

# calendar of events

## TUESDAY, AUGUST 1

**Shop Rainbow Tuesday** – 8am-8pm. Receive 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 Road, Port Orange, 386-763-7046. DebbiesHealthFoods.com.

## WEDNESDAY, AUGUST 2

**CREATION Health Workshop** – 6-7:30pm. Join us for 8 weeks of CREATION Health to improve your well-being—physically, emotionally, and spiritually. Florida Hospital Memorial Medical Center, Medical Office Building, Classroom B, 305 Memorial Medical Pkwy, Daytona Beach. 386-231-3152.

## THURSDAY, AUGUST 3

**Summer Concert Series in the Park** – 6:30-7:45pm. Featuring Pattishalls NSB Shrimp and Seafood Festival on Flagler Ave. New Smyrna Beach. DiscoverNSBFL.com.

**Newborn Care: Bringing Home Baby** – 7-9pm. Taught by our Certified Happiest Baby Instructor and aligns with the Happiest Baby Association. The class covers tools to calm a crying, fussy baby, tips for practicing safe sleep reducing the risk of Sudden Infant Death Syndrome. \$20/couple. Florida Hospital Memorial Medical Center, Medical Office Building, Classroom B, 305 Memorial Medical Pkwy, Daytona Beach. 386-231-3152.

**Siesta Key Yoga Retreat** – August 3-7 in Siesta Key, FL \$500. Kula Yoga, 5537 S Williamson Blvd, Port Orange. 386-872-3569. MyKulaYoga.com.

## FRIDAY, AUGUST 4

**Butterfly, Chakra, & Life Path Readings** – 12-4:30pm. Using your life force energy a beautiful butterfly painting is created; yours to take home. Mama Gaia's Mystique Boutique, 104 W Rich Ave, DeLand. 386-747-2137.

**First Friday Open House Social: Musical guests The Dorn Flakes** – 7-10pm. Free. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Beach. 386-947-7941. SacredStrengthHealing.com.

## SATURDAY, AUGUST 5

**The Big Latch On of East Volusia** – 10am. Women around the world gather together to breastfeed and offer peer support to each other. Their friends, family and community join this celebration to promote and support breastfeeding. The first 50 moms will receive a swag bag. Christ Church Port Orange, 2421 Tomoka Farms Rd, Port Orange.

**Family Fun Day** – 1-3pm. Discover how salt water and the beach are connected to the scrub habitat at Lyonia Preserve. Lyonia Environmental Center, Deltona Regional Library complex, 2150 Eustace Ave, Deltona. Reservations requested; 386-789-7207, ext. 21028.

**Yoga Nidra & Sound** – 4-6 pm. All levels welcome; discussion followed by practice and guided meditation. \$30 at door. 107 Magnolia Street. NSB. 386-872-3569. MyKulaYoga.com.

**First Saturday on Canal Street** – Art Stroll, Music on the Corner, Gallery Walk, Craft Beer Walk. New Smyrna Beach. DiscoverNSBFL.com.

**Self Care Foot Massage w/ Essential Oils using the Ayur Kasa Foot Tool.** Facilitated by Joyce Inderkum & Teena Bates. must pre-pay or RSVP space limited. (Kasa Kits available to purchase) \$25. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Beach. 386-947-7941. SacredStrengthHealing.com.

## SUNDAY, AUGUST 6

**Nature Film** – 2pm. Watch the BBC documentary, "Life in the Undergrowth: Taking to the Skies." Lyonia Environmental Center, Deltona Regional Library complex, 2150 Eustace Ave, Deltona. Reservations requested; 386-789-7207, ext. 21028.

**How to Do a Psychic Reading** – 2-4pm. Presented by Rev. Don Zanghi. Follow these simple guidelines and learn how to tap into the aura where all guidance and information is stored. \$20. 1112 Stevens St, Cassadaga. 386-228-2880.

## MONDAY, AUGUST 7

**Monday Madness** – 8am-5pm. 1st Mon. 25% off of everything. Healing Zone, 515 Canal St, New Smyrna. 386-402-7825.

**Medium's Night** – 7-9pm. Mini readings by SC-SCMA Certified Mediums and Students. Priority numbers are given out starting at 5pm, doors open at 6:45 for selection. \$25. Bookstore open until 7pm. 1112 Stevens St, Cassadaga. 386-228-2880.

## WEDNESDAY, AUGUST 9

**Mommy/Baby University** – 10:30am-12:30pm. Moms are invited to make new friends, gain support on breastfeeding from moms and certified parent educators. Free. Florida Hospital Memorial Medical Center, Medical Office Building, Classroom B, 305 Memorial Medical Pkwy, Daytona Beach. 386-231-3152.

## THURSDAY, AUGUST 10

**Voyage to Health: A Sailor's Guide to Navigating Life, Love, and Adventures in Great Food** – 2pm. Carole Fontaine, Author of "Yogi Onboard" will share lessons on overcoming major health concerns, inspiring change in others, or deciding what to cook for dinner. Tropical food demo and free taste samplings by Chef Emily Mabe of Debbie's Health Food. Call 386-320-6392 for more info. Port Orange Public Library, 1005 City Center Circle, Port Orange.

**Deep Thought Mastermind** – 6-7:30pm. Gather together to discuss current events and social dynamics. No judgments. No agendas. Free. Dinner available for purchase. Tony's New York Pizza, 864 Saxon Blvd, Orange City. 386-846-8666.

**Yoga Nidra Guided Meditation** – 6pm. With Laura Kraljev. Donations accepted. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Beach. 386-947-7941. SacredStrengthHealing.com.

**Summer Concert Series in the Park** – 6:30-7:45pm. Featuring Jam Jerry & Andrea. Brannon Civic Center, 105 S Riverside Dr, New Smyrna Beach. DiscoverNSBFL.com.

## SATURDAY, AUGUST 12

**Back-to-school Hike** – 10am. Help staff search for plants and animals that live in the scrub of Lyonia Preserve. Lyonia Environmental Center, Deltona Regional Library complex, 2150 Eustace Ave, Deltona. Reservations requested; 386-789-7207, ext. 21028.

**Healthy Kids Series: Building Immunity For Back 2 School** – 2-4pm. Come learn how to keep your child's immune system strong while transitioning back to school. Free samples from the Living Waters Cafe. Given by: Jami Oles, Holistic Nurse and Child Nutrition Specialist - \$10/person. Living Waters Health Food Store, 141 W. Granada Blvd., Ormond Beach, FL. 32174, 386-672-6004. LivingWatersHealth.com.

**Canal Street Cruise Classic Car Show.** New Smyrna Beach. DiscoverNSBFL.com.

## SUNDAY, AUGUST 13

**Beach Yoga** – 9am. Bring a towel & water and meet at the studio. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Beach. 386-947-7941. SacredStrengthHealing.com.

**Sacred Geometry & You! Vibrational Consciousness and Harmony in Your Life** – 2-4pm. Presented by Dr. Phil DeLong. A hands-on workshop to connect to the collective consciousness for personal empowerment. \$25. 1112 Stevens St, Cassadaga. 386-228-2880.

**Let Your Inner Light Shine** – 4-6 pm. Intention base slow asana practice. \$30/\$40. Kula Yoga, 5537 S Williamson Blvd, Port Orange. 386-872-3569. MyKulaYoga.com.

**Meditation/Sound Therapy** – 6-7pm. We open our office once a month to invite you into a quiet, healing space with guided meditation. Gently nudge your monkey mind back into focus. Focus on the body creates opportunity for renewed focus in life. Free. Nuwati Bodywork, 190 Treemonte Dr, Orange City. 386-846-8666.

## THURSDAY, AUGUST 17

**Infinite Possibilities Workshop** – 6-8pm. This 3-part (Aug 17, 24, 31) workshop will cover how your thoughts become things, uncover your limiting beliefs, ways to take action towards your dreams, honoring your instincts and hunches, having faith and trusting in the magical universe. \$99. Mind Body Soul, 821 Canal St, New Smyrna Beach. 386-410-2175.

**Big Brother/Big Sister Class** – 6pm. Introduction of the BirthCare Center to the Big Brother or Sister. What do babies do best, how can you help mom with the new baby? Free. Florida Hospital Memorial Medical Center, BirthCare Center, 4th floor lobby, 301 Memorial Medical Pkwy, Daytona Beach. 386-231-3152.

**Reiki Energy Healing Share Event** – 6-8pm. Practitioners, come share your energy healing or come and receive the healing experience. Donations accepted. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Beach. 386-947-7941. SacredStrengthHealing.com.

## FRIDAY, AUGUST 18

**Angel, Fairy and Goddess Readings** – 12-4:30pm. With Certified Angel Therapy Practitioner Patricia. Mama Gaia's Mystique Boutique, 104 W Rich Ave, DeLand. 386-747-2137.

**Essential Oils for Sacral Chakra** – 6:30p-8:00pm. Are you curious about essential oils and want to learn more? Join us and discover. What essential oils are. How they work. The different ways to use them. \$25. Nuwati Bodywork, 190 Treemonte Dr, Orange City. 386-836-8666.

## SATURDAY, AUGUST 19

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

**Intuitive Angel and Goddess Card Readings** – 12-4:30pm. Insight into your life, love and health with Mitch. Mama Gaia's Mystique Boutique, 104 W Rich Ave, DeLand. 386-747-2137.

**Yin Yoga Workshop** – 4-6 pm. Slow, restorative Yin yoga practice. \$25. Kula Yoga, 107 Magnolia Street, New Smyrna Beach. 386.872.3569. MyKulaYoga.com.

## SUNDAY, AUGUST 20

**Popcorn and a Movie** – 2-3:30pm. Watch "Shark," a documentary that takes viewers into the murky world of sharks. Lyonia Environmental Center, Deltona Regional Library complex, 2150 Eustace Ave, Deltona. Reservations requested; 386-789-7207, ext. 21028.

**Physical Mediumship through Spirit Flame Cards** – 2-4pm. Presented by Dr. Louis Gates. Spirit Flame messages is a form of physical phenomena. Louis uses his spiritual gifts of clairvoyance, clairaudience, through his mediumship to interpret your personal flame message and communicate with your loved ones. \$25. 1112 Stevens St, Cassadaga. 386-228-2880.

**Restorative Chakra Flow** – 4-6 pm. Restorative, gentle practice that will balance and restore the energy within your chakras. \$25/\$35. Kula Yoga, 5537 S Williamson Blvd, Port Orange. 386-872-3569. MyKulaYoga.com.

## TUESDAY, AUGUST 22

**Balance-ology Posture Workshop: Hips** – 6:30-7:30pm. Delve into the possibilities of how your body may use the line of communication as a way to manage your health and wellness. \$25. Nuwati Bodywork, 190 Treemonte Dr, Orange City. 386-846-8666.

## WEDNESDAY, AUGUST 23

**Tarot Workshop** – 6-8pm. Purchase Sandy's workbook "Tarot for Beginners" and attend this free beginner's workshop on the art of reading tarot cards. \*You will also need a Rider-Waite or Universal tarot deck for the workshop. Spice of Life Herbs, 214 W Beresford Avenue, DeLand. 386-734-0035.

## THURSDAY, AUGUST 24

**Live Blood Cell Testing & Analysis** – 9am-5pm. See what just one drop of blood can reveal. Nutritional deficiencies, immune system issues, toxicity, yeast overgrowth, parasites, & more. \$50. A non-refundable deposit of \$20 is due at registration, the balance due on testing day. For appointments call 386-763-7046. Debbie's Health Foods, 3850 S Nova Road, Port Orange. DebbiesHealthFoods.com.

**Intuitive Angel and Goddess Card Readings** – 12-4:30pm. Insight into your life, love and health with Mitch. Mama Gaia's Mystique Boutique, 104 W Rich Ave, DeLand. 386-747-2137.

**Community Education Event: Wheat: It's Impact On ALL of Us** – 2pm. Fatigue, allergies, depression, thyroid, gut, inflammation, appetite,

weight gain and much more. Alternatives discussed. Feel better. Be healthier. Living Waters Health Foods, 141 W Granada Blvd, Ormond Beach. Call 386-672-6004 for reservations.

**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. Donation. Healing Zone, 515 Canal St, New Smyrna. 386-402-7825.

**Orthopedic Seminar: Hip Pain** – 7pm. Orthopedic surgeon Brian R. Hatten, MD will discuss hip replacements and your treatment options including our Rapid Recovery Program for knees, hips and shoulders. Florida Hospital Memorial Medical Center, Medical Office Building, Classrooms A/B, 305 Memorial Medical Pkwy, Daytona Beach. 386-231-2229.

## FRIDAY, AUGUST 25

**5th Friday Food Trucks.** Family Fun Night. On Sams Ave along Riverside Dr, New Smyrna Beach. DiscoverNSBFL.com.

## SATURDAY, AUGUST 26

**Tiny Trekkers** – 10am. Children ages 2 to 5 can listen to the book "Hooray for Fish," take a short hike, and make a take-home craft. Lyonia Environmental Center, Deltona Regional Library complex, 2150 Eustace Ave, Deltona. Reservations requested; 386-789-7207, ext. 21028.

**Morning Reiki Circle** – 10am. All are welcome to join us in a guided meditation, prayer circle, and Reiki share. Please RSVP. \$25. Spice of Life Herbs, 214 W Beresford Avenue, DeLand. 386-734-0035.

**Flagler Avenue Wine Walk** – 1-7pm. New Smyrna Beach. DiscoverNSBFL.com.

**Creative Composting** – 2pm. Learn how to transform yard debris, food scraps and other organic material into valuable fertilizer Lyonia Environmental Center, Deltona Regional Library complex, 2150 Eustace Ave, Deltona. Reservations requested; 386-789-7207, ext. 21028.

**House Blessing and Space Clearing / Rescue Mediumship** – 2-4 pm. Presented by Rev. Dikki-Jo Mullen. Learn effective techniques for blessing homes and clearing spaces of any discordant energies. How to evaluate paranormal activity, calming and releasing restless entities. Includes keepsake study guides and supplies. \$30 (\$25 if registered by Aug 25) 1188 Chauncey St, Cassadaga. 386-228-2880.

**Masks & Mosaics Class** – 3-6pm. Presented by our sunflower artist, Brenda Flynn. Natural Concepts Revisited. 142 W Int'l Speedway Blvd, Daytona Beach. 386-341-5068. NaturalConceptsRevisited.com.

## SUNDAY, AUGUST 27

**Reiki Level I Training** – 9am-5pm. Learn the history of Reiki and how to confidently deliver effective Reiki treatments for yourself, family, friends and pets. You will receive the Reiki I attunements. Class materials and lunch included. \$125. Mind Body Soul, 821 Canal St, New Smyrna Beach. 386-410-2175.

**Bee Green** – 2-4pm. Learn how to turn trash into art during this upcycled yard art workshop. \$5. Lyonia Environmental Center, Deltona Regional Library complex, 2150 Eustace Ave, Deltona. Reservations requested; 386-789-7207, ext. 21028.

**Time Travel** – 2-5pm. Presented by Rev. Sandra Helton. Time is flexible, bends, speeds up & slows down which influences experience; missing time; time warps, clairvoyance, remote viewing, influence of deep space (pulsars, quasars, black holes); by-location. \$25. 1112 Stevens St, Cassadaga. 386-228-2880.

**Yoga Nidra & Sound** – 4-6 pm. All levels welcome; discussion followed by practice and guided meditation. \$30 at door. 5537 S Williamson Blvd, Port Orange. 386-872-3569. MyKulaYoga.com.

## TUESDAY, AUGUST 29

**InTune-ition Meet Your Sacral Chakra** – 6-7:30pm. Retrain your body to recognize what it feels like to be in proper posture. Learn how to carry yourself lighter on your feet and ease the pain and pressure of long days. \$25. Nuwati Bodywork, 190 Treemonte Dr, Orange City. 386-233-2828.

## WEDNESDAY, AUGUST 30

**One Drop Nutritional Blood Analysis** – 10am-4pm. Red blood cells are supposed to deliver nutrients and oxygen to all the tissues in the body, so the tissues can be healthy. Find out if your cells are able to do the job and also identify B12 and iron deficiency, parasites, uric acid crystals, yeast and more. Cost \$50 with a \$20 deposit upon sign up. DeLand Natural Market, 933 N Woodland Blvd, DeLand. Call 386-736-7919 for appt.

## THURSDAY, AUGUST 31

**One Drop Nutritional Blood Analysis** – 10am-4pm. Red blood cells are supposed to deliver nutrients and oxygen to all the tissues in the body, so the tissues can be healthy. Find out if your cells are able to do the job and also identify B12 and iron deficiency, parasites, uric acid crystals, yeast and more. Cost \$50 with a \$20 deposit upon sign up. Living Waters Health Foods, 141 W Granada Blvd, Ormond Beach. Call 386-672-6004 for appt.

## upcoming events

## FRIDAY, SEPTEMBER 1

Doris Leeper: Environmentalist/Visionary - Sept 1-Jan 29. Explore the life of this forthright and determined woman through an exhibition featuring personal letters, photographs, and memorabilia. nsbhistory.org

**Tuesday, August 1**

**20% off**

*All Regularly Priced Items!*



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

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# 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.

**Unity of Daytona Beach Services** – 9 & 11am. 908 Ridgewood Ave, Holly Hill. 386-253-4201. UnityDaytonaBeach.org.

**Lifetree Café** – 9:30am. A place to gather for conversation about life and faith. Refreshments served. Childcare available at no cost. Free. 142 Fairview Ave, Daytona Beach. 386-451-5223.

**Morning Meditation** – 9:30am. Love offerings. Cassadaga Hotel, 355 Cassadaga Rd, Cassadaga. Reservations: 386-228-2323.

**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.

**Spiritualism Lyceum** – 9:30am. Adult Sunday school classes. A forum for those that have the desire to learn more about religion, science and philosophy of spiritualism. Davis Building, Cassadaga Spiritualist Camp, 1112 Stevens St, Cassadaga. 386-228-2880.

**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.

**World Rhythms Drum Class** – 12-2pm w/Wolf. All levels, traditional hand drumming. \$25. Jammin! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

**Sunday Afternoon Message Service** – 12:30-1:30pm. Public message service. Students/mediums demonstrate continuity of life. Davis Building, 1112 Stevens St, Cassadaga. 386-228-2880.

**Congolese Drum Class** – 2:30-4:30pm w/Thobos Lubamba 1st Sunday of each month. This is a unique opportunity to study traditional central African rhythms with a Master from the Congo. Drums available. \$25. JAMMIN! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

**Conga Foundations Drum Class** – 2:30-4pm w/Sean Richards 2nd Sundays. Learn hand technique, strength training drills and ergonomics for conga. We will present rhythms for conga that work well in a West African-style drum circle setting. \$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.

## monday

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

**Gentle Yoga** – 9am. Sacred Strength Healing Arts, 300 Seabreeze Blvd, Daytona. 386-947-7941. SacredStrengthHealing.com.

**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 w/Keith Artisan 2nd & 4th Mondays. Learn to play didgeridoo and/or native flutes. Please bring your own instrument. \$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.

**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.

**Hatha Yoga** – 6pm. All levels Hatha Yoga. Sacred Strength Healing Arts, 300 Seabreeze Blvd, Daytona. 386-947-7941. SacredStrengthHealing.com.

**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.

**Sweet Adelines** – 6:30pm. Tomoka United Methodist Church, 1000 Old Tomoka Rd, Ormond. 386-252-0300.

**Harmony Inc** – 6:30pm. First Presbyterian Church, New Smyrna. 386-423-2185.

**Gong Flow Meditation** – 7-8pm. 1st & 3rd Mondays. Please bring a yoga mat and/or anything else you will require to be receptive for the duration. Donation. JAMMIN! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

**Sound Circle/Alchemy** – 7-8:15pm w/Keith Artisan 2nd & 4th Mondays. Meditate to a unique co-creation of sound. Please bring a yoga mat and/or anything else you will require to be receptive for the duration. Donation. JAMMIN! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

**Mediums Night** – 7pm. 1st Mon. Mini-readings. \$25/Certified Mediums, \$15/Advanced Student Mediums. Andrew Jackson Davis Building, 1112 Stevens St, Cassadaga. 386-228-2880.

## tuesday

**Rainbow Tuesday** – 8am-8pm. 1st Tuesday every month. 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.

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

**Flying Horse Editions: The Art of Collaboration** – Tue-Fri, 10am-4pm and Sat 10am-2pm. Aug 19-Nov 4. ACA Main Campus, Pabst Visitor Center & Gallery, 1414 Art Center Ave, New Smyrna Beach. 386-427-6975.

**Endless Summer: A Group Exhibition** – Tue-Fri, 10am-5pm and Sat 10am-4pm. Aug 5-26; free. ACA Downtown: Arts on Douglas, 123 Douglas Street, New Smyrna Beach. 386-428-1133.

**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.

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

**Yoga/Meditation** – 6pm. With Casey Ward. Sacred Strength Healing Arts, 300 Seabreeze Blvd, Daytona. SacredStrengthHealing.com. 386-947-7941. SacredStrengthHealing.com.

**Natural Meditation Group** – 6:30pm. UU Building, 56 N Halifax Dr, Ormond. 386-679-2336.

**Meditation class with Buddhist Nun Kelsang Jindak** – 7pm. 1st Tuesday of the month. \$5-10 donation. 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.

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

**World Rhythms Drum Class** – 7-9pm w/Wolf. Traditional hand drumming. \$25. FL School of Holistic Living, 1109 E Concord St, Orlando. 407-595-3731. holisticlivingschool.org.

## wednesday

**Yin/Restorative Yoga** – 9am. Donations accepted. Sacred Strength Healing Arts, 300 Seabreeze Blvd, Daytona. 386-947-7941. SacredStrengthHealing.com.

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

**Flying Horse Editions: The Art of Collaboration** – Tue-Fri, 10am-4pm and Sat 10am-2pm. Aug 19-Nov 4. ACA Main Campus, Pabst Visitor Center & Gallery, 1414 Art Center Ave, New Smyrna Beach. 386-427-6975.

**Endless Summer: A Group Exhibition** – Tue-Fri, 10am-5pm and Sat 10am-4pm. Aug 5-26; free. ACA Downtown: Arts on Douglas, 123 Douglas Street, New Smyrna Beach. 386-428-1133.

**Health Foods for Life** – 10am-5pm. 1st Wed. 20% discount day. 122 E Rich Ave, DeLand. 386-734-2343.

**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.

**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.

**Wine, Women and Chocolate** – 5:30-7:30pm. 2nd Wed. Downtown merchants, DeLand. 386-736-0005.

**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.

**Hatha Yoga Levels II/III** – 6pm. Donations accepted. Sacred Strength Healing Arts, 300 Seabreeze Blvd, Daytona. 386-947-7941. SacredStrengthHealing.com.

**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.

**Message and Healing Service** – 7-9pm. Healing, 7-7:30pm; Messages, 7:30-9pm. Colby Temple, Stevens St, Cassadaga. 386-228-2880.

## thursday

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

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

**Kundalini Yoga** – 9am. Sacred Strength Healing Arts, 300 Seabreeze Blvd, Daytona. 386-947-7941. SacredStrengthHealing.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.

**Shakti Dance™ Yoga** – 9-10:30am w/Carole Fontaine. All levels. Gentle Kundalini Yoga and Dance. \$15. Jammin! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

**Flying Horse Editions: The Art of Collaboration** – Tue-Fri, 10am-4pm and Sat 10am-2pm. Aug 19-Nov 4. ACA Main Campus, Pabst Visitor Center & Gallery, 1414 Art Center Ave, New Smyrna Beach. 386-427-6975.

**Endless Summer: A Group Exhibition** – Tue-Fri, 10am-5pm and Sat 10am-4pm. Aug 5-26; free. ACA Downtown: Arts on Douglas, 123 Douglas Street, New Smyrna Beach. 386-428-1133.

**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. Andrew Jackson Davis Bldg, 1112 Stevens St, Cassadaga. 386-228-2880.

**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.

**GriefShare** – 2:30pm. A support group. Central Baptist Church, 152 Fairview Ave, Daytona. 386-255-2588.

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

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

**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.

**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, rebozo techniques and more. Tree of Life Birthing Center, 1010 Arthur St, Orlando. Call to enroll: 407-878-2757.

**Mad Drum Circle Skills** – 6:30pm w/Wolf. Hand drumming techniques, drills & games. \$15. Jammin! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. jamminshop.com.

Many of life's failures are people that did not realize how close they were to success when they gave up.

~Thomas A. Edison





