

calendar of events

SUNDAY, OCTOBER 1

DeLand Indie Market at Artisan Alley Fall Edition – 11am-5pm. Showcasing Artists, Boutiques, Vintage and Handcrafted Vendors from all over Florida. Great food and live music in the Courtyard of Cafe DaVinci too. Artisan Alley, Downtown DeLand.

Let's PLAY (Family Intuitive Development) – 2-4pm. Presenter Joy Sagar. Let's PLAY is intended to bring families to the psychic intuitive playing field. A safe nurturing and playful environment allow you and your family members to learn to be sensitive and intuitive. \$35 per family. 1112 Stevens Street, Cassadaga. 386-228-2880.

Free Yoga Classes – check website for times and additional dates throughout the month. www.mykulayoga.com.

MONDAY, OCTOBER 2

Monday Madness – 8am-5pm. 25% off everything. Healing Zone, 515 Canal St., New Smyrna. 386-402-7825

Mediums Night – 7pm. Mini-readings. \$25/Certified Mediums, \$15/Advanced Student Mediums. Andrew Jackson Davis Building, 1112 Stevens St, Cassadaga. 386-228-2880.

TUESDAY, OCTOBER 3

Rainbow Tuesday – 8am-8pm. Save 20% off all regularly priced items. Two locations: Debbie's Health Foods, 862 Saxon Blvd, Orange City, 386-775-7002 and 3850 S Nova Rd, Port Orange. 386-763-7046.

Smoking Cessation Class-Oceanside – 5:30-6:30pm. If you're ready to quit smoking, help is free. Florida Hospital Oceanside, 2645 Atlantic Ave., Ormond Beach. 877-784-8486.

Meditation class with Buddhist Nun Kelsang Jindak – 7pm. \$5-10 donation. DeLand Community Acupuncture, 245 N Woodland Blvd, DeLand. 386-626-1944.

WEDNESDAY, OCTOBER 4

Massage Train – 6:30-7:30pm. Meet and greet your local massage therapists. Come together in a fun small group circle and experience the massage train demonstrations. Free. Nuwati Bodywork, 190Treemonte Dr., Orange City. 386-846-8666.

Meditation and Healing Clinic – 6:30pm. 1st Wed. Experience Pranic healing. Introductory lecture. Free. Pranic Healing Center, 516 S Orange St, New Smyrna. 386-689-6868.

Health Foods for Life – 10am-5pm. 20% discount day. 122 E Rich Ave, DeLand. 386-734-2343.

THURSDAY, OCTOBER 5

Guided Imagery Meditation – 7pm. You are invited to effect positive change by entering into a deep relaxation and engaging the power of your subconscious mind. \$10. Mind Body Soul, 821 Canal St., New Smyrna Beach.

Breast is Best-Breastfeeding Class – 7-9pm. International Board Certified Lactation Consultant will assist soon-to-be moms and provide helpful information to make your breastfeeding experience as smooth as possible. \$20 per couple. Florida



Hospital Memorial Medical Center, Medical Office Building, Classroom B, 305 Memorial Medical Pkwy., Daytona Beach.

FRIDAY, OCTOBER 6

Yoga Nidra w/ Jackie – 7:30-8. Jackie will guide you through a yoga nidra guided meditation. Yoga Nidra is yoga sleep. this class will be equivalent to four hours of REM sleep. Rest. Restore. Recharge. \$15. NSB-105 Magnolia Street. 386-872-3569. www.mykulayoga.com

First Friday Open House Two Year Anniversary Party – 7-10pm. Celebrate with art, live music, food and fun. Free. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Beach. 386-947-7941. SacredStrengthHealing.com.

First Friday of the Month: Come Feel the Spirit – 7-9pm. Old fashioned Spiritualist Message service with Rev. Dr. Louis Gates. \$5 Donation. Colby Memorial Temple, 1250 Marion St, Cassadaga. 386-228-2880.

SATURDAY, OCTOBER 7

First Saturday of the Month-Healing on the Porch – 10am-12pm. Love Offering of one piece of fresh fruit. Spiritual healing performed by Medium and Teacher Joy Sagar. 1168 Marion St. Cassadaga.

Craft Play Day – 1-5pm. Come at your leisure to decorate a witch hat door hanging to celebrate the spirit of Halloween. Receive a beverage of your choice (tea, coffee, lemonade, wine, beer or margarita). \$15. Spice of Life Herbs, 214 W Beresford Ave., Deland.

BJ Lantz-Exhibit: Versatility – 4-7pm. Opening reception. ACA Downtown: Arts on Douglas, 123 Douglas St., New Smyrna Beach.

SUNDAY, OCTOBER 8

Tarot for the Twenty First Century – 2-4pm. Presenter Trish MacGregor. Come to a riveting workshop that brings the tarot into the twenty first century, with new interpretations for the Major Arcana cards and new spreads that address the ac-

celerated pace at which most of us live. Please bring your own deck of tarot cards. \$35. 1112 Stevens Street, Cassadaga. 386-228-2880.

Meditation Sound Therapy – 6-7pm. Do you struggle with Monkey Mind-you can't stop your mind from racing all of the time? Office is open to invite you into a quiet healing space with sound meditation. Gently nudging your monkey mind back into focus. Free. Nuwati Bodywork, 190Treemonte Dr., Orange City. 386-846-8666.

TUESDAY, OCTOBER 10

Vision Board – 6-7:30pm. You can create a Vision Scrapbook, that will help you to manifest what you "Most Desire" in your life. Your imagination is the only limit as to what you can create. Discussion on how "Your Thoughts Become Things" and changing your perception about a situation can ease discomfort and put you on the path of change. Free. Nuwati Bodywork, 190 Treemonte Dr., Orange City. 386-846-8666.

WEDNESDAY, OCTOBER 11

Business Basics: Crafting Your Marketing Message – 6-7:30pm. Bring your computer and get some hands on time learning practical tools to help you grow your small business. \$25. Nuwati Bodywork, 190 Treemonte Dr., Orange City. 386-846-8666.

THURSDAY, OCTOBER 12

Expressive Art Journaling – 1-3:30pm. Workshop for self discovery and stress release. Explore art journaling in this class led by artist/art therapist Laura Bohn. \$30/\$20 ACA Members. ACA Downtown - Harris House, 214 S Riverside Dr., New Smyrna Beach.

Garden Club of Deland 90 year Anniversary Party – 5-8pm. Join the Garden Club for wine, period costumes, big raffle prizes and entertainment. \$10 at the door. 865 S Alabama Ave., Deland.

Yoga Nidra w/ Laura Kraljev – 6pm. \$10 suggested donation. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Beach. 386-947-7941. SacredStrengthHealing.com.

Movie Night – 6-8pm. Come watch "The Secret". Group discussion after. Mind Body Soul, 821 Canal St., New Smyrna Beach.

FRIDAY, OCTOBER 13

Garden Club of Ponce Inlet Arts, Crafts, and Plant Sale – 10am-4pm. Free. Artists, Crafters, Gardeners, local raw honey. Bake sale, raffles and refreshments. Ponce Inlet Community Center, 4670 S. Peninsula Dr., Ponce Inlet.

SATURDAY, OCTOBER 14

Tomoka Remembers – 9am-3pm. 2nd Sat. Park fee. 2099 N Beach St, Ormond. 386-676-4050.

B12 Shots – 10-11:30am. Administered at Debbie's Health Foods by Dr. Gina Bushelon. \$20. If you have questions for Dr. Bushelon, call 386-562-7319. 3850 South Nova Rd., Port Orange. Debbie'sHealthFoods.com.

Garden Club of Ponce Inlet Arts, Crafts, and Plant Sale – 10am-4pm. Free. Artists, Crafters, Gardeners, local raw honey. Bake sale, raffles and refreshments. Ponce Inlet Community Center, 4670 S. Peninsula Dr., Ponce Inlet.

Tuesday, Oct 3

20% off

All Regularly Priced Items!

862 Saxon Blvd
Orange City
386-775-7002
3850 S Nova Rd
Port Orange
386-763-7046

Debbie's HEALTH FOODS
Where Quality Matters

www.debbieshealthfoods.com

Chili Cook-Off and Magical Yard Sale – 11:30am yard sale. 1:00pm Chili Cook-Off. Brew up a batch of Chili and browse our magical yard sale. Fee to enter contest and yard sale. Spice of Life Herbs, 214 W Beresford Ave., Deland.

Mindful Mandalas – 1-3pm. Family-friendly workshop will focus on intuitive art making using oil pastels, collage and illustration board. Led by artist and expressive art facilitator, Rachel Chase. \$30/ \$20 ACA Members. Limited to 15 participants. ACA Downtown - Harris House, 214 S Riverside Dr., New Smyrna Beach.

Pallet furniture 101 – 3-5pm. A primer on designing and creating upcycled furniture and decorations. \$20/materials provided. Natural Concepts Revisited. 142 W Int'l Speedway Blvd, Daytona Beach. 386-341-5068. NaturalConceptsRevisited.com.

Sights and Sounds Investigative Workshop (introduction to Paranormal) – 3-10:30pm. Presented by Dawn Medley and Kenda Elise. A workshop teaching techniques and equipment used to conduct investigations focusing on digital imagery and electronic voice phenomena. 3-hour workshop, break for dinner, 3-hour hands on application of learned material. Limit 30 people \$100 preregistration required. 1112 Stevens Street, Cassadaga. 386-228-2880.

Mantra and Sound – 6-8pm. Enjoy a relaxing, meditative journey of universal mantra, breath, guided motion and meditation with live music. All are welcome! Join in the mantras or simply relax in the peaceful ambience. Free. Mind Body Soul, 821 Canal St., New Smyrna Beach.

SUNDAY, OCTOBER 15

Vision Book – 2-4pm. Free Vision Book Workshop. Create what it is that you want or what you want more of in your life. Mind Body Soul, 821 Canal St., New Smyrna Beach.

Exercises to Awaken the Third Eye – 2-4pm. Presenter Rev. Dr. Phil DeLong. Awaken to a higher consciousness. Understand the purpose of the Spiritual Eye and how you can develop and understand your mind and thoughts. Attendees will participate in tried and true eye-opening exercises. \$25. 1112 Stevens Street, Cassadaga. 386-228-2880.

TUESDAY, OCTOBER 17

Balance-ology: Opening the Heart – 6-7:30pm. Do you feel like you are carrying the weight of the world on your shoulders? Do you hurt after a long day? In these workshops, you will retrain your body to recognize what it feels like to be in proper posture and ease the pain and pressure of a long day. \$25.

**INTERACTIVE
DISCUSSION GROUP**

*Old Souls, Lightworkers,
New Agers, and All Interested in
the Metaphysical and Esoteric.*

**Wednesday, October 18
6-8pm ♦ No Fees**

HOTTIE COFFEE
409 Mary Ave., New Smyrna Beach

Nuwati Bodywork, 190 Treemonte Dr., Orange City. 386-846-8666.

Savvy Social – 5:30 at Amethyst Wellness 399 Palm Coast Parkway SW unit 5, Palm Coast.

WEDNESDAY, OCTOBER 18

Interactive Discussion Group – 6-8pm. Old Souls, Lightworkers, New Agers, seekers and all interested in the metaphysical and esoteric join together for a group discussion. Free. Hottie Coffee, 409 Mary Ave., New Smyrna Beach.

Fairy Tale Halloween Class – 7pm. Halloween class and party. Costumes welcome, wear your favorite fairy tale character if desired. Make a Halloween Pendant and Potion Bottle Candle Holder. Enjoy tasty treats. Reservations required \$25. Spice of Life Herbs, 214 W Beresford Ave., Deland. 386-734-0035

THURSDAY, OCTOBER 19

Grieving Parents Support Group – 6pm. 3rd Thur. For those who have experienced the loss of a baby in pregnancy or infancy. Free. Begin Again Children's Grief Center, 655 N Clyde Morris Blvd, Daytona. 732-610-8771.

FRIDAY, OCTOBER 20

Brigid's Faerie Faire – 10am-5pm. Free. Family-friendly activities, entertainment, food, and vendors. Cassadaga. 386-246-8610. Cassadaga.com.

Garth Hewitt Weekend – Fri 5:30-7:30pm. Sat/Sun 8:30-11:30am. Garth is from Los Angeles and has been teaching yoga for years. He is a well sought out teacher and he is coming to Kula. \$70 single, \$125 full weekend. 5537 S Williamson Blvd., Port Orange. 386-872-3569. MyKulaYoga.com.

Free Health Program – 2-3pm. Discover today's "superfoods" and how they could be the answer to super health. Learn how to use these ingredients in delicious easy to prepare dishes. Presented by Chef Emily Mabe and Shane Hennessy of Health Force. Free taste samplings provided. Port Orange Regional Library, 1005 City center Circle, Port Orange. DebbieHealthFoods.com.

SATURDAY, OCTOBER 21

Brigid's Faerie Faire – 10am-5pm. Free. Family-friendly activities, entertainment, food, and vendors. Cassadaga. 386-246-8610. Cassadaga.com.

Fairy House Workshop with Hattie Sutterfield – 1-3pm. Create a Fairy House using natural items. All materials will be provided. Reservations are required. Call 386-734-0035, email info@spiceoflifeherbs.net. Or register on Facebook. \$30. Spice of Life Herbs, 214 W Beresford Ave., Deland.

Making Art Inspired By Music – 1-2:30pm. W/ Heather Pastor. Inspired by music and its symbols you can create art with a variety of materials and learn how visual artists through history have been influenced by the tunes of their time. \$35. \$25. JAMMIN! Shop, 119 N. Woodland Blvd., Deland. 386-873-2374.

The Correlation between levels of Attunement and Brain Wave Activity in the Development of your Psychic Mediumship Skills – 2-4:30pm. Presenter Marilyn Jenquin. Come join Marilyn as she explains in her logical, practical way how to more fully understand the link between brain wave activity, attunement, and quality work results. \$35. 1112 Stevens Street, Cassadaga. 386-228-2880.

SUNDAY, OCTOBER 22

David Young-A Portal Between Heaven and Earth – 2-4:30pm. Presenter; two-time Grammy nominated musician David Young. 4,000 attendees last year experienced high vibrational spiritual travel and reconnected with loved ones. Two musical meditations followed by group sharing. Young has recorded fifty-seven albums and sold over one million copies. \$30 advance purchase or \$35 at the door. 1250 Marion St., Cassadaga. 386-228-2880

Interpret Your Dreams – 2-5pm. Presenter Rev. Sandra Helton. Dreams are a natural part of life, easily explored if you know the right techniques. Benefits are infinite for processing issues, connecting to your higher consciousness, and personal empowerment. \$25. 1112 Stevens Street, Cassadaga. 386-228-2880.

Family FLOW Fest! – 3pm-9pm Palm Coast Arts Foundation, 1500 Central Ave. in the Palm Coast Town Center Free to attend and \$10. workshops to learn FLOW Arts including Poi, Hooping, Acro-Yoga, and more! LED Jam in the evening! Vendors welcome! For more info. visit www.PalmCoastArtsFoundation.com/Events

MONDAY, OCTOBER 23

Creative Caregiving – 11:30-1:30pm. Join ACA Arts and Wellness Ambassador, Peggy Imbert, and registered music therapist, Vicki Gross and learn how to use creativity to enhance the quality of your daily routine. First of six-week program. Free. ACA Downtown - Harris House, 214 S Riverside Dr., New Smyrna Beach.

TUESDAY, OCTOBER, 24

InTune-ition: Heart Chakra – 6-7:30pm. Delve-Deeper. Within this workshop series you will be delving into the possibilities of how your body may use the line of communication as a way to manage your health and wellness. Join in discovering a better understanding of this communication network. \$25. Nuwati Bodywork, 190 Treemonte Dr., Orange City. 386-846-8666.

WEDNESDAY, OCTOBER 25

Bee Talk – Nature Walk-Tour and Honey – 1:30-2:30pm. Learn why bees and other pollinators are so important to a healthy environment. Your guide will lead you on a short walk to the ACA bee hives, discuss the art and industry of beekeeping, followed by a honey tasting. \$20/ACA Members Free. Atlantic center for the Arts Main Campus, Pabst Visitor Center and Gallery, 1414 Art Center Ave., New Smyrna Beach.

THURSDAY, OCTOBER 26

Live Blood Cell Testing and Analysis – 9am-5pm. See what just one drop of blood can reveal. \$50. A non-refundable deposit of \$20 is due at registration, the balance due on testing day. For appointments call Debbie's Health Foods. 386-763-7046. Debbie's Health Foods, 3850 S Nova Rd., Port Orange. DebbieHealthFoods.com.

One Drop Blood Analysis – 12:30-4pm. Find out if your blood cells are able to do their job and also identify B12 and possible Iron deficiencies. Be healthier. Feel better. Cost \$50 with a \$20 deposit upon sign up. Deland Natural Market, 993 N Woodland Blvd., Deland. For appointments call the market at 386-736-7919 or go to healthymethods123.com.

Widows and Widowers Support Club – 3pm. Last Thur. Haven Hospice, 70 Town Ct, Palm Coast. 386-447-3667.

Art of Healing-Painted Leaf Mobiles – 3:30-4:30pm. A free, visual art program open to anyone in need of healing: patients, caregivers and survivors can all benefit from self-expression. Florida Hospital Memorial Medical Center, Cancer Institute, 224 Memorial Medical Pkwy., Daytona Beach.

Community Education Event: Wheat: It's impact on all of us – 5pm. Find out all the ingredients in wheat that aren't on the label. Alternatives discussed. Feel better. Be healthier. Deland Natural Market, 993 N Woodland Blvd., Deland. Call 386-736-7919 to reserve your seat.

Laughing Yoga – 6pm. Therapeutic laughter class facilitated by Marilyn Caske. Donations. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Beach. 386-947-7941. SacredStrengthHealing.com.

Reiki Circle – 6:30-8:30pm. Open to the public. Come in and learn about Reiki and experience the Universal Life Force Energy coursing through your body. Donations. Healing Zone, 515 Canal St., New Smyrna. 386-402-7825

SATURDAY, OCTOBER 28

Halloween at the Market – 11am-3pm. Free. Trick or treating, scavenger hunt, costume contest for children up to eleven. Scavenger Hunt starts at 11am. Find maps at information booth. Costume contest at 1pm with prizes in five age groups. Daytona Flea and Farmers Market, 1425 Tomoka Farms Rd., Daytona Beach.

Mixed Media Art Workshop – 1-3pm. W/ Carissa Paige. Details to follow on our website/Facebook. JAMMIN! Shop, 119 N. Woodland Blvd., Deland. 386-873-2374.

Yoga Nidra w/ Sound – 4-6pm. Keith will guide you through a yoga nidra guided meditation while he plays live music. \$30. NSB-105 Magnolia Street. 386-872-3569. MyKulaYoga.com

SUNDAY, OCTOBER 29

Invert your practice w/ Jackie – 11-1pm. Learn basic techniques to invert your practice and learn arm balances. \$30. 5537 S Williamson Blvd., Port Orange. 386-872-3569. www.mykulayoga.com.

Table Tipping Workshop – 2-4pm. Presenter Rev. Louis Gates. Table Tipping is a form of physical mediumship; a way for everyone to experience a direct connection and communication with those in the world of spirit-loved ones who have passed. Spirit causes the Table to move up and down, or tip, and will spell out answers to questions and messages to those sitting around it. An amazing and unforgettable experience. \$25. 1112 Stevens Street, Cassadaga. 386-228-2880.



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CONNECT WITH OUR READERS!

THREE-MONTH EDITORIAL CALENDAR AND MARKETING PLANNER

Diabetes Prevention & Reversal

plus: Silent Retreats

Our Readers are Seeking Providers & Services for:

Functional Medicine Practitioners
Fitness/Health Clubs • Herbalists
Organic/Non-GMO/Sugar-Free Foods
Eco-Retreats • Spiritual Centers • Spas



Uplifting Humanity

plus: Holidays

Our Readers are Seeking Providers & Services for:

Charities • Community Services
Ethnic Crafts • Gift Baskets/Certificates
Natural Toys • Relationship Counselors
Spiritual/Healing Centers



Natural Stress Relief

plus: Understanding Nutraceuticals

Our Readers are Seeking Providers & Services for:

Integrative/Natural Healthcare Providers
Fitness/Health Clubs • Yoga/Retreats/Spas
Spiritual Practices • Natural/Organic Markets • Nutrient-Rich Foods/Supplements



Contact us to learn about marketing opportunities and become a member of the Natural Awakenings community at:

386-736-3838

natural awakenings

ongoing events

sunday

Farmers Market and More – 9am-5pm. Shop rain or shine for farm fresh produce, plants, trees flowers, herbs & spices gourmet coffee and teas, honey, jams, salsas & more. Daytona Flea Market, 1425 Tomoka Farms Rd, Daytona Beach.

Arts and Crafts Show – 9am-5pm. Second Sundays. Shop rain or shine for hand-made wares from painters, potters, wood-workers, crafters and artists. Daytona Flea Market, 1425 Tomoka Farms Rd, Daytona Beach.

Senior Discount Day – Seniors Save 10% off all regularly priced items. Two locations: Debbie's Health Foods, 862 Saxon Blvd, Orange City. 386-775-7002 and 3850 S Nova Rd, Port Orange. 386-763-7046.

Gentle Yoga – 10:30am. Yoga Bala, 4639 S Clyde Morris Blvd, Ste 105, Port Orange. 386-756-0022. YogabBala.com.

Cassadaga Sunday Church Service – 10:30-11:45am. Colby Memorial Temple, 1112 Stevens St, Cassadaga. Office: 386-228-3171. Bookstore: 386-228-2880.

Vinyasa Flow – 11am. Smoothly connect breath with graceful movement. All levels. First class free for local residents. Padma Yoga. 5 Utility Dr, Ste 15, Palm Coast. 386-225-4733.

Unity Community Church – 11am. Join a weekly spiritual celebration. 516 S Orange St, New Smyrna. 386-481-0890.

Congolese Drum Class – 2:30-4:30pm w/Thobos Lubamba. 1st Sundays. Study traditional central African rhythms. \$25. JAMMIN! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

Conga Drum Class – 2:30-4pm. 2nd Sundays. Learn hand techniques, training drills and ergonomics for conga. \$20. JAMMIN! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

monday

Beach Yoga – 8-9am. Weather permitting. Donations. Esther Park, New Smyrna Beach. 386-872-3569. MyKulaYoga.com.

Gentle Hatha Yoga – 9am. w/Teena Bates. Sacred Strength Healing Arts, 300 Seabreeze Blvd., Daytona Beach. SacredStrengthHealing.com.

Yoga Flow – 9am. All levels. Yoga Bala, 4639 S Clyde Morris Blvd, Ste 105, Port Orange. 386-756-0022. YogabBala.com.

Lyonia Guided Strolls – 9am. Also on Fridays. Take a guided hike in Lyonia Preserve. Bring water and wear closed-toe shoes. Free. Lyonia Environmental Center, 2150 Eustace Ave, Deltona. Preregister: 386-789-7207.

Kripalu Yoga – 9:30am. Traditional yoga for all levels. First class free for local residents. Padma Yoga. 5 Utility Dr, Ste 15, Palm Coast. 386-225-4733.

Alignment Flow Yoga – 9:30-10:45am w/Jenny Cooper. Alignment technique focused flow class. \$15. JAMMIN! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

Gentle Yoga – 10:30am. Yoga Bala, 4639 S Clyde Morris Blvd, Ste 105, Port Orange. 386-756-0022. YogabBala.com.

Easy Does It Yoga – 4pm. For every body. Yoga Bala, 4639 S Clyde Morris Blvd Suite 105, Port Orange. 386-756-0022. YogabBala.com.

Mini Readings – 5-8pm. Mon-Sat. \$20. Cassadaga Hotel, 355 Cassadaga Rd, Cassadaga. Reservations: 386-228-2323.

Didgeridoo & Native Flute Class – 5:30-6:45pm. 2nd/4th Mondays. Learn to play didgeridoo/native flutes. \$15. JAMMIN! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

Intermediate Yoga Flow – 5:30pm. Yoga Bala, 4639 S Clyde Morris Blvd Suite 105, Port Orange. 386-756-0022. YogabBala.com.

Pilates Mat Class - 5:45pm. Mixed level mat class. Beginners welcome; first class free. Tidal Pilates, 117 N Orange St, New Smyrna Beach. 386-957-5596. Tidalpilates.com.

Alignment Focus Hatha Yoga – 6pm. w/ Teena Bates. Sacred Strength Healing Arts, 300 Seabreeze Blvd., Daytona Beach. SacredStrengthHealing.com.

Stretch and Relax Yin Yoga – 6pm. Class begins with warm up and release tension, followed by slow movement and releasing postures that increase in length and intensity to focus deep into the connective tissues and muscles. For all levels. \$10. Mind Body Soul, 821 Canal St, New Smyrna Beach. 386-410-2175.

Sky Styx – 6-7:30pm. Must pre-register, contact studio for more info. Padma Yoga. 5 Utility Dr, Ste 15, Palm Coast. 386-225-4733.

Gong Flow Meditation – 7-8pm. 1st & 3rd Mondays. Sound healing with gongs and other instruments. Donation. JAMMIN! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

Sound Circle - Alchemy – 7-8:15pm. 2nd/4th Mondays. Meditate to a unique co-creation of sound for healing. Donation. JAMMIN! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

tuesday

Pilates Mat Class - 5:45am. Mixed level mat class. Beginners welcome; first class free. Tidal Pilates, 117 N Orange St, New Smyrna Beach. 386-957-5596. Tidalpilates.com.

Gentle Slow Flow Yoga - 9:30-10:45am w/Jenny. A gentle approach to flow class. \$15. JAMMIN! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

Original Strength Evaluation and Class – 10:30-11am & 5:30-6pm. Original Strength is a body movement program utilized to improve everyday functioning as well as overall physical performance and athletic expression. Natural Concepts Revisited, 142 W Int'l Speedway Blvd, Daytona Beach. 386-341-5068. NaturalConceptsRevisited.com.

Silent Unity Prayer Service – Noon. Sponsored by Unity Community Church. Free. Edgewater. Call for location: 386-690-5854.

Study Group – 1pm. Unity Community Church, 516 S Orange St, New Smyrna. 386-481-0890.

Intermediate Yoga Flow – 5:30pm. Yoga Bala, 4639 S Clyde Morris Blvd Suite 105, Port Orange. 386-756-0022. YogabBala.com.

Relaxed Yoga Flow – 6pm. w/ Rachel Solomon. Sacred Strength Healing Arts, 300 Seabreeze Blvd., Daytona Beach. SacredStrengthHealing.com.

YIN R&R – 6pm. All Levels. First class free for local residents. Padma Yoga. 5 Utility Dr, Ste 15, Palm Coast. 386-225-4733.

Nicotine Anonymous – 7-8pm. 12-Step Support Group. Florida Hospital Oceanside HCP, Conf Rm, 264 S Atlantic Blvd, Ormond. Nicotine-Anonymous.org.

Understanding Spirit through Mediumship – 7-9pm. Curriculum class but open to all. Presented by Jodie Martinez. \$10. 1112 Stevens St. Cassadaga. 386-228-2880.

Spiritual Development for the Healer – 7-9pm. The student will learn to uplift themselves in Body, Mind, and Emotions-as a Conduit for Healing Energies. Presented by Dr. Geri Krista. \$11. Slater House, Cassadaga.

World Rhythms Drum Class – 7-9pm w/Wolf. Traditional hand drumming. \$25. Florida School of Holistic Living, 1109 E Concord St, Orlando. 386-873-2374. Jamminshop.com.

wednesday

Yoga Flow – 9am. All levels. Yoga Bala, 4639 S Clyde Morris Blvd, Ste 105, Port Orange. 386-756-0022. YogabBala.com.

Yin/Restore Yoga – 9am. w/ Teena Bates. Sacred Strength Healing Arts, 300 Seabreeze Blvd., Daytona Beach. SacredStrengthHealing.com

Unwinding Yoga – 9:30-10:45am w/Uma. Unwind, release tension, fatigue and stress. \$15. JAMMIN! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

Gift of a Lifetime (GOAL) Choir – 10:30am. 2nd & 4th Wednesdays (Sep 13 - Dec 27). You don't need to carry a tune, we're interested in having fun, making memories, and expressing our creativity! Free, and open to the public. ACA Downtown: Harris House, 214 S Riverside Dr, New Smyrna Beach.



Reach Your Target Market

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natural awakenings

Yin Stretch Yoga – 10:30am. Yoga Bala, 4639 S Clyde Morris Blvd, Ste 105, Port Orange. 386-756-0022. YogabBala.com.

Breastfeeding Support Group – 12-1pm. Free. With Lactation Consultant Allika Alce, Tree of Life Birthing Center, 1010 Arthur St, Orlando. 407-878-2757.

Midday Refresh – 2pm. Yoga and meditation classes. Donations accepted. Natural Concepts Revisited, 142 W Int'l Speedway Blvd, Daytona Beach. 386-341-5068. NaturalConceptsRevisited.com.

Wild Wednesdays – 2-3:30pm. Join an adventure with native reptiles, saltwater invertebrates and other resident animals. Free. Lyonia Environmental Center, 2150 Eustace Ave, Deltona. Preregister: 386-789-7207.

Group Ukulele Lessons – 3-4pm. For beginners or seniors. Ukuleles provided. \$5. Sanborn Activity & Events Center, 815 S Alabama Ave, DeLand. 386-626-7300.

Yoga Fundamentals – 5:30pm. Yoga Bala, 4639 S Clyde Morris Blvd, Ste 105, Port Orange. 386-756-0022. YogabBala.com.

Alignment Focus Hatha Yoga level II/III – 6pm. w/ Teena Bates. Sacred Strength Healing Arts, 300 Seabreeze Blvd., Daytona Beach. SacredStrengthHealing.com

Stretch and Relax Yin Yoga – 6pm. Class begins with warm up and release tension, followed by slow movement and releasing postures that increase in length and intensity to focus deep into the connective tissues and muscles. For all levels. \$10. Mind Body Soul, 821 Canal St, New Smyrna Beach. 386-410-2175.

Shakti Dance™ Yoga – 6pm-7:30 w/Carole Fontaine. All levels. Gentle Kundalini Yoga and Dance. \$15. JAMMIN! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

Message and Healing Service – 7-9pm. Healing, 7-7:30pm; Hands-on Healing service, 7:30-9pm; Mediums give Spirit Greetings. \$5. Colby Temple, 1250 Marion St. Cassadaga. 386-228-2880.

thursday

Beach Yoga – 8-9am. Weather permitting. Donations. Esther Park, New Smyrna Beach. 386-872-3569. MyKulaYoga.com.

Kundalini Yoga – 9am. Sacred Strength Healing Arts, 300 Seabreeze Blvd., Daytona Beach. SacredStrengthHealing.com.

Gentle Yoga – 9am & 7pm. Yoga Bala. 4639 S Clyde Morris Blvd, Ste 105, Port Orange. 386-756-0022. YogabBala.com.

Senior Discount Day – 9am-7pm. Seniors Save 10% off all regularly priced items. Two locations: Debbie's Health Foods, 862 Saxon Blvd, Orange City, 386-775-7002 and 3850 S Nova Rd, Port Orange, 386-763-7046.

Slow Power Flow Yoga – 9:30-10:45am. This class focuses on core strength development & structural alignment. \$15. JAMMIN! Shop, 119 N. Woodland Blvd., Deland. 386-873-2374. Jamminshop.com.

Original Strength Evaluation and Class – 10:30-11am & 5:30-6pm. Original Strength is a body movement program utilized to improve everyday functioning as well as overall physical performance and athletic expression. Natural Concepts Revisited, 142 W Int'l Speedway Blvd, Daytona Beach. 386-341-5068. NaturalConceptsRevisited.com.

Breastfeeding Support Group – 10:30am. Lika's Leaking Ladies. Breastfeeding topics presented weekly. Tree of Life Birth Center, DeLand, 125 W Plymouth Ave, DeLand. 386-279-0145.

Meditation and Healing Circle – 11am. All are welcome to join the circle in sending healing energy to those on your healings lists and the planet. 1112 Stevens St, Cassadaga. 386-228-2880.

Midday Refresh – 2pm. Yoga and meditation classes. Donations accepted. Natural Concepts Revisited, 142 W Int'l Speedway Blvd, Daytona Beach. 386-341-5068. NaturalConceptsRevisited.com.

Cassadaga Historic Tour – 2pm. Learn about our history and gain insight into spiritualism. \$15/adult, \$7.50/children 7-12, free/under 6. 1112 Stevens St, Cassadaga. 386-228-2880.

Intermediate Yoga Flow – 5:30pm. Yoga Bala, 4639 S Clyde Morris Blvd Suite 105, Port Orange. 386-756-0022. YogabBala.com.

Total Barre Class – 6:30pm. Beginners welcome; first class free. Tidal Pilates, 117 N Orange St, New Smyrna Beach. 386-957-5596. tidalpilates.com.

HypnoBirthing® Class – 6:30-8:30pm. \$300/couple. Both parents welcome. Includes the HypnoBirthing book (The Mognan Method), 2 audio relaxations and affirmations, handouts and guided relaxations in class. Breathing techniques, partner's role, rebobo techniques and more. Tree of Life Birthing Center, 1010 Arthur St, Orlando. Call to enroll: 407-878-2757.

Mad Drum Circle Skills Drum Class – 6:30pm w/ Wolf. Drumming Techniques, drills & games. \$15. JAMMIN! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

Community Yoga – 7pm. Taught by Summer Moore. All levels welcome. Bring yoga mat. \$5-\$15 sliding scale. DeLand Community Acupuncture, 245 N Woodland Blvd, DeLand. 386-626-1944.

Know Thee as The Self: Ancient Wisdom Teachings – 7-9pm. Sacred music and enlightening videos will be included in this ongoing class; notebook suggested. Rev. Dr. Don Zanghi. Donations. 1112 Stevens St, Cassadaga. 386-228-2880.

friday

Beach Yoga – 8-9am. Weather permitting. Donations. Sun Glow Pier, Port Orange. 386-872-3569. MyKulaYoga.com.

Gentle Hatha Yoga – 9am. w/Teena Bates. Sacred Strength Healing Arts, 300 Seabreeze Blvd., Daytona Beach. SacredStrengthHealing.com.

Farmers Market and More – 9am-5pm. Shop rain or shine for farm fresh produce, plants, trees flowers, herbs & spices gourmet coffee and teas, honey, jams, salsas & more. Daytona Flea Market, 1425 Tomoka Farms Rd, Daytona Beach.

Gentle Yoga – 9am & 7pm. Yoga Bala. 4639 S Clyde Morris Blvd, Ste 105, Port Orange. 386-756-0022. YogabBala.com.

Core Yoga – 9:30-10:45am w/Uma. A solid yoga foundation in core strength. \$15. JAMMIN! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

Yin Challenge – 9:30am. All Levels. First class free for local residents. Padma Yoga. 5 Utility Dr, Ste 15, Palm Coast. 386-225-4733.

Lyonia Guided Strolls – 9am. Also on Mondays. Bring water/wear closed-toe shoes. Free. Lyonia Environmental Center, 2150 Eustace Ave, Deltona. Preregister: 386-789-7207.

Yoga in Nature – 9-10am. Sivananda Yoga instructor Hiroko Pallasch will focus on breathing, concentration, and relaxation while enjoying nature. Please bring a yoga mat, face towel, and a bottle of water. Lyonia Environmental Center, 2150 Eustace Ave, Deltona. Preregister: 386-789-7207.

Chair Yoga, Meditation and Breath – 10:30am. Yoga Bala, 4639 S Clyde Morris Blvd Suite 105, Port Orange. 386-756-0022. YogabBala.com.

Connected Warrior Yoga (for veterans only) – 11am. Sacred Strength Healing Arts, 300 Seabreeze Blvd., Daytona Beach. SacredStrengthHealing.com.

Veterans Reading Group – 11am-1pm. Join veterans of all generations across America reading and discussing ancient texts. Dr. Lucinda Sloan leads a reading group. Free, and open to public. ACA Downtown: Harris House, 214 S Riverside Dr. New Smyrna Beach.

Cassadaga Historic Tour – 2pm. Learn about our history and gain insight into spiritualism. \$15/adult, \$7.50/children 7-12, free/under 6. 1112 Stevens St, Cassadaga. 386-228-2880.

Happy Hour Yoga Flow – 6pm. w/ Jamie Kaminski. Sacred Strength Healing Arts, 300 Seabreeze Blvd., Daytona Beach. SacredStrengthHealing.com.

Mama Gaia's Mystique Boutique Readings – Call for information or an appointment. Joy Hanes. 386-747-2137. 104 W Rich Ave., Deland

Farmers' Market – 6-9pm. Organic and local produce, plants, orchids, homemade breads. Artisan Alley, DeLand. 386-589-3118.

Friday Evenings: Art of Mediumship Class – 7-9pm. Explore your psychic Mediumship potential with an upbeat hands-on approach in this on-going class presented by Rev. Dr. Louis Gates. Donation. 1250 Marion St, Cassadaga. 386-228-2880.

Open Reiki Healing Circle – 7pm. 2nd and 4th Fri. Healers and anyone needing healing are welcome. Donation. Slater House, 1188 Chauncey Street, Cassadaga. 386-668-7032.

Restorative Yoga – 7-8:15pm w/Amber Melendy. Low impact release & relaxation. \$15. Jammin! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

Compost & Honey Special – Compost \$5/bag and 10% off local honey. 142 W Int'l Speedway Blvd, Daytona Beach. 386-341-5068. NaturalConceptsRevisited.com.

saturday

DeBary Farmers' Market – 8am-1pm. 880 N Hwy 17-92, DeBary. 407-443-6965.

Intermediate Yoga Flow – 8am. Yoga Bala, 4639 S Clyde Morris Blvd Suite 105, Port Orange. 386-756-0022. YogabBala.com.

Beach Yoga – 8-9am. Weather permitting. Donations. Sun Glow Pier, Port Orange. 386-872-3569. MyKulaYoga.com.

Relaxed Yoga Flow – 9am. w/ Jamie Kaminski Sacred Strength Healing Arts, 300 Seabreeze Blvd., Daytona Beach. SacredStrengthHealing.com.

Total Barre Class – 9am. Beginners welcome; first class free. Tidal Pilates, 117 N Orange St, New Smyrna Beach. 386-957-5596. tidalpilates.com.

Hatha/Nidra Combo – 9am. Half the class creates strength and flexibility; the other half creates healing with Nidra. All Levels. First class free for local residents. Padma Yoga. 5 Utility Dr, Ste 15, Palm Coast. 386-225-4733.

Slow Power Flow Yoga – 9:30-10:45am. This class focuses on core strength development & structural alignment. \$15. JAMMIN! Shop, 119 N. Woodland Blvd., Deland. 386-873-2374. Jamminshop.com.

Farmers Market and More – 9am-5pm. Shop rain or shine for farm fresh produce, plants, trees flowers, herbs & spices gourmet coffee and teas, honey, jams, salsas & more. Daytona Flea Market, 1425 Tomoka Farms Rd, Daytona Beach.

Yoga Fundamentals – 9:30am. Yoga Bala, 4639 S Clyde Morris Blvd, Ste 105, Port Orange. 386-756-0022. Yogabala.com.

Mama Gaia's Mystique Boutique Readings – Call for information or an appointment. Joy Hanes. 386-747-2137. 104 W Rich Ave., Deland

Babysitting Bootcamp – 10am-2:30pm. For Ages 11-17 learn CPR for children and infants, choking, first aid, lots more. \$55. Drive in Christian Church, 3140 S Atlantic Ave., Daytona Beach Shores. 386-299-4425.

Original Strength Evaluation and Class – 10am & 4pm. Original Strength is a body movement program utilized to improve everyday functioning as well as overall physical performance and athletic expression. Natural Concepts Revisited, 142 W Int'l Speedway Blvd, Daytona Beach. 386-341-5068. NaturalConceptsRevisited.com.

Tribal Belly Dance – 11am-12pm w/Jessica. Create beautiful dances & get your body moving! \$12.50. JAMMIN! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

Tea Charm or Toe Readings – Noon-4pm. Reading with Joan Hazel. Spice of Life Herbs, 214 W Beresford Ave, DeLand. 386-734-0035.

Cassadaga Historic Tour – 2pm. Learn about our history and gain insight into spiritualism. \$15/adult, \$7.50/children 7-12, free/under 6. 1112 Stevens St, Cassadaga. 386-228-2880.

Feet Meet the Beat – 4-5:15pm 1st & 3rd Saturdays w/Victoria Andalucia. Explore African-inspired, Caribbean and Brazilian dances including folklore, Orishas, salsa, merengue Afro-Jazz fusion and samba. \$12.50. JAMMIN! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

World Rhythms Drum Class – 4:30-6pm w/Wolf. Traditional hand drumming, all levels welcome. \$20. JAMMIN! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

Dunun Drum & Dance – 5:30-6:45pm w/Victoria 1st & 3rd Saturdays. A fusion of drumming and dance bringing engaging African rhythms and energetic movements and song fully into the body. Bring a drum if you have one or use ours. \$12.50. JAMMIN! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

Drum Circle, Downtown Deland – 7pm-10pm. 4th Saturdays. A community recreational music making session! FREE. Collective, 111 S. Alabama Ave, Deland. 386-873-2374. jamminshop.com.

Encounter the Spirits Night Tour – 7:30pm. Bring digital camera for pictures during orb tour. Cash/after store hours, credit card/advance purchases. \$25. 1112 Stevens St, Cassadaga. Information: 386-228-2880.

classifieds

To place a classified listing: \$1 per word/10-word minimum; form available at VoFLNatural.com.

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FOR LEASE OR RENT

EVENT SPACE IN NSB – Planning a small intimate party or large wedding ceremony and reception? The extraordinary setting and stunning architecture make Atlantic Center for the Arts in New Smyrna Beach the perfect place to host your special day! For details visit atlanticcenterforthearts.org or call 386-427-6975.

TREATMENT ROOM IN DELAND – Space available in busy Acupuncture/Chiropractic Office. Friendly reception room and referrals; \$400. Call 386-734-4126.

RETAIL STORE FRONT SPACE FOR RENT – 4 large windows on Seabreeze blvd. 800sq. feet. \$800 all inclusive rent (cable, electric, water) Healing Arts Center, ideal for artist, crafters etc. Call Teena-386-871-1823.

PRODUCTS

HERBS: PLANTS AND DRIED – Hours: Wed-Fri, 11am-5pm; Sat, 11am-6pm. Also offering organic teas, essential oils, gemstones, classes and more. DeLand. 386-734-0035. SpiceOfLifeHerbs.net.

SERVICES

FOOD ADDICTS IN RECOVERY ANONYMOUS – Helping those who suffer from food obsession, overeating, undereating and bulimia. FA is based on the 12 steps of AA. There are no dues, fees or weigh-ins. Visit website for times and locations of meetings: FoodAddicts.org.

NATURAL AWAKENINGS SINGLES – Ready to meet the love of your life? Dip into our pool of conscious, awake singles and meet someone that you would have never met without us! Free to join. NaturalAwakeningsSingles.com.

My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.

~Maya Angelou

Smile in the mirror. Do that every morning and you'll start to see a big difference in your life.

~Yoko Ono

