

calendar of events

FRIDAY, SEPTEMBER 1

First Friday Art Opening and Social: Lisa Gale 'Pop' Modern Paintings – 7-10pm. Free. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Beach. 386-947-7941. SacredStrengthHealing.com.

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.

Artists Reception. Third Annual Photography Club of Flagler County Member's Show. Exhibit through September 30. Rose Room Art Gallery, The Peabody. PeabodyAuditorium.org.

SATURDAY, SEPTEMBER 2

Performance Series – 4-7pm. ACA Arts & Wellness Exhibit opening, including presentations by our Arts & Wellness community ambassadors and a performance by music therapist Ashlee Lawrence. ACA Downtown: Harris House, 214 S Riverside Dr, New Smyrna Beach.

Wendy Tatter: Batik Impressions of Florida – Sep 2-Oct 14. Free. ACA Downtown: Arts on Douglas, 123 Douglas Street, New Smyrna Beach. artsondouglas.net.

Rose Thome Casterline: Lazy River - Sep 2-Sep 30. Free. ACA Downtown: Arts on Douglas, 123 Douglas Street, New Smyrna Beach. artsondouglas.net.

TUESDAY, SEPTEMBER 5

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 Rd, Port Orange, 386-763-7046. DebbiesHealthFoods.com.

WEDNESDAY, SEPTEMBER 6

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.

Massage Train – 6:30pm. Meet and Greet your local massage therapists. Come together in a fun, small group circle and experience the massage train demonstrations. Free. Nuwati Bodywork, 190 Treemonte Dr, Orange City. 386-233-2828.

THURSDAY, SEPTEMBER 7

Expressive Art Journaling – 1-3:30pm. Workshop for self-discovery and stress release. Play, experiment and gain self-guided insight and understanding of one's own emotions. \$30 / ACA members \$20. ACA Downtown: Harris House, 214 S Riverside Dr, New Smyrna Beach.

Full Moon Fire Ceremony with Meditation and Kirtan – 7-8:30pm. Releasing the old, embracing the new through fire, intention, & meditation. Free. 1990 Spruce Creek Circle N, Port Orange. RSVP: GirijaQ@aol.com.

FRIDAY, SEPTEMBER 8

Gear up for the Holidays Event – 10am-5pm. Holiday decorations, festive music, David Winters cottages, locally made pallet projects and artwork and gift ideas. 10% off all organic spice blends, local honey, jewelry, gardening & personal care products. Natural Concepts Revisited. 142 W Int'l Speedway Blvd, Daytona Beach. 386-341-5068. NaturalConceptsRevisited.com.

Yoga Nidra and Sound – 6:30-8:30pm. Learn how to quiet the mind & cultivate inner serenity with deep breathing, soothing sounds & guided relaxation. \$25/Padma Yoga. 5 Utility Dr, Ste 15, Palm Coast. 386-225-4733.

SATURDAY, SEPTEMBER 9

Health, Wellness & Style Event – 10am-3pm. Featuring local small businesses, including Susan's Hands, SnapShotsbySarah, chloe&isabel, Neal's Yard Remedies, Dance With Me DJ, Origami Owl, The Sturdy Primrose, SeneGence cosmetics & skincare, Young Living and more. Integrative Acupuncture & Healing Center, 317 N Florida Ave, DeLand. Call for more info 386-837-4677

Naked (no clothes) Yard Sale – 8am-2pm. Giant commercial and community sale is a Fundraiser for the Pai in the Sky Living Green Building renovation. 48 Nicolas Ct off John Anderson in Ormond Beach. (Like us on Facebook for details).

New Smyrna Beach IONS (Institute of Noetic Sciences) – 11am-12:30pm. Life of Edgar Cayce, Part II, Dr. Bruce Bromley, Rev. Nick Sourant. New Smyrna Beach Library, 1001 S Dixie Fwy, New Smyrna Beach. 386-424-2910.

Second Saturday Soundwalk: Riverside Park – 11am. Explore the sounds and rhythms of our urban

and natural world. Free. Open to the public; rain or shine. Meet at ACA Downtown: Harris House, 214 S Riverside Dr, New Smyrna Beach.

Moving from the Heart – 1-3pm. A fun and carefully guided creative movement experience to connect, share our stories, and engage the brilliant healing power of play. This workshop is appropriate for mature youth, adults, and elders. \$30 / ACA members \$20. ACA Downtown: Harris House, 214 S Riverside Dr, New Smyrna Beach.

Intro to Meditation & Sound Healing – (2-day certification) Level 1 training and certification w/ Dan Schmutz. Early bird \$325 (by 9/2) \$350. \$30. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Beach. 386-947-7941. SacredStrengthHealing.com.

SUNDAY, SEPTEMBER 10

Meditation/Sound Therapy – 6pm. We open our office once a month to invite you into a quiet, healing space with guided meditation. Gently nudging 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.

MONDAY, SEPTEMBER 11

Creative Caregiving – 11:30am-1:30pm. Mondays, September 11 - October 16. Learn how to use creativity to enhance the quality of your daily routine. Connect mind, body, and spirit by using the arts as a tool of expression and social interaction. Free. Registration required. ACA Downtown: Harris House, 214 S Riverside Dr, New Smyrna Beach.

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

TUESDAY, SEPTEMBER 12

It's Raining Bows Interactive Shopping Experience – 9am-7pm. Look for products that have bow stickers attached, and for each one you purchase, your name will be entered in a drawing for a chance to win a fabulous gift-of-health basket. Debbie's Health Foods, 3850 South Nova Rd, Port Orange.

Ask the Acupuncturist – 11am. ARC Acupuncture and Physical Therapy will present a free seminar on a variety of options for preventive and restorative pain relief. Please call Sandi at 386-675-8406 for more information or visit YourPainSpecialist.com. RSVP 386-763-7046. Hosted by Debbie's Health Foods, 3850 S Nova Road, Port Orange. DebbiesHealthFoods.com.

Tuesday, September 5

20% off

All Regularly Priced Items!

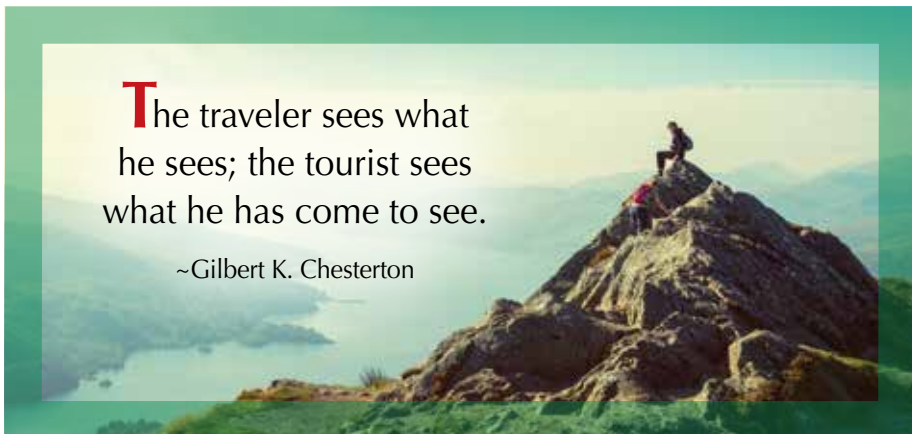


862 Saxon Blvd
Orange City
386-775-7002
3850 S Nova Rd
Port Orange
386-763-7046

www.debbieshealthfoods.com

The traveler sees what he sees; the tourist sees what he has come to see.

~Gilbert K. Chesterton



Spiritual Awakening, Understanding the Changes in Our Lives – 1 or 7 pm. Practical techniques for connecting more clearly with one's own team of Spiritual Guides and gaining a deeper feeling of trust and vision for these tools. \$20. Call 540-524-0996 with questions. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Beach. SacredStrengthHealing.com.

Vision Board – 6:30p. You will create a Vision Scrapbook, that will help you to manifest what you "Most Desire" in your life. We will discuss how "Your Thoughts Become Things" and changing your perception, "thinking" about a situation can ease discomfort and put you on a path of change. Free. Nuwati Bodywork, 190 Treemonte Dr, Orange City. 386-233-2828. 407-401-0890.

WEDNESDAY, SEPTEMBER 13

Gift of a Lifetime (GOAL) Choir – 10:30am. September 13 - December 27; 2nd & 4th Wednesdays. 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.

Spiritual Awakening, Understanding the Changes in Our Lives – 1 or 7 pm. Practical techniques for connecting more clearly with one's own team of Spiritual Guides and gaining a deeper feeling of trust and vision for these tools. \$40. Call 540-524-0996 with questions. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Beach. SacredStrengthHealing.com.

Business Basics: Creating Newsletters – 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. 386-233-2828.

THURSDAY, SEPTEMBER 14

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

Mastering the Art of Whole Food Living – 6-7:30pm. Learn top culprits of leaky gut, autoimmune diseases, arthritis, diabetes, skin issues, depression, hormonal imbalance. What are whole foods and how to find them. Read labels without getting overwhelmed. Transition with minimal stress. Have clearer skin, better sleep, less brain fog, reduced digestive trouble, more energy and weight loss. Given by: Tonya Warfield, Certified Holistic Health Coach. \$97 for 3-part workshop (9/14, 21, 28). Mind Body Soul, 821 Canal St, New Smyrna Beach. 386-410-2175.

FRIDAY, SEPTEMBER 15

Veterans Reading Group – 11am-1pm. September 15 - October 13. Join veterans of all generations across America who are reading and discussing ancient texts about war and warriors: what faces them on the battlefield and at home. Free, and open to the public. ACA Downtown: Harris House, 214 S Riverside Dr, New Smyrna Beach.

SATURDAY, SEPTEMBER 16

B12 Shots – 10-11:30am. Feel energized, age slower, and improve your brain skills. \$20. Administered by Dr. Gina Bushelon at Debbie's Health Foods, 3850 South Nova Rd, Port Orange. To schedule a time, please call 386-763-7046. If you have questions for Dr. Gina Bushelon, call 386-562-7319.

Intro to Meditation & Sound Healing – 1pm. RSVP strongly suggested; \$30. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Beach. 386-947-7941. SacredStrengthHealing.com.

Craft Play Day – 1-5pm. Come at your leisure to decorate a treasure box to hold your crystals, affirmations, intentions, jewelry or little treasures. Receive a beverage of your choice (tea, coffee, lemonade, wine, beer or margarita). \$15. Spice of Life Herbs, 214 W Beresford Avenue, DeLand. 386-734-0035.

Paint your Journal Cover (2-day workshop) – 4pm. Let's have some fun. Come out and paint your very own canvas Journal cover. The first day the base paints will be applied and then allowed to dry. The second day you will apply a design. All supplies provided. Various designs to pick from or bring your own design. \$15. Mind Body Soul, 821 Canal St, New Smyrna Beach. 386-410-2175.

Mantra and Sound Kirtan – 6-7:30pm. A relaxing, meditative journey. Breathe, Universal Mantra and guided meditations & meditation set to a live music soundscape in a beautiful environment. Donation accepted. Padma Yoga, 5 Utility Dr, Ste 15, Palm Coast. 386-225-4733.

SUNDAY, SEPTEMBER 17

Guided Imagery Meditation – 7pm. Join us 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. 386-410-2175.

TUESDAY, SEPTEMBER 19

Balance-ology: Sitting Postures – 6-7:30pm. Do you feel like you're carrying the weight of the world on your shoulders? Do you hurt after a long day? In these workshops, you will (1) retrain your body to recognize what it feels like to be in proper posture and (2), ease the pain and pressure of long days. \$25. Nuwati Bodywork, 190 Treemonte Dr, Orange City. 386-233-2828.

WEDNESDAY, SEPTEMBER 20

Interactive Discussion Group of Old Souls, Lightworkers, New Agers, and Seekers – 6-8pm. All interested in the metaphysical and esoteric are invited to join us. Free. Hottie Coffee, 409 Mary Ave, New Smyrna Beach.

FRIDAY, SEPTEMBER 22

Special Feature Friday – 3-5pm. Discover and sample exciting new health foods, health & beauty items, and more. Come early, while supplies last. Debbie's Health Foods, 3850 S Nova Rd, Port Orange. DebbiesHealthFoods.com.

SATURDAY, SEPTEMBER 23

Healthy Back to School Meals – 10am. Start the school year off right with back to school meal ideas that are quick, easy, and healthy. Presented by Chef Emily Mabe and Holistic Women & Families Holistic Parenting Group. RSVP 386-763-7046. Debbie's Health Foods, 3850 S Nova Rd, Port Orange. DebbiesHealthFoods.com.

Conscious Aging Workshop – 2-4pm. Learn to live more fully in the elder third of life. Presented by local life coach Deborah Nation. \$100 plus \$20 workbook. 56 N. Halifax Ave in Ormond Beach. For more info visit ConsciousAgingFlorida.com



Reach Your Target Market

Secure this ad spot!

Contact us for special ad rates.

386-736-3838

natural
awakenings

Mixed Media Art Class - Wonder Books: An Altered Board Book Adventure – 1-4pm. Carissa Paige will show us how to create a deliciously layered, soulful, mixed media art book. Fill it with Wonder, Curiosities, Personal Imagery, Dreams, Visions and Hopes. \$65. JAMMIN! Shop, 119 N Woodland Blvd, DeLand. 386-873-2374. Jamminshop.com.

SUNDAY, SEPTEMBER 24

Whole Body Yin – 2-4pm. It is a perfect complement to athletic practices of movement and dynamic tension like running, golf, surfing, and cycling. Healing bodies will appreciate the focus on providing relief to common issues like sciatica, back pain, tight muscles, rounded shoulders and more. We'll begin with a thorough warm-up, followed by a whole-body Yin practice to increase flexibility, enhance muscle memory and release tension. \$20. Mind Body Soul, 821 Canal St, New Smyrna Beach. 386-410-2175.

TUESDAY, SEPTEMBER 26

Hormones: One Woman's Story – 3pm. Jaime Hamilton will share her journey with bioidentical hormones, including the functions and benefits of this type of hormone replacement. Let's get personal. Free. Living Waters Health Food Store, 141 W. Granada Blvd., Ormond Beach, LivingWaterHealth.com. RSVP 386-672-6004.

InTune-ition: Solar Plexus Chakra – 6-7:30pm. Within the workshop series we 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 us in discovering a better understanding of this communication network. \$25. Nuwati Bodywork, 190 Treemonte Dr, Orange City. 386-233-2828.

WEDNESDAY, SEPTEMBER 27

Natural Skin Care Class – 7pm. Use natural ingredients to make skin care products that are safe and nurturing to your skin. Please not this month's class in on the fourth Wednesday. \$25. Reservations are required. Spice of Life Herbs, 214 W Beresford Avenue, DeLand. 386-734-0035.

THURSDAY, SEPTEMBER 28

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 Rd, Port Orange. DebbiesHealthFoods.com.

Hormones: One Woman's Story – 5pm. Jaime Hamilton will share her journey with bioidentical hormones, including the functions and benefits of this type of hormone replacement. Let's get personal. Free. DeLand Natural Market, 933 N Woodland Blvd, DeLand. RSVP 386-736-7919.

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.

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.

SATURDAY, SEPTEMBER 30

Morning Reiki Circle – 10am. All are welcome to join us in a guided meditation, prayer circle, and Reiki share. Please RSVP to ensure adequate seating. Parking is available in the fenced in lot next to us. Free. Spice of Life Herbs, 214 W Beresford Avenue, DeLand. 386-734-0035.

Detox Your Make-up Bag Workshop – 1-4pm. Join Buffy Pilloud in this hands-on workshop on natural makeup. Participants will make a powder foundation, blush, mascara and eye shadow to take home with you. \$45. Reservations are required. Spice of Life Herbs, 214 W Beresford Avenue, DeLand. 386-734-0035.

upcoming 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.

SATURDAY, OCTOBER 14

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.

SATURDAY, OCTOBER 21 & SUNDAY, OCTOBER 22

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

classifieds

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

ADVERTISING

ADVERTISE IN THIS NATURAL AWAKENINGS MAGAZINE – Call: 386-736-3838 or email Ads@VoFLNatural.com.

SOCIAL MEDIA & FACEBOOK ADVERTISING – Real Results – Real Fast! Email: RealtimeChelsea@gmail.com.

BUSINESS OPPORTUNITY

GO FROM STUDENT TO OWNER! Yoga business partnership opportunity. Learn more www.YogaCircleAndDance.com 386-589-9940.

START A CAREER YOU CAN BE PASSIONATE ABOUT – Publish your own Natural Awakenings magazine. Home based business complete with comprehensive training and support system. New franchises are available or purchase a magazine that is currently publishing. Call 239-530-1377 or visit NaturalAwakeningsMag.com/mymagazine.

OWN YOUR OWN CBD / CANNABIS BUSINESS. Get in on the "Green Rush" NOW! Massive Rewards ~ Small Investment! Everyday people are adding \$1,000s of dollars to their monthly income. LEGAL in all 50 states. No Prescription Needed – Pharmaceutical Grade – Non-GMO & Organic – Triple Lab Testing – 30-Day Money Back Guarantee – Parent Company is publicly traded – Earn Weekly – Paid 10 Ways – Minimum Income Guarantee – Stock Options. Contact me for \$50.00 off coupon. First 30 people receive FREE travel salve! <https://cbdbygolly.com/> 404-242-2656.

FOR LEASE OR RENT

EVENT CENTER AT ORANGE IN NSB – Classes, meetings, weddings, parties. Seating for 100. Reasonable rates, commercial kitchen on premises. 516 S Orange St, New Smyrna. 386-402-6883.

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 atlanticcenterfortharts.org or call 386-427-6975.

ROOM FOR RENT IN ESTABLISHED MASSAGE PRACTICE: Great So. Daytona location on Beville Road. \$275 per month-all inclusive-electric, cleaning, paper products. Please contact: Beverly Jackson-386-756-8403.

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

MEETINGS

TOPS IN DELAND – TOPS is a non-profit support group for people trying to lose weight. We meet on Tuesdays from 9:30- 11:00am at the Sanborn Center, 815 South Alabama Ave, DeLand. Join us or call 386-873-4041 for more information.

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.

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.

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 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.

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. Donations. 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. 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.

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 Meth-

odist 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. 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.

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

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.

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.

TOPS Weight Loss Support Group – 9-11:30am. A weekly weight loss support and education group. \$5 per month. Sanborn Center, DeLand.

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.

INTERACTIVE DISCUSSION GROUP

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

**Wednesday, September 20
6-8pm • No Fees**

HOTTIE COFFEE
409 Mary Ave., New Smyrna Beach

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. 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. Florida School of Holistic Living, 1109 E Concord St, Orlando. 386-873-2374. Jamminshop.com.

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.

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.

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.

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

Interactive Discussion Group of Old Souls, Lightworkers, New Agers, and Seekers – 6-8pm. First Wednesdays. All interested in the metaphysical and esoteric are invited to join us. Free. Hottie Coffee, 409 Mary Ave, New Smyrna Beach.

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.

Mediumship Development Class 7pm-9pm. Joan Piper. All levels welcome, especially beginners. \$15. Andrew Jackson Davis Educational Bldg, 1112 Stevens St, Cassadaga. 386-228-2880.

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.

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.

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.

Total Barre Class – 6:30pm. Beginners welcome; first class free/\$15. 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, rebozo 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 – 7pm. Dr. Don Zanghi. Andrew Jackson Davis Bldg, 1112 Stevens St, Cassadaga. 386-228-2880.

friday

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

Gentle Yoga – 9am. Sacred Strength Healing Arts, 300 Seabreeze Blvd, Daytona. 386-947-7941. SacredStrengthHealing.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. Except April 14. 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.

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.

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 – 11am. Specifically for and free to Veterans and their families. Sacred Strength Healing Arts, 300 Seabreeze Blvd, Daytona. 386-947-7941. SacredStrengthHealing.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.

Relaxed Yoga Flow – 6pm. Sacred Strength Healing Arts, 300 Seabreeze Blvd, Daytona. 386-947-7941. SacredStrengthHealing.com.

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. Colby Memorial Temple, 1250 Marion St, Cassadaga. 386-228-2880.

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.

Open Reiki Circle – 7pm. 2nd and 4th Fri. Healers and anyone needing healing are welcome. 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. Every Friday. 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.

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.

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

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. YogabBala.com.

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.

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 – 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.

Talking Stick Circle – 5pm. 1st Sat. Native American Gathering. Donation. Andrew Jackson Davis Building, 1112 Stevens St, Cassadaga. 386-228-2880.

Relaxed Yoga Flow – 6pm. Sacred Strength Healing Arts, 300 Seabreeze Blvd, Daytona. 386-947-7941. SacredStrengthHealing.com.

Sandcastle Storytellers – 6-8pm. Tellers/listeners welcome. Free event. Boston Coffee, 109 E New York Ave, DeLand. 386-789-4259.

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.

The most important pieces of equipment you need for doing yoga are your body and your mind.

~Rodney Yee

