENDAR

THURSDAY, MAY 7

Community Yoga with YEM | The Emma Jade Edit – 6-7pm. Free 60-minute power vinyasa outdoors with complimentary water and cold towels. Bring a mat; wear pink or neutrals. Windsor Meadows Park, 835 Old Windsor Pkwy, Sandy Springs. bit.ly/Community-Yoga-Yem-050726.

WEDNESDAY, MAY 13

Zen Flow Yoga – 10-11am & 5-6pm. Gentle, calming yoga class featuring mindful movement, breathwork and relaxation to reduce stress and restore balance. All levels welcome. First three classes free. Beulah Community Family Life Center, 2340 Clifton Springs Rd, Decatur. Register: bit.ly/Zen-Flow-Yoga-051326.

Gentle Yoga with Joan – 11am-12pm. Gentle yoga class supporting balance, mobility and relaxation, designed for older adults in a welcoming environment. Free. Autrey Mill Nature Preserve & Heritage Center, 9770 Autrey Mill Rd, Johns Creek. Register: bit.ly/Gentle-Yoga-Joan-051326.

Grounded Flow with Tal – 12:30-1:30pm. Gentle, breath-led flow supporting physical and emotional reset. All levels welcome. Mats provided (limited). Free. Neutral Moon Studio, 141 Mangum St SW, Ste 300, Atlanta. bit.ly/Yoga-With-Tal-051326.

THURSDAY, MAY 14

Yoga at the Darwin Hotel – 6:45-7:45pm. Free community yoga flow open to all levels. Relax, stretch and unwind in a welcoming setting. Free. The Darwin Hotel, 585 Parkway Dr NE, Atlanta. Register: bit.ly/Darwin-Yoga-051426.

SUNDAY, MAY 17

Gentle Stretching And Breath-Work: Mind-Body Connection Through Movement – 10-11am. Free class blending yoga, tai chi, meditation and breathwork for relaxation and wellness. Ages 16+. Body & Brain Yoga Tai Chi, 4641 Roswell Rd, Ste C, Atlanta. 678-750-3246. bit.ly/Mind-Body-Movement-051726.

Yoga at Wild Heaven in Avondale – 10:30-11:30am. Weekly community yoga is currently on hiatus; updates will be shared when classes resume. Free. 135 Maple St, Decatur. Info: bit.ly/Yoga-Wild-Heaven-Avondale-051726.

THURSDAY, MAY 21

Sonic Yoga: A Music + Wellness Experience – 7-8pm. Music-led yoga session blending restorative movement and curated sound for relaxation and community. All levels welcome. Free. 3496 Keswick Dr, Chamblee. Register: bit.ly/Sonic-Yoga-Experience-052126.

SUNDAY, MAY 24

Sol-Rise Sundays: FREE Yoga in the Park – 11am-12pm. Beginner-friendly yin yoga flow blending deep stretching with relaxing, high-vibrational R&B music. All levels welcome. Free. Yellow River Park, 3232 Juhahn Rd SW, Stone Mountain. Register: bit.ly/Sol-Rise-Sundays-052426.

Sunday Morning Yoga @ The Interlock – 10-11am. Free all-levels community yoga to reset, stretch and connect. Bring mat, water and towel. Rain or shine. The Interlock, 1115 Howell Mill Rd NW, Atlanta. bit.ly/SundayYoga-Interlock-052426.

TUESDAY, MAY 26

Yoga in the Park with Dancing Dogs Yoga – 6-7pm. Outdoor community yoga class open to all levels, featuring an energizing flow in Piedmont Park. Free. The Promenade, Greensward Path, Atlanta. Register: bit.ly/Dancing-Dogs-Yoga-052626.

THURSDAY, MAY 28

Restorative Yoga – 7-7:45pm. Grounding session focused on deep rest and calming the nervous system. Mats provided; bring pillow and blanket. \$23; 2-for-1 option available. Kindred Healing Center, 1800 Jonesboro Rd SE, 4th Floor, Atlanta. bit.ly/Restorative-Yoga-Atl-052826.

CALENDAR

SATURDAY, MAY 30

Feldenkrais – Beyond Kegels – 2-5pm. Workshop exploring pelvic floor function through gentle movement to improve balance, breathing and core health. Supports midlife wellness and body awareness. \$65 early bird; \$75 at door. Register: bit.ly/Vista-Yoga.

SUNDAY, MAY 31

Community Yoga – 10am-12pm. Relaxing, all-levels yoga session focused on mindful movement, stretching and connection. Led by Ease into Flo founder Evan. Free. Comet Trail Cycles Greenspace, 4342 Floyd Rd, Mableton. Register: bit.ly/Community-Yoga-053126.

MONDAY, JUNE 29–FRIDAY, JULY 3

Kids Yoga Camp – 9am-1pm. Weeklong camp featuring playful yoga, meditation, breathwork, art and partner activities for grades 1-4. \$275; \$60 drop-in; sibling discount available. Led by Ashley Cocchi-Miller. Register: bit.ly/Vista-Yoga.

AUM STUDIO FOR WELLNESS

11550 Web Bridge Way
Alpharetta, GA 30005
AumStudioForWellness.com
404-726-2525

BODY & BRAIN

Qigong, Tai Chi and Energy Yoga
bodynbrain.com



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

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

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

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

GIVING TREE YOGA CENTER

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

PRENATAL YOGA, SATURDAYS, LAFLOY FLOW YOGA

RYT-200 and Birth & Postpartum Doula
12:30 pm, 1 hour, \$25
Core Studio 133 Sycamore St, Decatur
To register: bit.ly/lafloy-prenatal

SATI YOGA AND WELLNESS

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

SUNNY STREET YOGA

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

VISTA YOGA

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

*To place an ad here, inquire at
ads@naAtlanta.com.*



PLS YOGA

Y o g a t h e r a p y f o r
h e a l t h a n d w e l l n e s s

Patricia Schmidt, Yoga Therapist

C-IAYT; E-RYT500; YACEP and ADP Provider

therapy@plsyoga.com

+1.415.580.8508

www.plsyoga.com

Specialist Areas

Pelvic Health; Prenatal and Postpartum Care

Lower Back Health; Hip and Shoulder Strength

Cancer Care and Support; Restorative Yoga/Yin

Trauma Recovery; Substance Use Support/Recovery



How to Help a Friend With Depression

For our Everyday Spirituality column, we've recruited a panel of Atlanta's spiritual leaders representing a variety of spiritual and religious backgrounds, and each quarter, we ask them a question we think you might want to ask. You can give us your feedback along with any suggestions for future questions by emailing diane@naAtlanta.com.



kapona/DepositPhotos.com

I'm concerned about my friend who suffers from severe depression. They are working with a professional, but how can I help, too?

STUART HIGGINBOTHAM



It is important to honor the full spectrum of what health means within human life. We are complex, and there are no easy or quick solutions to many of the struggles we face. On some level, we are all seeking relief and peace.

While our many wisdom traditions may understand our personhood in distinct ways, there is a sacred and common awareness of our need to nurture health and wholeness in all areas of our lives. Each person has a sacred worth that should be honored.

When it comes to our search for health, we tend to our bodies, our souls, our hearts and our connection to Spirit—all the interwoven aspects of our being. When there is pain and suffering, it is important to consider the physical, emotional and spiritual aspects of our struggle. We must consider the fullness of our existence.

By honoring our emotional and spiritual health as well as our physical health, we nurture a sense of self-worth. We affirm who we are, and we honor the places in our lives where we struggle and yearn for healing.

Once we have grounded ourselves in this posture of integrated being, affirming our worth and acknowledging the complexity of our lives, I believe we can then look toward specific ways of being present to one another as we wrestle and yearn for healing. We can respond with specific supportive actions from an awareness of connection while resisting any impulse to control.

Being a supportive presence in this way invites a level of honesty that is deeply healing in itself. We act out of an awareness of our union with one another, honoring the dignity of every human being. Practicing such presence is a holy act.

Specific assistance might be called for, especially in terms of making sure people are safe. It may be important to consult resources to offer intentional care. Through it all, it is important to find clarity, and our awareness of the connection of life can offer hope in times of struggle.

*The Rev. Dr. Stuart Higginbotham is an Episcopal priest, retreat leader, and poet. He serves as rector of Grace Episcopal Church in Gainesville, Georgia. His ministry focuses on nurturing spiritual imagination and contemplative practices within communities. His latest book, *Bones of Light: Poems of Spiritual Imagination*, is a collection of poetry.*

SATHYAN PARTHASARATHY



When a friend shares that they are struggling with depression or even thoughts of ending their life, it can leave us feeling helpless. We want to say the right thing, to lift them out of the darkness, but often we do not know how. In these moments, what truly helps is connection, presence, and a gentle restoration of inner energy.

My spiritual teacher, Gurudev Sri Sri Ravi Shankar, offers a perspective that helps us understand this more clearly. He reminds us that such states are not a personal failure,

but a deep depletion of *prana*, our life-force energy. When this energy is low, the mind loses its resilience, and what once felt manageable becomes overwhelming. The mind gets trapped in a repetitive thought loop of “What about me? What will happen to me?” and this deepens isolation.

What helps in this situation is to bring about a gentle shift by expanding their awareness toward a greater realization: *You are needed. You matter to the people around you.* When a person begins to feel useful, even in a small way, something within them starts to awaken. From this understanding, some ways we can support them emerge.

Be present and stay connected

We do not assume someone else will help. We reach out, check in and connect. If we notice they are not doing well, we can pause and simply ask, “How are you doing?” This simple connection can remind them they are not alone.

Help restore energy through the body and breath

When prana is low, everything feels heavier. Instead of trying to change their thoughts, we can help shift their state. We can invite them for a short walk, light yoga or a few minutes of breathing or meditation. As energy rises, the mind becomes clearer, and hope begins to return.

Gently widen their perspective

When someone has deep depression or suicidal thoughts, their world becomes very small. We do not dismiss their pain, but we can remind them that life is bigger than this moment. We can help them take a small step outward by helping someone in need or getting involved in community service. Even a slight shift from “What about me?” to “How can I help?” can bring relief.

Bring in faith and the ability to let go

Sometimes the mind is carrying more than it can manage. We can remind our friend that they do not have to solve everything right now. It is okay to let go of their worry. Letting go does not mean giving up; it means recognizing that not everything is in our control. Whether we call it faith, trust or surrender, there is strength in knowing we are supported in ways we may not always see.

Our presence can become an anchor that supports our friend when everything else feels uncertain. And sometimes, what saves a life is not a solution, but a genuine human connection that supports and cares. 🌱

Sathyan Parthasarathy is a breathwork and meditation instructor with the Art of Living Foundation. With over 25 years of personal meditation experience, he teaches programs that build resilience, clarity and well-being. His work focuses on practical, time-tested techniques that help individuals manage stress and live with greater purpose and joy.



WHOLE HEALING
DENTAL

INTEGRATIVE CARE

Amy Dayries, DMD, FAIHM



I've practiced integrative and aesthetic dentistry since 1996. We offer an incredible range of services including Safe Mercury Amalgam Removal Technique (SMART), implant restorations, veneers, clear aligners, whitening, laser dentistry, sleep apnea treatment, ALF therapy, TMJ treatment, aesthetic services and more!

**Call for info/appointment
770-753-0067**

WholeHealingDental.com

Give the gift of deep
relaxation & facial
rejuvenation



MOON
ORGANICS

20% OFF

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

MOONorganics.com

Coaching

- A FOCUSED ADVERTISING SECTION -



Say "YES!" to you!

Yes to less stress!
Yes to greater success!
Yes to confidence & purpose!
Yes to your happiness!

Your next "Yes!" starts here.

Linda Minnick

Certified Life Coach
& PSYCH-K Facilitator
www.lindaminnick.com

GIFTS FROM THE END COACHING

Susan Patterson, Conscious Dying Coach
GiftsFromTheEnd.net

goingtherewithsusan@gmail.com



I provide a safe and supportive environment for individuals of all backgrounds and experiences to explore mortality, their own and others. Coaching sessions are provided in both individual and group settings.

SHANE BONILLA | SHED FITNESS

Personal Trainer of 15 Years
Strength, balance, mobility for 60+
Nature-based studio in Kennesaw, GA
shedfitnessatl@gmail.com



Shed Fitness empowers adults 60+ to move better, feel stronger, and live confidently through thoughtful training. Shane will put you at ease and help you enjoy the process! Call today!

DR. MAKEBA MORGAN HILL | LIVING4.LOVETM

Spiritual Life Coach & Retreat Curator
www.DrMakeba4Love.com/begin
drmakeba@living4.love
678-360-8450



For the part of you that knows it's time. Pause. Breathe. Return to yourself. Reconnect, realign, and trust the quiet wisdom that's guiding you. Atlanta + Global Retreats & 1:1 Coaching.

To advertise, call: 404-474-2423

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 \$40 to attend — to list for free. Otherwise, basic listings are \$1/word, \$40 minimum, and enhanced listings are \$75. Submit free listings to matsakis99@gmail.com and paid listings to paul@naatlanta.com.

KEITH DYKES @ THE WELL OF ROSWELL

900 OLD ROSWELL LAKES PKWY,
SUITE 300, ROSWELL

KEITHDYKES.COM

Wednesday, May 6

Psychic Development: Expressing the Mystic Voice: Messages in Motion – 7-9pm. You've tuned the signal. Now it's time to trust what comes through — and move with it. \$49. The Well of Roswell, 900 Old Roswell Lakes Parkway Suite 300. bit.ly/mystic-voice-0526

Saturdays, May 9 & 23

The Wish Game – 4-6pm. This is more than a game—it's a mirror for your soul. In this guided experience, we use a beautifully designed, energetic board game to explore the subconscious patterns shaping your life. \$40 cash at the door. The Well of Roswell, 900 Old Roswell Lakes Parkway Suite 300. bit.ly/wish-game-0426.

Saturdays, May 2 & June 6

The Voice of Ellija – 7-9pm. A voice you've always known. A message just for you. Keith channels the voice of Ellija to share stories and messages that speak to what's been stirring in the quiet part of you too long. \$10 Mimms Museum of Technology and Art, 5000 Commerce Pkwy, Roswell.

Friday, May 1

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

Introduction to Transmission Meditation

– 7:30pm. Learn a simple group meditation that serves the world and supports personal spiritual growth. Free. Online via Eventbrite. Sponsored by Share International USA. Register: bit.ly/transmission-meditation. 770-302-2208. Info-se@Share-International.us.

Saturday, May 9

Communities Kicking In FREE Wellness and Women's Self-Defense Training – 10am-1pm. Family-friendly event featuring

women's self-defense, wellness activities, youth empowerment and community resources. Free. Tracey Wyatt Recreation Center, 2300 Godby Rd, College Park. Register: bit.ly/Wellness-and-Womens-Self-Defense-051026.

Wednesday, May 13

Waistee Girls Wellness Walk Wednesdays

– 6-7:30pm. Weekly women's wellness walk featuring a beginner-friendly 3-mile Belt-Line route, stretching and community connection. Free. Meet at Piedmont Park near Willy's Mexicana Grill, 1071 Piedmont Ave NE, Atlanta. Register: bit.ly/Waistee-Girls-Walk-051326.

Themsdays: Queer Yoga in the Park

– 6:30-7:30pm. Outdoor yoga experience for queer community and allies focused on movement, connection and self-expression. All levels welcome. Free. 740 Cherokee Ave SE, Atlanta. bit.ly/QueerYogaAtlanta-051326

Thursday, May 14

Let's Talk Veins Marietta

– 8am-4pm. Free vein screenings with expert guidance on treatment options. Includes complimentary lunch. Drop in anytime. Free; RSVP required. USA Vein Clinics, 1200 Johnson Ferry Rd, Marietta. (224) 661-1824. bit.ly/Vein-Screening-Marietta-051426

Men's Health Program

– 10am-12:30pm. Educational series on men's health and brain wellness. May topic: stroke prevention with Dr. Fadi Nahab. Free; registration required. Emory Brain Health Center, 12 Executive Park Dr NE, Atlanta. 404-727-6696. bit.ly/Emory-Menshealth-051426

Wednesday, April 15-Friday, May 15

Pedal the PATH in the NHA Bike Challenge 2026

– 7am-8pm. Explore 40,000 acres and 30+ miles of trails by biking, walking or running. Complete 30 miles to earn a prize. Free. Arabia Mountain National Heritage Area, 3350 Klondike Rd, Stonecrest. bit.ly/Pedal-Path-Challenge-051526

Friday, May 15

Guided Forest Ecology Hike

– 10:30-11:30pm. Guided hike exploring forest ecosystems, native plants and local wildlife along a 1.5-mile trail. All levels welcome.

Free. Autrey Mill Nature Preserve & Heritage Center, 9770 Autrey Mill Rd, Johns Creek. Register: bit.ly/Guided-Hike-Event-051526.

Saturday, May 16

Community Health Fair – 11am-3pm. Free event offering health screenings, expert talks and interactive activities promoting wellness for all ages. Enjoy community connections and health resources. Free. Riverdale Town Center, 7210 Church St, Riverdale. bit.ly/Community-Health-Fair-051626

A Woman's Worth: Grounding, Meditation & Womb Health Workshop – 1-3pm. Sacred wellness workshop featuring meditation, grounding practices and womb health education. Connect in a supportive community space. Free; donations encouraged. Piedmont Park, 1322 Monroe Dr, Atlanta. bit.ly/Womb-Health-Atl-051626

Sunday, May 17

Gentle Stretching And Breath-Work: Mind-Body Connection Through Movement – 10-11am. Gentle class blending stretching, breathwork, meditation, Tai Chi and Qigong for relaxation and wellbeing. Free. Body & Brain Yoga Tai Chi, 4641 Roswell Rd, Ste C, Atlanta. Info: bit.ly/Gentle-Stretch-Breath-051726.

With Ease: A Nervous System Reset Through Breath & Movement – 6-7:15pm. Guided breathwork and gentle movement session to reduce tension and support relaxation. Registration required; \$24 at event. Sol Yoga Studio, 3931 Mary Eliza Trace NW, Ste 210, Marietta. Register: bit.ly/Breath-Movement-051726.

Tuesday, May 19

Senior Body Fitness – 9-10am. Gentle fitness class designed for seniors to improve strength, mobility and overall wellbeing in a supportive group setting. Free. Browns Mill Recreation Center, 5101 Browns Mill Rd, Stonecrest. Register: bit.ly/Senior-Body-Fitness-051926.

Wednesday, May 20

The Crest Walkers – 9-10am. Community walking group promoting fitness, connection and wellbeing through group walks. All levels welcome. Free. Browns Mill Recreation Center, 5101 Browns Mill Rd, Stonecrest. Register: bit.ly/Crest-Walkers-052026.

Authentic Leadership & Confidence Masterclass for Women (Virtual)

Wednesday, May 20 - 6:30-7:30pm

Led by bestselling author and transformational coach Trish Ahjel Roberts, this virtual masterclass will help you reconnect with your story, voice, and power through powerful lessons, reflection, breathwork, journaling, and meditation.

Register at MasterclassWithTrish.com.

Thursday, May 21

Healing Sound Bath with Raye Andrews – 7-8pm. Join Certified Vibrational Sound Therapist, Raye Andrews, for a beautiful symphony of sound. This immersive, full-body listening experience can bring relaxation to your mind, body and spirit. No registration required. Suggested love offering \$20-\$40. Held in the Chapel. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. UnityAtl.org.

Friday, May 22

Workout Training with ATL Warriors – 7-8pm. High-intensity full-body training designed for obstacle course races. Build strength, endurance and confidence in a supportive group. All levels welcome. \$13; discounts available. Peachtree Corners Path to Fitness, 5140 Town Center Blvd, Peachtree Corners. bit.ly/Atlwarriors-Workout-052226

Sunday, May 24

Pilates in the Park – 10-11am. Free outdoor mat Pilates class for all levels focused on strength, breath and community connection. Led by Khetanya. Bring a mat. 759 Boulevard SE, Atlanta. bit.ly/Pilates-Park-Atl-052426

Tuesday, May 26

Energy Healing Circle – 7-8pm. Join us for a time of prayer, reflection, and music as we affirm the healing power of inner peace and the eternal gift of grace. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. UnityAtl.org. pm.

Wednesday, May 27

The Crest Walkers – 9-10am. Community walking club promoting health, energy and connection. Enjoy a refreshing walk with good company and positive vibes. Free. Browns Mill Recreation Center, 5101 Browns Mill Rd, Stonecrest. bit.ly/Crest-Walkers-052726

Sunday, May 31

Spiritual Keys to Aging Well – 12:30-1:30 pm. This monthly discussion group meets the last Sunday of the month to focus on topics of interest to aging adults. All are welcome. No registration required. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. UnityAtl.org.

Saturday, June 6

Healing Sound Bath with Raye Andrews – 11am-12pm. Join Certified Vibrational Sound Therapist, Raye Andrews, for a beautiful symphony of sound. This immersive, full-body listening experience can bring relaxation to your mind, body and spirit. No registration required. Suggested love offering \$20-\$40. Held in the Chapel. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. UnityAtl.org.

Wednesday, June 3

"Almost Free" Yoga & Run Club – 6:30-7:30pm. Community wellness program featuring yoga classes and run/walk club for all levels. Improve fitness, reduce stress and connect with others. \$10 yoga; run club free. 6000 Lake Forrest Dr NW, Ste 375, Sandy Springs. bit.ly/Sandy-Springs-Yoga-060326

Psychic Development Series

Saturday, June 20 – 10:30am-5:30pm

Six-month series: The Phoenix System®. Covers spiritual ethics, empathy, telepathy, channeling, psychic mediumship, and how to grow as a professional.

\$195/class or Early Bird Special:
\$975/package—one class free!
Taught by Amy Cathryn.

Heart Soul & Art, Marietta.

bit.ly/PsyDevPS



ONGOING

SUNDAYS

Practicing the Presence - A Course in Miracles – 8:45-10:30am. 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. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. UnityAtl.org.

Spiritual Living Center of Atlanta Sunday Experience. Starting at 3pm music and Science of Mind message; 4pm Food and fellowship; 5pm New Thought workshops. 2650 N. Druid Hills Rd. N.E., Atlanta, GA 30329. More Info: slc-atlanta.org

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

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

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

natural
awakenings

FRANCHISE OPPORTUNITY



2026
NEW YEAR.
NEW YOU!

Become the trusted voice and partner in your community while building a purpose-driven business—own a *Natural Awakenings*® magazine franchise and connect conscious consumers and values-aligned organizations through a powerful print, digital, and community platform that promotes healthier people, a healthier planet, and sustainable local prosperity.

MAKE AN IMPACT IN YOUR COMMUNITY

NEW MODEL. NEW LOWER COSTS. NEW OPPORTUNITIES.



corp.naturalawakenings.com



239.206.2000

SCAN
ME



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

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

Unity Atlanta Church Sunday Services – 11am-12pm. The uplifting Sunday services include prayer, message, and guided meditation. Special music is provided by Unity Atlanta Church's Soulful Harmonics Band and Celebration Choir. Attend in-person or watch via livestream. Youth Sunday School is held in-person 11am-12pm for ages 5-18. Nursery service is available 10:30am-12:30pm. 3597 Parkway Lane, Peachtree Corners. 770-441-0585. UnityAtl.org.

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

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. Efrain Brady, 470-281-8645. 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.

"Divine Connection" (Conexión Divina) Zoom Gathering – 8-9pm. The Spanish-speaking community is invited to this Zoom prayer and study group, led by Rev. Xiomara Malagon. April features the Unity Booklet "The Power of Faith to Heal." For more info and to receive the Zoom link, email: xioma735@gmail.com. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. UnityAtl.org.

WEDNESDAYS

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

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

Meditation Healing & Wellness Course – 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.

THURSDAYS

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

Inside Flow Yoga – 10-11am. Lift Yoga Dunwoody, \$20. Vinyasa style yoga that merges breath, movement and music. With Inside Flow, awareness draws inward, expression comes outward, and the practice becomes a shared experience. www.emilyflows.com to register and for more info.

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.

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.

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.

What's noticeable about the profiled women is that they don't operate from effort alone. There is a sense of allowing. From the yogic perspective, the answer is not to add something new, but to remove what blocks flow.

That begins simply.

- Slow down enough to notice what you feel, not just what you think
- Create spaces in your day that are not optimized or productive
- Pay attention to what you take in—food, media, conversation—and how it affects your state of mind
- Allow rest before you have "earned" it
- Listen for the quiet signals: your breath, your body, your instincts

These are not soft practices. They require attention, and often, the willingness to loosen habits that feel like identity.

I believe that many of us—men and women—have been "trained" to constantly focus on output—more effort, more control, more doing. But we are human beings, not human doings. Yes, we need logic, but it should be balanced by intuition. Yes we need direction and focus, but it should be balanced by an openness, and willingness to go with the flow. Yes we need discipline, but it should be balanced by our natural tendency towards empathy and nurturing.

It's not a question of masculine or feminine, but a balance between the two, a righteous yin and yang. That is when something deeper becomes available. And when it does, you will feel it. 🙏



Publisher, Natural Awakenings Atlanta. Paul's professional background includes strategic planning, marketing management and qualitative research. His spiritual orientation is nondual, drawing from Buddhism, yoga and Advaita Vedanta.

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: paul@naatlanta.com

Chiropractic

HANDS ON WELLNESS CHIROPRACTIC

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



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

SACRED PRESENCE

Holistic Chiropractic & Intuitive Guidance
Dr. Emily Guy, DC
SacredPresenceChiropractic.com
470-377-3615



At Sacred Presence, we offer gentle, intuitive chiropractic care that helps your body thrive by processing stored experiences to facilitate nervous system healing, personal growth, and a deeper connection with your whole self.

Energy Healing

LINDA MINNICK

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



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

Functional / Integrative Medicine

DR. NINA ROSS, ND; PH.D

8735 Dunwoody Place, Suite O,
Atlanta, GA 30350
678-561-4522
Landing.NinaRossFM.com



You deserve answers, not guesswork. We combine deep testing, compassionate care, and state-of-the-art therapies to reverse the root of your symptoms—and help you finally feel good in your body again.

Grief Support

THE GRIEF HOUSE

Nickerson Cottage, 500 S. Columbia Dr
Decatur, GA 30030
www.griefhouse.org
IG @atlantagriefhouse



The Grief House cultivates and curates community-led offerings that foster the metabolism of grief from all kinds of loss. All types of grief are welcome.

Healing Centers

RANESA HOUSE OF WELLNESS

Buckhead's large, peaceful Healing Space
3091 E Shadowlawn Ave NE, Atlanta
RanesaWellness.com
care@RanesaHouse.com • 404-941-9544



Ranesa offers a full range of services including Functional Nutrition, Naturopathy, Acupuncture, Massage, Reflexology, Reiki and Yoga. Our philosophy: treat the whole person and address the root cause(s) of health imbalances.

THE WELL OF ROSWELL

Hope, Healing & Happiness
900 Old Roswell Lakes Parkway #300
Roswell, Georgia 30076
www.thewellofroswell.com



A Holistic Healing and Event Center bringing the metaphysical to the mainstream.

Offering many healing modalities and classes, workshops and events to assist your spiritual journey and transformation. Event rentals.

THE WELLNESS COLLECTIVE

Heal Center Atlanta
270 Carpenter Drive NE, Suite 500-505
HealCenterAtlanta.com/wellness
help@HealCenterAtlanta.com



Our independent providers offer therapeutic massage and bodywork therapies, holistic chiropractic care, acupuncture and traditional Chinese medicine, reflexology, energetic therapies and holistic nutrition and wellness consultations. Practitioners maintain their own schedule and policies.

THE WELLNESS EMPORIUM

1501 Regency Way, #203
Woodstock, GA (Towne Lake area)
TheWellnessEmporium.net
770-200-4223



A services-based holistic health center featuring modern modalities for your well-being in vintage-inspired style: Hypnosis, Massage, Reflexology, Reiki, Aura Photography, Crafts, Oracle Card classes, Red Light & FIR, and more. By appointment only.

Herbs & Supplements

GOOD ROOTS

830 Glenwood Ave SE, Suite 520, Atlanta
770-758-0989
GoodRootsAtl.com
dave@GoodRootsAtl.com



Feel better, naturally! Visit Natural Life Atlanta for trusted herbal supplements, high-quality wellness products, and expert coaching to manage stress, anxiety, pain, arthritis, sleep, and sexual health—natural solutions for your everyday wellness.

SHANNON GOWLAND

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



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

Health Food Store

SEVANANDA NATURAL FOODS MARKET

467 Moreland Avenue NE
sevananda.coop
404-681-2831



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

Holistic Dentistry

ATLANTA DENTAL WELLNESS

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



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

Hypnotherapy

BECKY ARRINGTON

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



Stop sabotaging; start succeeding! Clear emotional trauma resulting from childhood, prior experiences or past lives by accessing your "untapped wisdom" within, facilitated by Becky's intuitive abilities and Alchemical Hypnotherapy processes.

JIM COLTON HYPNOSIS

Braselton, Decatur & Sandy Springs
jimcoltonhypnosis.com
404-434-4847



Build a better YOU by learning to love yourself. Beat bad habits, depression, anxiety, fears, anger, and grief quickly, effectively, painlessly, permanently and naturally.

VAL HUDGINS

Woodstock | Roswell
770-262-8221
info@ValHudgins.com



Certified Hypnotist and Certified Holistic Coach specializing in YOUR success over anxiety, habits, addictions, weight release, past life challenges. Free discovery call on WhatsApp or bit.ly/calendly-hudgins

Intentions

UNITED INTENTIONS FOUNDATION, INC.

Discover the Power of Your Intentions!
11205 Alpharetta Hwy, Ste F5
Roswell • UnitedIntentions.org
678-495-4345



A nonprofit organization dedicated to

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

Intuitive Medium

A PIVOT TO WELLNESS

Steph Willis
APivotToWellness.com
info@apivottowellness.com
678-357-3161



Feeling lost? Navigating grief? Seeking spiritual guidance? I help people find clarity, direction and healing through intuitive spiritual guidance. Let's create a life you love! Book a personal or group reading today.

Massage

HAND & STONE MASSAGE AND FACIAL SPA

Open seven days a week!
6623 Roswell Road, Suite C, Sandy Springs
bit.ly/hand-and-stone-ss
404-781-9943



We provide professional, affordable spa experiences. From the moment you enter our spa, you'll be greeted by soothing

sounds and calming aromas, setting the stage for a journey to relaxation and restoration.

JASON ALTMAN, MASSAGE THERAPIST & REIKI

Decatur Healing Arts
619-A E College Ave, Decatur, 30030
bit.ly/jason-dha
404-403-7388



Jason is certified in neuromuscular therapy, deep tissue and Swedish massage. As an LMT for nearly 20 years, he knows that no two bodies are alike, and therefore, no two sessions are alike.

Medical Massage

SAFIYAH WALCOTT, CNMT, BS, OM

RegenerationATL, LLC
500 Bishop St NW, Suite F7, Atlanta
regenerationatl@gmail.com
404-781-9288

Metaphysical Stores

PHOENIX & DRAGON BOOKSTORE

5531 Roswell Rd, NE
Atlanta, GA 30342
PhoenixAndDragon.com



Atlanta's oldest and largest metaphysical store located at the top of the Perimeter. We offer crystals and stones, decks, incense, oils, readings and a wide range of classes and events.

Realtor

TORI MCGEE, Holistic Realtor

Chapman Hall Realtors
www.atlantaholisticrealtor.com
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

SHARE INTERNATIONAL USA

share-international.us/
info-se@share-international.us
770-302-2208



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

UNITY ATLANTA CHURCH

3597 Parkway Lane, Peachtree Corners
www.UnityAtl.org • 770-441-0585
A Place for You to Belong



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

Wellness

ORR WELLNESS COACHING

A Balanced Life is Within Reach
Online coaching and mentoring to achieve holistic wellness for body, mind, and soul
www.orrwellness.com • 404-993-3914

Classifieds

To place a classified ad, email your listing to ads@naAtlanta.com. Cost is \$1/word; minimum \$30. Deadline: Fifth of each month for the next month's issue.

Space for Rent

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

New YouTube Channel

COLLABORATION, OPPORTUNITY – Help me develop a new portal for young people to share enlightening views and meet virtually or in real life. Check out the channel, Be Illumined! at YouTube.com/@bestvidall. Contact: Jerry, 3b6y9p@proton.me.

Life Lessons from an Earthquake

by Amy Anderson

Last year, my friend Jenny hosted a gathering of eight women at her retreat in Southern California. Sharing powerful practices and deep discussions created an abundance of energy. In fact, it was so magical that the earth moved. Literally! There was an earthquake! Of course, we didn't cause the earthquake, but we humorously considered it.

Around mid-morning, Jenny and I sat outside on the patio. I noticed my teacup vibrating, then the table shaking. A clay pot fell over and cracked. Wind chimes clashed loudly against a dull roar that sounded like a roll of thunder. Everything was trembling. Jenny calmly stood up. "Oh, it's an earthquake," she said. "Happens all the time here. We should move over by the pool, where it's open and clear overhead."

My energy didn't match hers. I immediately jumped up, my chair shooting out behind me, its iron legs creating a violent sound. We rushed to a space in the yard. My heart raced. The Earth has long been a grounding source for me, but that morning, it was trying to shake off everything on it. I needed to physically feel something rooted to the earth, so I wrapped my hand around the branch of the small Joshua tree to my right, breathed deeply and prayed.

After the shuddering subsided, I remarked to Jenny how calm she seemed. She said the risk of earthquakes is a part of life in the desert. She explained that her home was built to withstand them, and people learn how to safely respond.

"Earthquakes are a reminder that none of us ever really know what will happen," she



Kindel Media/Pexels.com

said, "so it's important to live freely and make the most of this journey."

"Okay," I countered, "But doesn't it bother you? No warning at all! You have no idea when it's coming and what magnitude it will be?"

"Not at all. It's freeing. You control what you can control. You have to let go of the rest."

I wasn't convinced.

When my returning flight touched down back in Atlanta, I was glad to be home. I was grateful for our somewhat predictable forces of nature, storm-tracking systems and warnings that allow us a window of time to prepare. Still, weeks later, I couldn't shake the anxiety. Clearly, it went much deeper than geological events. The earthquake had shifted my focus from the infinite power available within and around me—to the power of fear.

As a child, I experienced another type of "earthquake": the sudden loss of a parent. At a young age, I understood that deep pain with the potential to shake your foundation

exists and can arrive at any moment. In order to find safety in the world, a part of me adopted the belief that if I can anticipate tragedies, I can prepare myself and lessen the pain. At 13, this survival tactic offered the feeling of control in a chaotic world.

Decades later, whether it was set on high alert or sat as a quiet undercurrent, that over-protective part of me remained. But one day, I was ready to shake free of my fear-based thoughts. For years, I had worked on changing my daunting "What if?" scenarios to "What if everything turns out exactly the way I need it to?" beliefs.

My reaction to the Southern California earthquake, however, seemed to send me right back into those fears. That led me to explore therapeutic practices that highlighted neglected wounds that needed attention. These healing practices, along with writing, meditation, yoga and movement give me a greater sense of freedom, and I am now sharing what I've learned with others. None of us has to be imprisoned by emotional pain. Like earthquakes, pain has a "B side"—gifts of healing, transformation and wisdom.

I didn't realize it that day, but Joshua trees represent endurance and survival. The very tree that stood next to me—that my intuition told me to hold on to—represented the traits I needed to remember. And on the other side of me was my trusted bestie who knew exactly what to do. Reminders that in any situation, I am being guided.

Both "earthquakes" left with a core lesson: No matter what life shows up with, you will have exactly what you need. So live freely!

I recently visited my friend Jenny again. When I arrived, I found a new tree near the Joshua tree. It was a small palm that instantly made me smile. By the way, palm trees represent victory. 🌴




Amy W. Anderson is a writer, yoga teacher, mom and wife navigating the beautiful chaos of family life—guiding others to connect more deeply while learning to do the same herself. Follow her work on AmyWandersOn.substack.com.



**Discover
Spontaneous Harmony**
A Vocal Jam for All

Scan for
upcoming
events:

CircleSongs
Atlanta

Meets monthly in Roswell

Support Integrity

For 25 years, we've provided trusted, independent coverage of holistic health to more than 40,000 readers.

Advertisers are never guaranteed coverage. Our only agenda is to serve you.

If you value independent, trustworthy information, we invite you to support it.

ko-fi.com/naatlanta



natural
awakenings

NINA ROSS
FUNCTIONAL MEDICINE

THE HEALTH YOU DESERVE:

Reimagined


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

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


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


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

LEARN MORE:



SCAN HERE



 **Dunwoody**



ATLANTA

DENTAL WELLNESS



Cale H. Jackson D.M.D.



Matthew J. Giordano D.M.D.


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


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


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



SCAN ME

 404-233-1102

 care@atlantadentalwellness.com

 @atlantadentalwellness