

## CALENDAR OF EVENTS

### SATURDAY, FEBRUARY 1

**Scott Hall Channels AV:** The Loving Extraterrestrial – 7:30-9pm. AV: (sounds like “save”) is a loving extraterrestrial who speaks through Scott imparting his wisdom about our connection with love. AV: will give opening remarks before answering your personal questions. \$25. Center for Love and Light, 1145 Zonolite Rd, Ste 7, Atlanta. [WithLoveAndLight.com](http://WithLoveAndLight.com).

### FRIDAY, FEBRUARY 7

**Sustainable Atlanta Roundtable** – 7:30-9am. Topic: Sustainability in Action on Academic Campuses. Learn the ways academic campuses are playing a large role in sustainability. Agnes Scott College, Frances Bailey Graves Auditorium, 141 E College Ave, Decatur. [Southface.org](http://Southface.org).

### SATURDAY, FEBRUARY 8

**Free Introduction to Awakening the Illuminated Heart** – 4-5pm. With Jason Hunt. Come for an Introduction to the ATIH (Awakening the Illuminated Heart) principles and concepts. Will share information about what the workshop includes, answer questions and experience this work with a short meditation. Free. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. [PhoenixAndDragon.com](http://PhoenixAndDragon.com).

### SUNDAY, FEBRUARY 9

**Book Signing:** *The Dragon Mother and the Azure Dragon Rising* – 4-6pm. David Hansford, author and illustrator, will bring his intriguing tales of dragons and his remarkable art. Free. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. [PhoenixAndDragon.com](http://PhoenixAndDragon.com).

### MONDAY, FEBRUARY 10

**Transmission Meditation** – 7:30pm. A dynamic process that serves the world and is a hothouse of spiritual growth for participants. Sponsored by Share International USA Southeast Region. Free. Phoenix & Dragon Annex, Clifford Steele Building, 5505 Roswell Rd, Atlanta. 404-680-7423. [Info-se@share-international.us](mailto:Info-se@share-international.us). [Share-International.us/se/upcoming\\_events](http://Share-International.us/se/upcoming_events).

### TUESDAY, FEBRUARY 11

**Angelic Heart Meditation** – 7-8:30pm. With Philippa Kingsley. The Archangels guide you to receive their Divine Love for all humanity with this special Angelic Heart Meditation which will open your spiritual heart and enable you to experience great healing. \$15.

## **THURSDAY, FEBRUARY 13**

**Rhythm of Love: Couples Meditation** – 6:30-8:30pm. Couples meditation to help strengthen the relationship and release negative energy. \$10/person. Your CBD Store, 5975 Roswell Rd, Ste 355, Sandy Springs. 404-583-0330. YourCBDStoreAtl@gmail.com. YourCBDStore.com.

## **SATURDAY, FEBRUARY 15**

**Integrated Restoration Technique: A Cervical, Cranial & Sacral Mobilization Workshop** – Feb 15-16. 9am-5pm. Learn how to assess and apply specific corrective techniques for both the sacrum and cervical spine. Also, learn cranial vault mobilization techniques that help normalize the tone of the intracranial fascia. Heal Center Atlanta, 270 Carpenter Dr, Ste 500, Sandy Springs. 404-307-0004. HealCenterAtlanta.com.

## **MONDAY, FEBRUARY 17**

**Habitat Hike** – Feb 17-21. 11am-12pm. CNC docents will lead a bonus hike each day during Winter Break. These habitat hikes will challenge your preconceived ideas of what a habitat is. Included with General Admission, free/member. CNC, 9135 Willeo Rd, Roswell. Register: 770-992-2055 or ChattNatureCenter.org.

## **FRIDAY, FEBRUARY 21**

**2020 Flower Show: Expressions** – Feb 21-23. Highlights the beauty of floral design, photography, landscaping and Ikebana. Atlanta Botanical Garden, 1345 Piedmont Ave NE, Atlanta. Atlantabg.org.

**Traditional Thai Reflexology** – Feb 21-23. 9am-5pm. Thai foot reflexology is a marriage between the ancient healing arts of reflexology, Chinese tuina, Japanese shiatsu and Indian ayurvedic yoga. Heal Center Atlanta, 270 Carpenter Dr, Ste 500, Sandy Springs. 404-307-0004. HealCenterAtlanta.com.

## **SATURDAY, FEBRUARY 22**

**Reiki Level 2** – 9am-4pm. With Jamie Butler. Prerequisite: Reiki Level 1. Reiki level 2 focuses on distance healing. Receive an individual Reiki Level 2 attunement as well as a certificate of completion. \$275. Center for Love and Light, 1145 Zonolite Rd, Ste 7, Atlanta. WithLoveAndLight.com.

## **WEDNESDAY, FEBRUARY 26**

**Recovery and Reconciliation** – 6:30-8:30pm. With Corey Dobyms, LMT. Group experience held within a trauma-informed awareness. Through a series of reflection, practice and dialogue explore ways to work through the feelings of isolation and into an expanded connection with ourselves and the people around us. A closed group for people in addiction/alcoholism recovery

with 1 yr or more of sobriety. \$450. Center for Love and Light, 1145 Zonolite Rd, Ste 7, Atlanta. WithLoveAndLight.com.

**Transmission Meditation** – 7:30pm. A dynamic process that serves the world and is a hothouse of spiritual growth for participants. Sponsored by Share International USA Southeast Region. Free. Friends House, 701 W Howard Ave, Decatur. 404-680-7423. Info-se@share-international.us. Share-International.us/se/upcoming\_events.

#### **THURSDAY, FEBRUARY 27**

**GOAL Getters Health & Wealth Network** – 5-10pm. Kick Start 2020 saying yes to new opportunities and a fresh outlook on your health and finances. Free. Ted Strickland Community Center, 130 MLK Senior Heritage Trail, Stockbridge. Elizabeth Sanders: 470-332-9942. Tinyurl.com/tu6xzp2.

**The Nature Club Dine and Discover** – 7-9pm. Paddle Georgia with Joe Cook. \$10/general public, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

#### **SATURDAY, FEBRUARY 29**

**Blood Mountain Day Hike** – 9:30am-3pm. Georgia Conservancy will rally up at the Mountain Crossing at Neel's Gap at 9:30am for last minute provisions before parking a few yards away at the Byron Reece Trailhead. From there we will begin the 5-mile out-and-back morning hike along the Byron Reece Trail and Appalachian Trail to the summit of Blood Mountain. \$15 donation. Meet at Mountain Crossing at Neels Gap, 12471 Gainesville Hwy, Blairsville. More info: GeorgiaConservancy.org.

**Message of Hope** – 2pm. If you believe in justice, equality and peace, we invite you to join us for a “Message of Hope,” an engaging DVD featuring the late Benjamin Creme as he discusses the brilliant future just ahead. We can do so much more together. Kirkwood Library, 11 Kirkwood Rd NE, Atlanta. 404-680-7423. Info-se@share-international.us. Share-International.us/se/upcoming\_events.

#### **PLAN AHEAD**

**Transform Your Life with Inner Engineering** – April 25-26, 2020, Georgia World Congress Center. “Engineer yourself for health and blissful well-being with the essence of Yoga. Engineering is modern day magic.” ~ Sadhguru [www.InnerEngineering.com](http://www.InnerEngineering.com)