

## THURSDAY, MARCH 1

**Guided Meditation** – 7pm. With Cheri Flauto. Meditation is a great tool that promotes relaxation in our bodies, balances our emotions and relieves physical and mental distress. While meditating on your own requires some effort, guided meditation walks you through the process one step at a time. \$10. Mind Body Soul, 821 Canal St, New Smyrna Beach. Preregister: 386-410-2175 or MindBodySoulnsb.com.

## SATURDAY, MARCH 3

**Life Path Butterfly Readings** – Mama Gaia's, 104 W Rich Ave, Deland. 386-366-4385.

**Monthly Cruise-In Car Show** – 9am-2pm. DJ Frank Roberts provides the tunes and emcees the show. More than 300 classic cars and trucks in the Market's west parking lot. Door prize drawings for everyone who displays a vehicle. Free. Daytona Flea & Farmers Market, 1425 Tomoka Farms Rd, Daytona Beach. 386-253-3330.

**Craft Play Day** – 1-5pm. Subject: Zinnia Pine Cone Flowers. Create some beautiful scented pine cone flowers for spring. Receive a beverage of your choice (tea, coffee, lemonade, wine, beer or margarita). \$15. Spice of Life Herbs, 214 W Beresford Ave, DeLand. SpiceOfLifeHerbs.net.

**First Friday Art Opening and Social** – 7-10pm. **Featuring** contemporary urban abstracts and collages with Miami artist Greg Beebe. Live music, food, refreshments and more. Free. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Beach. SacredStrengthHealing.com.

## SUNDAY, MARCH 4

**Sunday Services** – 9am & 11am. Guest Martha Creek speaks about Lame Blaming. Creek will help attendees sort the habit of blaming someone else for everything or something and help us prepare to stop it now. Unity of Daytona Beach, 908 Ridgewood Ave, Holly Hill. UnityDaytonaBeach.org.

**Surrender to Surrender Service** – 11am. Guest speaker, Ed Foote, returns for a second year with an insightful message. He comes with a rich background with the ARE Edgar Cayce's Foundation for Research and Enlightenment and *A Course in Miracles*. Free to the public. Unity Community Church, 516 S Orange St, New Smyrna Beach. UnityCommunityChurch.com.

**Integrating The Work of Byron Katie** – 1-3pm. **With** Martha Creek. This training is open to anyone on a path of self-realization with an interest in developing awareness and new skills. Unity of Daytona Beach, 908 Ridgewood Ave, Holly Hill. MarthCreek.com.

**The Manifesting Experience** – 2pm. With Cheri Flauto. Bring your dreams to life. Create a vision book filled with everything you dream of doing, being and having. The only limit is your imagination. Free, all materials supplied. Mind Body Soul, 821 Canal St, New Smyrna Beach. Preregister: 386-410-2175 or MindBodySoulnsb.com.

## MONDAY, MARCH 5

**Monday Madness** – 8am-6pm. 25% off almost everything in the store. Come in to take advantage of amazing savings. The Healing Zone, 515 Canal St, New Smyrna Beach. 386-402-7825. nsbHealingZone.com.

## TUESDAY, MARCH 6

**Shop Rainbow Tuesday** – 8am-8pm. Load up your cart without emptying your wallet. Save 20% off all regularly priced items throughout the store. Debbie's Health Foods, 862 Saxon Blvd, Orange City. 386-775-7002; and 3850 S Nova Rd, Port Orange. 386-763-7046. DebbiesHealthFoods.com.

**Meditation Class** – 7pm. With Buddhist Nun Kelsang Jindak. Every first Tuesday of the month. \$5-\$10 donation. DeLand Community Acupuncture, 245 N Woodland Blvd. 386-626-1944.

## WEDNESDAY, MARCH 7

**Interactive Discussion Group** – 6pm. Old souls, lightworkers, new agers, seekers and all interested in the metaphysical and esoteric. Free. Hottie Coffee, 409 Mary Ave, New Smyrna Beach.

## THURSDAY, MARCH 8

**Yoga Nidra** – 6pm. **Guided meditation with** Laura Kraljev. \$10 donation or class card. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Beach. SacredStrengthHealing.com.

## FRIDAY, MARCH 9

**Angel Oracle Reader** – With Mitch Hoover. Mama Gaia's, 104 W Rich Ave, DeLand. 386-366-4385.

**Bike Week at the Market** – Mar 9-18. 9am-5pm. Open all week with extended hours for Bike Week at Daytona Flea & Farmers Market. 1425 Tomoka Farms Rd, Daytona Beach. 386-253-3330.

**Health Seminar: Is It Possible to Be Pain Free Without Opioids?** – 2-4pm. Discover how enhanced CBD oil may help a variety of medical conditions, with special guest speaker Dr Mike Van Thielen, PT, AP, OMD, PhD, and how it may benefit you or a loved one. Seating is limited. Free. 3850 S Nova Rd, Port Orange. RSVP: 386-763-7046. DebbiesHealthFoods.com.

## SATURDAY, MARCH 10

**Clairvoyant Tarot Reader** – With Sandy Arnold. Mama Gaia's, 104 W Rich Ave, DeLand. 386-366-4385.

**Blood Type Lifestyle** – 10-11am. Beverly Wells, certified blood type practitioner, presents how blood type affects our stress, exercise; how foods are processed and even supplementation; with Q&A. Watts Chiropractic Center, 2751 Enterprise Rd, Ste 103, Orange City. 386-847-3771.

**Make and Take Class** – 3-5pm. Pallet wood Adirondack chair. \$80. Natural Concepts Revisited, 142 W Int'l Speedway Blvd, Daytona Beach. 386-341-5068.

## SUNDAY, MARCH 11

**Arts and Crafts Show** – 9am-5pm. Painters, potters, wood-workers, crafters and artists will showcase and sell their hand-made wares. Only hand-made items will be allowed in the show. Craftspeople may book a booth at a special discounted rate. No manufactured items permitted. Free. Daytona Flea & Farmers Market, 1425 Tomoka Farms Rd, Daytona Beach. 386-253-3330.

**Sunday Services** – 9am & 11am. Rev Linda Machesic speaks about How to Be. In this lovely world of ours, we must pledge to “being” differently with one another. She challenges us to “be” differently for the month of April. Unity of Daytona Beach, 908 Ridgewood Ave, Holly Hill. UnityDaytonaBeach.org.

**From Homeless to Director of Housing Authority** – 3pm. Hear an inspiring woman speak of her journey in overcoming many obstacles to become successful. There is no challenge that can't be overcome – prepare to be motivated. Free. Mind Body Soul, 821 Canal St, New Smyrna. Preregister: 386-410-2175 or MindBodySoulnsb.com.

## TUESDAY, MARCH 13

**Medium Readings** – 2pm. The Healing Zone, 515 Canal S, New Smyrna Beach. Info/appt: 386-402-7825.

## FRIDAY, MARCH 16

**Angel Oracle Reader** – With Pat Alton. Mama Gaia's, 104 W Rich Ave, DeLand. 386-366-4385.

**Iridology Analysis** – 10am-5pm. With Beverly Wells, holistic iridologist. Discover how your eyes can reveal your health, including areas of weakness in your organs and glands, hereditary influences, degenerative conditions, and early disease processes decades before symptoms occur or diagnostic testing might reveal them. \$60/75-minute session. 3850 S Nova Rd, Port Orange. RSVP required: 386-763-7046. DebbiesHealthFoods.com.

## SATURDAY, MARCH 17

**Angel Oracle Reader** – With Mitch Hoover. Mama Gaia's, 104 W Rich Ave, DeLand. 386-366-4385.

**B12 Shots** – 10-11:30am. Feel energized, age slower, and improve your brain skills. Administered by Dr Gina Bushelon. \$20. Debbie's Health Foods, 3850 S Nova Rd, Port Orange. RSVP required: 386-763-7046. Info: Dr Bushelon: 386-562-7319. DebbiesHealthFoods.com.

**Celtic and Other Cultural Intuitive Art Figures** – 10am-3pm. With Laura Bohn, artist/art therapist. Through a simple figure/doll making process, the characters we create might express culture, ancestry, myth, creativity, nature, loss, wisdom, passion, energy, bravery, compassion, happiness, sadness, or joy. Let your creative journey unfold intuitively as you build and costume your character. \$45 or \$30/members. ACA Downtown: Harris House, 214 S Riverside Dr, New Smyrna Beach. Register: 386-402-7517.

**Shoot your Inner Editor Workshop** – 1-3pm. With Joan Hazel. Get confidence to put that first word on the page or overcome writer's block. Topics: What is creativity? What stops us from being creative? How do I start? Bring a pen for writing. \$35. Spice of Life Herbs, 214 W Beresford Ave, DeLand. Registration required: 386-734-0035. SpiceOfLifeHerbs.net.

**Qigong Intensive** – 1-4pm. With guest presenter Scott Farber. Experience qigong and five element tai chi with the nine breath empowerment experience to increase energy and improve overall vitality. \$30/by 3/7 or \$40/thereafter. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Beach. SacredStrengthHealing.com.

**Love Verses Attachment** – 2-4:30pm. With Buddhist Nun Kelsang Jindak. Learn how to discern the difference between love and attachment, and meditate on cultivating a pure love for others. Suggested donation: \$15 (sliding scale). DeLand Community Acupuncture, 245 N Woodland Blvd. 386-626-1944.

## SUNDAY, MARCH 18

**Sunday Services** – 9am & 11am. Rev Linda Machesic speaks about our Spiritual Maturity Quotient. Discover how far along you are on your spiritual path. Hear about some helpful measures and some reminders that you're right where you need to be. Unity of Daytona Beach, 908 Ridgewood Ave, Holly Hill. UnityDaytonaBeach.org.

## TUESDAY, MARCH 20

**Keeping Your Brain Happy and Healthy** – 7pm. An informative seminar on clean, simple, clinically studied ways to maintain a healthy brain, and prevent future cognitive loss. Free. Love Whole Foods, 275 Williamson Blvd, Ormond Beach. RSVP: 386-677-5236.

## THURSDAY, MARCH 22

**Reiki Night** – 6:30pm. Learn about and experience the universal life force energy coursing through your body. Love donations accepted. The Healing Zone, 515 Canal St, New Smyrna Beach. 386-402-7825.

**Write Well, Be Well: Readings and Reflections** – 6:30-7:30pm. An evening of poetry and prose presented by participants of the Write Well, Be Well workshops. Free. ACA Downtown: Harris House 214 S Riverside Dr, New Smyrna Beach. Register: 386-402-7517.

## SATURDAY, MARCH 24

**Morning Reiki Circle** – 10am. Join for a guided meditation, prayer circle, and reiki share. Free. Register to ensure adequate seating. Parking is available in the fenced in lot next door. Spice of Life Herbs, 214 W Beresford Ave, DeLand. RSVP: SpiceOfLifeHerbs.net.

**Tea in all its Wonder** – 3-5pm. With Howard Kim. Experience several types and tastings. \$10 suggested donation. Natural Concepts Revisited, 142 W Int'l Speedway Blvd, Daytona Beach. 386-341-5068.

## SUNDAY, MARCH 25

**Sunday Services** – 9am & 11am. Rev Teresa Curry speaks about Entering Jerusalem. Metaphysically we enter Jerusalem tens of thousands of times

in our lives. When we humbly surrender to a power greater than ourselves, we receive the greatest accolades. Unity of Daytona Beach, 908 Ridgewood Ave, Holly Hill. [UnityDaytonaBeach.org](http://UnityDaytonaBeach.org).

### WEDNESDAY, MARCH 28

**Shoden Level I Reiki Class** – 6pm. A series of two classes of exercises and meditations to incorporate into the daily practice of reiki for your self-development. Techniques for hands-on reiki sessions for yourself and others, is practiced. Certificate issued at the second session. \$125, \$100/seniors (55 and older). Spice of Life Herbs, 214 W Beresford Ave, DeLand. RSVP: [SpiceOfLifeHerbs.net](http://SpiceOfLifeHerbs.net).

### THURSDAY, MARCH 29

**Live Blood Cell Testing and Analysis** – 9am-5pm. See what just one drop of blood can reveal; nutritional deficiencies, immune system issues, toxicity, yeast overgrowth, parasites and more. \$50. Deposit of \$10 due at registration, the balance due on testing day. Debbie's Health Foods, 3850 S Nova Rd, Port Orange. RSVP required: 386-763-7046. [DebbiesHealthFoods.com](http://DebbiesHealthFoods.com).

**DIY Essential Oils Class** – 6pm. With Joyce Inderkum. Make your own take-home product. \$12 Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Beach. Register: 386-947-7941. [SacredStrengthHealing.com](http://SacredStrengthHealing.com).

### SATURDAY, MARCH 31

**Easter Scavenger Hunt** – 11am. Kids up to age 12 will use a clue map to seek out prizes and treats throughout the market. Easter tote bags will be provided or bring your own basket. Free. Daytona Flea & Farmers Market. 1425 Tomoka Farms Rd, Daytona Beach. 386-253-3330. Info: [DaytonaFleaMarket.com](http://DaytonaFleaMarket.com).

**Metaphysical Meet-up** – Noon-4pm. Experience sample readings, energy healing, auric imaging, and more at a reduced price at this mini metaphysical spa day. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Beach. [SacredStrengthHealing.com](http://SacredStrengthHealing.com).

plan ahead

### THURSDAY, APRIL 5

**Expressive Art Journaling** –1-3:30pm. Explore art journaling, led by artist/art therapist Laura Bohn. Reduce stress and promote relaxation by providing a safe space to play, experiment and gain self-guided insight and understanding of one's own emotions. Explore adding personal/universal archetypes to a journal spread, using mixed media, watercolor, acrylics, and collage. \$30 or \$20/members. ACA Downtown: Harris House 214 S Riverside Dr, New Smyrna Beach. Register: 386-402-7517.