

## ONGOING CALENDAR

### SUNDAY

**R.A.W (Ready, Able, Willing) Life Yoga** – 9-10:45am. With Basu Amir. Tassili's Raw Reality at I Am Ascension Temple of Love (upstairs), 1059 Ralph David Abernathy Blvd, Atlanta. 678-683-2513. Instagram.com/r.a.w.life?igshid=srxft2tztrrh.

**Sunday Experience** – 9:30am, Adult Study; 10:10am, Meditation; 10:30am, Service. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Ste A, Atlanta. 404-417-0008. slc-atlanta.org.

**A Course in Miracles** – 9:30-11am. This informal class consists of prayer, text reading, discussion, an ACIM daily lesson and mutual support. With Nina Vance. Love offering. Unity North Atlanta, 4255 Sandy Plains Rd, Marietta. 678-819-9100. UnityNorth.org.

**Meditation Service** – 10am. See website for complete list of services and events. Atlanta Meditation Center of Self-Realization Fellowship, 4000 King Springs Rd SE, Smyrna. 770-434-7200. SRFAtlanta.org.

**Meditation Instruction** – 10-11:30am. Free instruction for newcomers and practitioners at our Open House. Free childcare. Shambhala Meditation Center of Atlanta, 1447 Church St, Decatur. 404-370-9650. Atlanta.Shambhala.org.

**Sunday Meditation, Talk and Fellowship** – 10:30-11am, personal, silent meditation. All are welcome to meditate or sit quietly. 11am-12pm, talks followed by Q&A and discussion. 12-1:30pm, tea, coffee, snacks, fellowship. Vedanta Center of Atlanta, 2331 Brockett Rd, Tucker. 770-938-6673. VedantaAtlanta.org.

**Meditation Class: Sandy Springs** – 10:30-11:45am. We begin each class with a short meditation, followed by a practical teaching, and end with a brief meditation based on the teaching to help integrate it into our daily lives. \$12. Loving Hut Vegan Cuisine, 220 Hammond Dr NE, Ste 302, Sandy Springs. MeditationInGeorgia.org.

**One World Spiritual Center: Celebrating One World, One Heart Sunday Service** – 11am. Held at the Open Mind Center, 1575 Old Alabama Rd, Ste 213, Roswell. 678-214-6938. OneWorldSpiritualCenter.net.

**Reading Service** – 11am. See website for a complete list of services and events. Atlanta Meditation Center of Self-Realization Fellowship, 4000 King Springs Rd SE, Smyrna. 770-434-7200. SRFAtlanta.org.

**Circle of Sacred Earth** – 11am-12pm. Every Sun except the 1st. A sacred gathering where people come together to share with openness from the heart. Its experiential nature begins with a leader bringing in a spiritual topic, then opening it for response. Although the circle has many expressions and thoughts, it shares one voice. Heron House, 102 Russell Rd, Mountain Park. 404-434-4030. TheHeronHouse.org.

**Shamanic Journey Meditation** – 11am-12:30pm. First Sunday of every month. Experience Shamanic Journey as pathway to inner peace, healing and wisdom. Drums and rattles welcomed. Hosted by Gailie Spirit Weaver. Love donation. The Heron House, 102 Russell Rd, Mountain Park. For more info, RSVP & check schedule: [Meetup.com/ShamanicJourney](https://www.meetup.com/ShamanicJourney).

**Free Meditation & Self-Reflection Workshop** – 11:30am-12:30pm. Experience bliss and tranquility, and learn about the essence of meditation, basic posture, breathing meditation and the basics of self-reflection. Free. Happy Science Meditation Center. 1874 Piedmont Ave, Ste 360-C, Atlanta. 404-892-7770. [Atlanta.HappyScience-NA.org](http://Atlanta.HappyScience-NA.org).

**Health & Success Seminars** – 1:30-2:45pm. Check website for most current times, dates and topics and other weekly programs. Happy Science Atlanta, 1874 Piedmont Ave NE, Ste 360-C, Atlanta. [Atlanta.HappyScience-NA.org](http://Atlanta.HappyScience-NA.org).

**Healing Circle** – 2-4pm. 1st Sun. With Vicki Evans. A demonstration of energy healing will be done with a couple of lucky volunteers. Everyone who attends will receive a few minutes of healing and maybe even a word of encouragement and guidance. Antlers and Wings, 245 E Trinity Pl, Ste 1210, Decatur. 404-861-6216. [AntlersNWings.com](http://AntlersNWings.com).

**Monthly Feminine Energy Empowerment Seminars** – 2:15-3:30pm. 4th Sun. Topic changes monthly. Designed with the particular needs of the transformative woman, these workshops deal with topics pertinent to spiritual empowerment, health and wellness, and living your authentic self. \$15. Hidayah Reiki, 4282 Stone Mountain Hwy, Ste K, Lilburn. 678-438-6442. [HidayahReiki.com](http://HidayahReiki.com).

**Free Community Meditation Class** – 7:30-8pm. A guided mindfulness meditation class led by Namrata. Includes some instruction on mindfulness and concentration techniques, as well as time to practice in silence. Sati Yoga, 5575 New Northside Dr, Ste 100, Sandy Springs. [Tinyurl.com/y4uhryrr](https://tinyurl.com/y4uhryrr).

## MONDAY

**Monday Night Ride: Larry's Winter Edition** – 6:30pm. 17 miles; 15-17 mph (no drop). A good ride for a Monday, not too slow but isn't a strenuous ride either. No ride if raining. Roswell Bicycles, 670 Houze Way, Roswell. [BikeRoswell.com/events](http://BikeRoswell.com/events).

**Monday Night Meditation** – 7-8pm. An instructor-led meditation and discussion as we develop our meditation practice by maintaining a moment-to-moment relaxed awareness of our surrounding environment, bodily sensations, thoughts and emotions. All levels. \$10. Open Mind Center, 1575 Old Alabama Rd, Ste 213, Roswell. 678-243-5074. [TheOpenMindCenter.com](http://TheOpenMindCenter.com).

**One Breath at a Time: Buddhism and the 12 Steps** – 8-9:30pm. Also Thurs, 7:30-9pm. Meetings start with 10 mins of shamatha meditation. Reading from *One Breath at a Time* followed by open discussion. Shambhala Meditation Center of Atlanta, 1447 Church St, Decatur. 404-370-9650. [Atlanta.Shambhala.org](http://Atlanta.Shambhala.org).

## TUESDAY

**Gentle Kemeti Yoga** – 10:30am. All-level class focuses on the breathe and simple stretching and toning techniques to help with relaxation and mobility. Class borrows hatha and kemeti style postures and meditations. First class free; \$10/drop-in. Decatur Recreation Center, 231 Sycamore St, Decatur. [Tinyurl.com/r6o7868](http://Tinyurl.com/r6o7868).

**Let's Meditate Atlanta** – 12-1pm. Sahaja Yoga meditation sessions are always free. East Roswell Library, 2301 Holcomb Bridge Rd, Roswell. [Facebook.com/groups/WeMeditateGroup](https://Facebook.com/groups/WeMeditateGroup).

**Meditation and Internally Focused Qigong Practice** – 6:30-7:30pm. Focus on Taoist meditation practices and qigong (energy practices) to support higher quality meditation and stillness. Decatur Healing Arts, 619 E College Ave, Ste B, Decatur. [DecaturHealingArts.com](http://DecaturHealingArts.com).

**Sierra Club Meeting** – 7pm, refreshments; 7:30pm, program. 2nd Tues. Georgia Chapter Office, 743 E College Ave, Ste B, Decatur. More info: [Georgia.SierraClub.org/Atlanta](http://Georgia.SierraClub.org/Atlanta).

**Introductory Presentation on Meditation and Positive Living** – 7-9pm. Come and enjoy this most inspiring of topics to reach your highest potential as soul. Free. Life Enrichment Center, 1340 McConnell Dr, Decatur. To register, Dhana: 404-273-5704. [Santmat.net](http://Santmat.net).

**Let's Meditate Atlanta** – 7-8pm. Sahaja Yoga meditation sessions are always free. Mountain View Regional Library Study Room, 3320 Sandy Plains Rd, Marietta. [Facebook.com/groups/WeMeditateGroup](https://Facebook.com/groups/WeMeditateGroup).

**Meditation on Twin Hearts** – 7-8pm. This meditation works on the physical, mental and spiritual levels to open the heart chakra and the crown chakra, thereby enabling you to draw down a great amount of high-quality divine energy into the crown. Donations of \$10 & up accepted. The Center for Love and Light, 1145 Zonolite Rd, Ste 7, Atlanta. [WithLoveAndLight.com](http://WithLoveAndLight.com).

## WEDNESDAY

**Noon Time Four Stage Meditation** – 12:15-12:45pm. With Minister Bob Imai. Check website for most current times, dates and topics and other weekly programs. Happy Science Atlanta, 1874 Piedmont Ave NE, Ste 360-C, Atlanta. [Atlanta.HappyScience-na.org](http://Atlanta.HappyScience-na.org).

**An Introduction to the Happiness Program** – 6:30-7:30pm. We all want happiness but how do we get there? Come find out how in a fun-filled, interactive and informative session. Includes: guided relaxation through the breath; light yoga & stretching; insights into the nature of mind; guided meditation; Q&A session. Free. Art of Living Atlanta Center, 7730 Roswell Rd, Ste 400, Atlanta. [ArtOfLiving.org/us-en/atlanta](http://ArtOfLiving.org/us-en/atlanta).

**Weekly Wednesday Meditation Class** – 7-8:30pm. Open to all levels. Experience true inner peace. With the Venerable Nicholas Thannissaro. Georgia Meditation Center, 4522 Tilly Mill Rd, Atlanta. [MeditationCircle.org](http://MeditationCircle.org).

**Spiritual Women Entrepreneurs Network** – 7-9pm. Meets the 2nd Wed each month for a Cookies + Connection networking and mastermind event. Soul, Mind, Body, 3115 Piedmont Rd, Ste D102, Atlanta. RSVP: [Meetup.com/SpiritualWomenEntrepreneursAtlanta](https://Meetup.com/SpiritualWomenEntrepreneursAtlanta).

**Medicine Circle:** Healing Chants from the Buddha Dharma – 7:30pm. A community offering for anyone who is in need of healing, or anyone who knows someone who is in need of healing. Free; donations accepted. Candler Park Yoga, 1630-D Dekalb Ave, Atlanta. MantraChant.com/medicine\_circle.

**Wednesday Night Meditation Service** – 7:45-8:30pm. Features guided meditation, chanting, silence and prayer. Unity North Atlanta, 4255 Sandy Plains Rd, Marietta. 678-819-9100. UnityNorth.org.

## THURSDAY

**Monthly Park Meeting** – 7:30-9am. 2nd Thurs. Park Pride brings together community leaders and park advocates from throughout Atlanta for education, networking and strategy. More info: ParkPride.org.

**Light Workers Support Group** – 11am-1pm. A support group for beginning and current Light-Workers, Star Seeds, Earth Angels. All practices welcome. Commune with others, share experiences and connect with a conscious community of individuals dedicated to rising the vibration of others. Lake Claire Community Land Trust, 270 Arizona Ave NE, Atlanta. 708-320-942. Thetxlp.com.

**Midday Meditation** – 12-12:45pm. With Kisha Lee Crawford. Meditation practitioners of all levels welcome. \$10. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

**Orientation to Energywork** – 7pm. 1st Thurs. Introduction to channeling and energywork. Bill will explain concepts of channeling, energywork, remote healing, transfer process, and potential benefits of energywork. Free. One block from Midtown Marta Station. To reserve a seat: 404-423-5747. inmatehealingbill@gmail.com. EnergyworkATL.com.

**Meditation Practice Group** – 7-8pm. 2nd & 4th Thurs. A free program for new and experienced meditators who wish to learn how to meditate or deepen their practice of meditation on the inner light. No experience necessary. All welcome. Sevananda Community Room, 467 Moreland Ave NE, Atlanta. Cindy: 770-363-8935 or Info@sos.org.

**Twin Hearts Meditation** – 7:30-8:30pm. This meditation is an act of service. We use divine energy to bless the planet, our loved ones and every part of our life. Atlanta Pranic Healing Center, 1955 Cliff Valley Way NE, Ste 215, Atlanta. 470-333-2742. AtlPranicHealing.com.

**One Breath at a Time: Buddhism and the 12 Steps** – 7:30-9pm. See Mon listing. Shambhala Meditation Center of Atlanta, 1447 Church St, Decatur. 404-370-9650. Atlanta.Shambhala.org.

## FRIDAY

**Environmental Sustainability Board Meeting** – 8-10am. Decatur City Hall, Conference Rm, 509 N McDonough St, Decatur. Lena Stevens: 404-370-4102 or Lena.Stevens@DecaturGA.com.

## **SATURDAY**

**Bike Roswell Saturday Morning Ride** – 9am. Informal, year-round group ride that rolls along 25 miles of the beautiful Roswell Mayors Ride route through Roswell. Riders of all abilities. Roswell Area Park (Front Lot), 10519 Woodstock Rd, Roswell. More info: [BikeRoswell.com/events](http://BikeRoswell.com/events).

**Glow of Love Saturdays** – 10am. Volunteers wanted. Come rain or shine we will be in attendance gaining knowledge, volunteering our times, and tending to the most precious herb garden. Refreshments and a mini-herb lesson. Free. Grow2Glo Herb Garden, 2215 Browns Mill Rd SE, Atlanta. [Tinyurl.com/yxtc8g8w](http://Tinyurl.com/yxtc8g8w).

**Free Community Meditation Class** – 12:30-1pm. A guided mindfulness meditation class led by Namrata. Includes some instruction on mindfulness and concentration techniques, as well as time to practice in silence. All welcome. Sati Yoga, 5575 New Northside Dr, Ste 100, Sandy Springs. [Tinyurl.com/y4uhryrr](http://Tinyurl.com/y4uhryrr).

**Serenbe Farms Tour** – 2-3pm. Learn how Serenbe Farms uses sustainable practices to grow and harvest more than 300 varieties of heirloom and hybrid vegetables, herbs and flowers. \$10. Serenbe Farms, 8715 Atlanta Newnan Rd, Chattahoochee Hills. [Tinyurl.com/y6hm9xlq](http://Tinyurl.com/y6hm9xlq).