

ONGOING EVENTS

SUNDAY

Online Sunday Experience – 9am, Adult Study; 9:30am, Meditation; 10am, Music; 10:30am, Service. With Spiritual Living Center of Atlanta. slc-atlanta.org. To watch: [Facebook.com/spirituallivingcenteratlanta](https://www.facebook.com/spirituallivingcenteratlanta).

Red Clay Sangha Sunday Morning Service – 9am, meditation; 10:30-11:30am, dharma discussion. Via Zoom. To watch: RedClaySangha.org.

Online Meditation Open House – 10am. A 30-min meditation and a 30-min discussion via Zoom. To watch: Atlanta.Shambhala.org.

One World Spiritual Center Sunday Service – 11am. To watch: OneWorldSpiritualCenter.net.

Shamanic Journey – 11am. 1st Sun. A virtual healing experience brought to you by Heron House via Zoom. Free; donations accepted. To register: [Tinyurl.com/yctrp49j](https://tinyurl.com/yctrp49j).

Sunday Morning Talks and Discussion – 11am-12pm. With Vedanta Center of Atlanta via Zoom. To watch: VedantaAtlanta.org.

Unity North Online Sunday Service – 11:15am. To watch: UnityNorth.org.

MONDAY

The {SAMA} Class: Virtual – 9am. Also held Thurs & Fri. Incorporates 25 mins of yoga, 10 mins of breathwork, finishing off with 10 mins of meditation. Each teacher will bring their own spin to the class based on their particular lineage of training. More info: SamaFoodForBalance.com.

TUESDAY

Heart Jewel Chanted Prayers and Meditation – Mon-Fri, 8-9am. Chanted Buddhist prayers and meditation. Free. To register for livestream: MeditationInGeorgia.org.

Online Meditation Open House – 7pm. A 30-min meditation and a 30-min discussion via Zoom. To watch: Atlanta.Shambhala.org.

WEDNESDAY

Zoom Check In: Wellness Wednesdays – 10am. Check in with your community during COVID-19 crisis. slc-atlanta.org.

Unity North Online Wednesday Evening Experience – 7pm. To watch: UnityNorth.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.

THURSDAY

Virtual Qi Gong – 6-6:45pm. More info & to register: DecaturHealingArts.com.

Dunwoody Beekeeping Club – 6:30-7:30pm. 1st Thurs. Meeting features a program, followed by a question and answer session with the ability to meet and learn from other local beekeepers. Free. 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

Twin Hearts Meditation – 7pm. This meditation is an act of service. We use divine energy to bless the planet, our loved ones and every part of our life. With Atlanta Pranic Healing Center via Zoom. To watch: AtlPranicHealing.com.

FRIDAY

Prayers for World Peace – 6:30-7:15pm. An opportunity both to simply pray for world peace and to be a part of the solution. Includes a guided meditation, a short teaching and chanted prayers for world peace. To register for livestream: MeditationInGeorgia.org.

SATURDAY

Free Saturday Meditations – 8-8:30am. To register for livestream: MeditationInGeorgia.org.

Dunwoody Nature Center Saturday Volunteers – 9am-12pm. 2nd Sat. For anyone in the community who wishes to volunteer. A wonderful way to start off your weekend in nature and service. To promote social distancing, sign-up is mandatory; limited to 24 people. 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

Free Online Guided Meditation for All – 9:45-11am. Will go over basics and guided meditation. No prior experience is needed. Classes meant to come together and meditate and learn little by little. Via Zoom. Register: Tinyurl.com/y3x5yy2s.