

CALENDAR OF EVENTS

SATURDAY, MAY 1

Atlanta City Nature Challenge – Thru May 3. Help document Atlanta's diverse ecosystem. Register: Eli.Dickerson@FernbankMuseum.org. ParkPride.org.

Pedal the Parks: Brookhaven – May 1-31. Pedal the parks of Brookhaven all month long. More info & to register: BrookhavenBikeAlliance.org/pedal.

Monthly Energy Update – 11-11:30am Shannon Maley uses her intuitive abilities and her knowledge of astrology and guides you through the astrology of the month in a fun, informative and supportive way empowering you to make the most of the energy. More info & to register: WithLoveAndLight.com.

Free First Saturday: Bee-utiful Spring – 11am-12pm. Learn all about the busy bees at the Nature Center and go on a walk looking for pollinator-friendly native plants. Free. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. Registration required: 770-394-3322 or DunwoodyNature.org.

SUNDAY, MAY 2

With the Heart of the Goddess – 11am-1pm. With Lindsay Harrington. Deepen into connection with your heart and nourish your soul through gentle movement, guided meditation, and a self-love inspired ceremony. Santosha Studio, 896 Davis Dr, Atlanta. More info & to register: Santosha-Studio.com.

TUESDAY, MAY 4

Human Design: Strategy – 12-12:30pm. Your strategy is the way you are meant to engage with the world, how to best exchange energy with people, ideas, opportunities. Dive into the 4 different strategies so you can learn how to get what you want without struggle, minimizing wasted energy and negative thoughts. Free. Via Zoom. More info & to register: WithLoveAndLight.com.

THURSDAY, MAY 6

Aromatherapy Foundation Course – Thurs, May 6-Aug 19. 10am-1pm or 6:30-9:30pm. A 50-hr Certificate Course with Roz Zollinger, certified Aromatherapist and Instructor. Learn key elements of this increasingly popular natural therapy. Heal Center, 270 Carpenter Dr NE, Ste 505, Sandy Springs. 404-303-0007. HealCenterAtlanta.com.

FRIDAY, MAY 7

Sustainability in Action Roundtable Webinar – 11am-12:30pm. Financing the Transition to a Regenerative Economy. Panelists share the financial resources that are helping to usher in a more regenerative model. Free. Register: [Southface.org](https://southface.org).

SUNDAY, MAY 9

Chatt Mother's Day Special – 12-5pm. Mom's get in free. Bring a picnic, enjoy CNC programs, walk the Wildlife Walk or walk the trails. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. ChattNatureCenter.org.

TUESDAY, MAY 11

Online Wild Woman Moon Meditation – 7-8:30pm. Guided by our Priestess in Residence, Alana Saporiti, explore archetypal, cosmic energy, meditate, journal and craft intentions for the month ahead. \$15. To register: Santasha-Studio.com.

THURSDAY, MAY 13

Online: Tuning In: A Channeling – 12pm. For those who are new to trance channeling, Jamie will allow spirit guides to speak directly through her to you. Spirit guides, Grace and Maitland join us. More info & register: JamieButlerMedium.com.

FRIDAY, MAY 14

Poetry Open Mic Night – 7-9pm. With Michael Burke. An evening of splendor with enchanting and thought-provoking spoken word performances from some of Phoenix & Dragon Bookstore's flourishing community of poets. Poets of all ages. Free. On Zoom & in person. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

Online Past Life Regression – 7-9:30pm. With Don Simmons. Discover for yourself through Past Life Regression why you are the way you are—the hidden meaning of your intimate relationships—the understanding of any difficulty within your life. By seeing it, clarity takes place and healing begins. \$25. Via Zoom. 404-255-5207. PhoenixAndDragon.com.

SATURDAY, MAY 15

Honeybee Hive Inspection – 10am-12pm. Cindy Hodges will teach the important things to look for in a hive and what you can do to make sure that your hive is thriving. \$15. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

SUNDAY, MAY 16

(Y)in Tune: Poolside – 7-8:30pm. With Margo Gomes and Amanda Trevelino. Includes yin yoga and vibrational sound therapy to open the meridian channels and create an embodied experience of harmony. Santosha Studio, 896 Davis Dr, Atlanta. More info & to register: Santosha-Studio.com.

MONDAY, MAY 17

Health and Longevity Webinar Series: The Key to Health and Longevity – 7:30-8:30pm. Learn the basic principles for creating health and longevity and slowing the aging process. Includes an introduction to rejuvenation exercises. \$20. Via Zoom. More info: 404-303-0007 or HealCenterAtlanta.com.

WEDNESDAY, MAY 19

Online: How to Talk to Your Body – 7-8pm. Join Licensed Unity Teacher, Larry Bergmann, for this powerful healing service. Learn techniques for connecting your mind and body together for healing, empowerment and more. Love offering requested. Visit the calendar listing for Zoom link: UnityAtl.org.

SATURDAY, MAY 22

Arabia Mountain Day Hike – 9am-1pm. Features incredible granite rock outcroppings, wetlands, creeks, pine and oak forests and the remnants of the area's quarrying past. \$15 donation. Davidson-Arabia Mountain Nature Preserve, Nature Center, 3787 Klondike Rd, Lithonia. More info: GeorgiaConservancy.org.

Online: What Is Karma & Why We Have It – 11am-1pm. The law of karma exists entirely for our own good. It allows us to make progress in our soul's evolution according to our soul blueprint. Experience a guided group hypnosis to release some of our energy blocks that are for our highest good. You will be guided by your higher self. Free. Via Zoom. AwakenAnanda.com.

TUESDAY, MAY 25

Online Transmission Meditation – 7:30pm. A meditation to help the world. Sponsored by Share International USA SE Region. Free. Via Zoom. Info: 404-680-7423, Info-SE@Share-International.us. Share-International.us/se. Register: Tinyurl.com/56pbyxh4.

WEDNESDAY, MAY 26

Online: Evening Prayer – 7-8pm. Join Rev. Jennifer L. Sacks and Unity Atlanta for a monthly time of prayer and guided meditation, as we rest from our daily activities and find renewal for a new day. Love offering requested. Visit the calendar listing for Zoom link: UnityAtl.org.

THURSDAY, MAY 27

Wisdom and Healing Through Shamanic Journeys – 7-8:30pm. With Vicki Evans. An opportunity to connect with Spirit and your guides for healing and direction. You can use the journeys to ask about all areas of your life, not just the spiritual side. \$20 via PayPal. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. To register: PayPal.me/vickievanshealing. PhoenixAndDragon.com.

Nature Club – 7-9pm. Join CNC for an exciting speaker on the natural world. \$10/general, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. Registration required: 770-992-2055 or ChattNatureCenter.org.

THURSDAY, JUNE 10

Learn Eden Energy Medicine – Decrease anxiety. Alleviate pain. Strengthen your immune system. Sharpen your thinking. The eden method delivers all this and more! For more information about our yearlong Level 1 training in this renowned healing system: bit.ly/eden-ricerice, or email Dr. Valerie Rice at Valerie@VitaLifeCenter.com.

FRIDAY, JUNE 11

USA CBD EXPO – The nation's largest CBd/hemp event will be at the Georgia World Congress Center June 11-13. 300+ vendors, 50+ speakers, 1000+ products, and all weekend long networking. Get your CBD-related questions answered! See ad on page 2 for 25% off tickets! usacbdexpo.com/atlanta