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nonstick cooking spray. Return the skillet to the heat and cook until the mushrooms are golden and shallots are soft.) Stir the mushroom mixture and basil into the barley. Season with salt and pepper and serve immediately, sprinkled with Parmesan cheese.

PORTABELLAS STUFFED WITH CORN AND MUSHROOMS

Serves 4.

- 1 cup plus 3 tablespoons corn oil
- 10 garlic cloves, minced
- 2 tbs white balsamic vinegar
- 5 tsp chopped fresh thyme
- 4 tsp chopped fresh oregano
- 8 5-inch-diameter Portabella mushrooms
- 1 pound assorted fresh wild mushrooms (such as oyster and stemmed shiitake), sliced
- 1 1/2 cups fresh corn kernels
- 3/4 cup whipping cream
- 1 cup crumbled Cotija or feta cheese

Whisk 1 cup oil, garlic, vinegar, 3 teaspoons thyme, and 2 teaspoons oregano in medium bowl to blend. Season generously with salt and pepper. Transfer 1/3 cup garlic-herb oil to small bowl; reserve. Trim and thinly slice portobello stems; set aside. Brush both sides of portabella caps with remaining garlic-herb oil; place caps, rounded side down, on large rimmed baking sheet. Preheat broiler. Broil portabella caps until tender, about 5 minutes per side. Remove from broiler. Turn caps rounded side down. Heat 3 tablespoons oil in heavy large skillet over medium-high heat. Add assorted mushrooms and portobello stems; sauté 5 minutes. Stir in reserved 1/3 cup garlic-herb oil; sauté until mushrooms are tender, about 5 minutes. Add corn; sauté until tender, about 3 minutes. Add cream; simmer until almost absorbed, about 2 minutes. Stir in cheese. Season with salt and pepper. Divide mixture among portobello caps, mounding in center. (Can be made 6 hours ahead. Cover; chill.) Preheat broiler. Broil portabellas until heated through, about 5 minutes. Sprinkle with 2 teaspoons each thyme and oregano.

ARTICHOKE, POTATO AND PORTABELLA MUSHROOM CASSEROLE

Serves 4.

- 4 tbs extra-virgin olive oil
- 4 large artichokes
- 2 pounds Yukon Gold potatoes, thinly sliced
- 4 large portobello mushroom caps, thinly sliced
- 6 ounces soft fresh goat cheese
- 3 garlic cloves, minced
- 3 tbs freshly grated Parmesan cheese
- 1/2 cup dry white wine

Preheat oven to 425°F. Brush 13x9x2-inch glass baking dish with 1 tablespoon oil. To trim artichoke, add the juice from half a lemon to a large bowl of cold water. Cut off the artichoke's stem; rub cut surface with the other lemon half. Peel off all the leaves. Cut off top one inch of artichoke. Using a spoon with a serrated edge, scrape out the fibrous choke from the center. Rub the artichoke all over with lemon and drop it into lemon water. Drain before

using. Slice artichoke hearts. Arrange half of potatoes in dish, covering bottom completely. Top with half of artichoke hearts and half of mushrooms. Coarsely crumble half of goat cheese over. Sprinkle with half of garlic, salt, and pepper, then 1 tablespoon Parmesan. Drizzle with 1 tablespoon oil. Cover with remaining mushrooms, then artichokes, goat cheese, garlic, 1 tablespoon Parmesan, and 1 tablespoon oil. Top with remaining potatoes. Pour wine over; drizzle with remaining 1 tablespoon oil. Cover dish with foil. Bake 40 minutes. Reduce oven temperature to 400°F. Sprinkle top with remaining 1 tablespoon Parmesan. Bake uncovered until potatoes are tender and top is brown, about 25 minutes. Cool slightly and serve.

SIMPLE ROASTED MUSHROOMS

Serves 4.

- 1 3/4 pounds mixed shiitake, baby portabella, and crimini (baby bella) mushrooms, shiitakes stemmed, all mushrooms cut into 1 1/2-inch pieces
- 2 large fresh rosemary sprigs, cut into 1/2-inch pieces
- 5 large garlic cloves, coarsely chopped
- 1/2 cup extra-virgin olive oil

Preheat oven to 500°F. Combine mushrooms, rosemary, and garlic in large bowl. Mix in oil. Spread mushrooms in single layer on large rimmed baking sheet; sprinkle with salt and pepper. Roast mushrooms until brown, stirring occasionally, about 18 minutes. Transfer mushrooms to bowl and serve.

ASIAN MUSHROOM SOUP

Serves 4.

- 2 tbs vegetable oil
- 4 garlic cloves, thinly sliced
- 1 (2-inch piece) fresh ginger, peeled and thinly sliced
- 2 quarts reduced-sodium chicken broth
- 3 tbs soy sauce
- 2 tbs fish sauce (optional)
- 2 portobello mushrooms, caps peeled, cleaned and thinly sliced
- 5-ounces cremini mushrooms, thinly sliced
- 10 small shiitake mushrooms, cleaned and left whole
- Outer leaves of 1 small Napa cabbage or 1/2 large cabbage, leaves roughly torn
- 2 carrots, peeled, cut in 1/2 lengthwise then in 1/2 crosswise, and very thinly sliced
- 2 good handfuls snow peas
- 1 small bunch scallions, thinly sliced
- Dark sesame oil

Heat the oil in a large saucepan over medium heat and cook the garlic and ginger until browned. Combine the broth, soy sauce, and fish sauce, if using, to the saucepan and bring to a simmer. Add the remaining ingredients except the snow peas, scallions, and sesame oil. Simmer for 20 minutes, and then add the snow peas. Cook for just a few minutes longer, until the snow peas have softened but are still bright green. Add the scallions to the saucepan, remove from heat, and ladle into serving bowls. Drizzle a bit of sesame oil over the top of each serving.

References: www.bellybytes.com
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AS WE FIND OURSELVES IN THE MIDST OF YET ANOTHER SALMONELLA SCARE, PEANUT BUTTER THIS TIME, IT BECOMES MORE APPARENT THAT THE ONLY WAY TO REALLY KNOW WHAT YOU ARE EATING IS TO GROW IT YOURSELF.

I have been a professional gardener for going on 15 years but almost all of my work has been in ornamental horticulture. People hire me to plant seasonal flowers, containers,

take care of their interior plants and so on all to make their living space more attractive indoors and out. On occasion I get requests for vegetable gardening but nowhere nearly as often as for ornamental plants.

Two things began happening last summer that seemed to be changing this trend. The first was the Salmonella Tomato panic last August, which turned out to be a false alarm when the real culprit was proven to be Jalapeno peppers. The second event was the downturn in the economy. Food prices that had spiked during the period of astronomical gasoline prices were not coming down. This was especially true of "fresh" produce, which is often transported from as far away as Chile. The high food prices combined with all that went with record unemployment as well as record home foreclosures made for one big economic mess. At this time it appears the economy will get worse before it improves. The question is how to eat a safe, nutritious diet and be able to afford it.

As a small child, I lived right next to my grandparents and summer to me meant a constant supply of great tasting fresh fruits and vegetables from their garden and ours. Between the two houses there wasn't much that did not get planted; strawberries, grapes, raspberries, tomatoes, asparagus, squash and the list goes on. I know I drove my grandfather crazy as I followed him around the garden constantly questioning what he was doing and why. He also grew ornamental plants but in a separate part of the yard. This is pretty much the way it is today, segregated gardens. But why is this?

When seed catalogs come rolling in to start the New Year, I pretty much skip the vegetable section and go directly to the flowers. This year, I decided to see what I have been missing. I have been truly astounded by the beauty of vegetables. Who decided that flowers were prettier anyway? Some of the new herbs available now are a bounty of beautiful foliage. Newer varieties of "green beans" are purple or speckled. Swiss chard now comes in a variety of colors, as do carrots and beets. This summer, why not throw out the landscaping rulebook and find ways to work beautiful, edible plants into your landscape? Short on space? How about a completely edible container planting on your deck or patio? Use fennel for the vertical interest, dark opal basil and nasturtiums. Did you know both pansies and marigolds are edible? Or that Scarlet runner bean makes a great ornamental vine that you can cook?

Now I don't know about you but when the spirit moves me I have a tendency to go a bit overboard so let me caution you. If this is uncharted territory for you it is best to start slowly. If you still can't picture a tomato plant next to your azaleas then by all means prepare a separate bed for edible plants. Depending on how many people you are trying to feed, you may want a bit larger area prepared but do not exceed a 10 ft by 10 ft area to start. First of all, preparing beds from scratch can be challenging, especially if there is sod to remove. Second, there is really no easy way to keep weeds under control other than good old hard work. Sure you will hear about black plastic mulch or newspapers but in my opinion, they are both ugly and not effective in deterring weeds that grow right next to the desirable plant you eventually want to harvest. Weeding in the hot sun is hard work and then you may need to assist Mother Nature with watering. So start slowly and this will prevent you from becoming overwhelmed and ultimately frustrated. If you vacation for lengthy periods in the summer, be sure you have someone to help with the maintenance chores in your absence. But don't let me discourage you, there is nothing like the taste of a fresh picked tomato, especially one you have grown yourself! As climate change begins to dictate more of what can and cannot be transported to your local store, the ability to grow your own vegetables may become more than just a hobby. And since the next tainted food scare is most likely right around the corner, why not know for sure that what you are eating is both safe and fresh picked with all its nutrients intact? ▲



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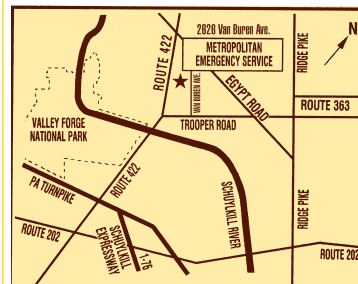
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South Jersey Wellness Council

SOUTH JERSEY WELLNESS COUNCIL KICKS OFF INAUGURAL EVENT WITH GREAT SUCCESS



Chair Massage at the South Jersey Healthy Living Expo

A THRONG OF 70 PEOPLE WITH A COMMON HOLISTIC IDEOLOGY helped The South Jersey Wellness Council kick off its inaugural networking event amidst the soothing sounds of Jonn Savannah's Tibetan Bowl symphony on January 7 at the

Yoga Center of Medford in Medford, NJ. The impressive crowd of South Jersey holistic community members attended this event in search of connecting with other people with a similar collective consciousness.

A networking session during which delicious refreshments were provided by the South Jersey Wellness Council, was followed by an introduction and overview of the Council by Alaine Portner of the Yoga Center. A meditation for all who were in attendance was enhanced by the musical talents of Jonn Savannah playing the Tibetan Bows. The evening ended with a fascinating presentation by Gary Palisch, Communicator and Guardian of Angel Valley Retreat Center in Sedona, Arizona entitled, Synchronizing Your Business with the Energy Shifts into 2012.



Bob Butera lecturing on "the attitude of Yoga Poses"

The South Jersey Wellness Council continues to develop as its membership grows. Any members of the holistic community who are interested in becoming a part of this unified effort are encouraged to visit the Council's website at www.sjwellnesscouncil.org for updates and networking event information.

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March 2



The Love Response

Nigel Taylor
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Yoga Directory

PENNSYLVANIA

BERKS COUNTY

downdog YOGA 610-373-7181 525 Reading Ave West Reading PA 19611
Healing Yoga 610-369-0831 1397 E Main St Douglassville PA 19518
Shri Yoga & Wellness Ctr 610-898-0505 1015 Penn Ave Ste 210 Wyomissing PA 19610
Yoga Inlet 610-376-2881 734 Penn Ave, West Reading, PA 19611
Yoga In Kutztown 610-683-3406 136 Noble St Kutztown PA 19530
Yoga Unlimited 610-777-1303 30 E Lancaster Ave Reading PA 19607

BUCKS COUNTY

Bucks County Yoga 215-249-3619 PO Box 904 Dublin PA 18917
Centergy Yoga & Pilates Studio 215-997-6997 219 W Butler Ave Chalfont PA 18914
Dragonfly Yoga Studio 215-622-4612 360 N Broad St Ste 100B Doylestown PA 18901
Flip Dog Power Yoga 215-794-9349 74 Peddlers Lane Lahaska PA 18931
Hatha Yoga Circle 215 794-3177 2944 Ash Mill Road, Holicong, PA 18928

Hot Flow Yoga, 215-453-9983, 516 W. Walnut St., Perkasie, PA 18944

Integrative Fitness Solutions 215-321-7003 301 Oxford Valley Rd Ste 803A Yardley PA 18966
Meditation Institute 215-321-0305 301 Oxford Valley Rd Ste 1504 Yardley PA 19067
New Hope Yoga 215-862-4522 5 Village Row New Hope PA 18938
New Hope Yoga Studio 215-862-6624 104 Sunset Drive New Hope PA 18938
Prancing Peacock 267-679-0791 524 Stony Hill Rd Yardley PA 19067
Prasad Yoga 215-355-3224 Southampton Shp Ctr 516 2nd St Pk Southampton PA 18966
Saraswati River Yoga 215-862-4520 415 South York Road New Hope PA 18938
SBC Foundation 215-639-3345 1320 Butterfield Lane Bensalem PA 19020
Silver Lake Nature Center 215-785-1177 1306 Bath Rd Bristol PA 18940
Starr Yoga 215-489-8898 104 E Ashland St Doylestown PA 18901
Studio 116 215-538-2708 116 East Broad St Quakertown PA 18951
Studio ZEN 215-321-7787 301 Oxford Valley Rd Ste 1503 Yardley PA 19067
The Yoga Studio At Cornerstone 215-794-3700 740 Edison-Furlong Rd Furlong PA 18925
Total Wellness Center 215-321-9798 680 Heacock Rd Ste 204 Yardley PA 19067
Warminster Parks & Rec 215-443-5428 1101 Little Ln, Warminster, PA 18974
Wild Lotus Yoga @ AMS 215-348-4002 54 E Oakland Doylestown PA 18901
Yoga For Life 215-497-7050 12 Terry Drive New Hope PA 18938
Yoga For Life 215-497-7050 Yardley Community Center Yardley PA 19067
Yogaphoria 215-862-4041 540 Union Square Drive New Hope PA 19838
Yogasphere 215-579-6130 18 Swamp Rd 3rd Fl Newtown PA 18940

CHESTER COUNTY

YogaLife Institute	www.yogalifeinstitute.com	(610) 688-7030
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All Kids Yoga	www.allkidsyoga.com	(267) 226-7767
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The Exotic Way™ Yoga & Dance Studio 610-296-5580 222 W Lancaster Ave Paoli PA 19301
Free Spirit Yoga 610-644-6857 2505 Winterbridge Lane West Chester PA 19382
Hari Aum Mandir 484-357-7536 348 E Boot Rd Downingtown PA 19355

CHESTER COUNTY, CONT'D

Healthy Directions 610-388-2657 337 Kennett Pike Mendenhall PA 19357
Light Within Yoga Studio 484-643-0870 11 Exchange Place West Grove PA 19390
Lotus Yoga Studio 610-304-6825 550 Kimberton Rd, Phoenixville, PA 19460
MainLine Pilates and Yoga 610-722-9522 1740 E Lancaster Ave Paoli PA 19301
Mitch's Market Street Gym 610-918-2900 322 W Market St West Chester PA 19382
Ocean Earth Wind Fire (610) 933-0725 122 Bridge St., Phoenixville, PA 19460
Power Yoga Works 610-889-YOGA 81 Lancaster Ave Malvern PA 19355
Sama Center 610-692-8082 1240 W Chester Pike Ste 207 West Chester PA 19382
Simply Yoga Studios 610-306-4730 598 Wharton Blvd Exton PA 19341
The Center: Health Yoga Arts 610-269-7171 15 Green St Downingtown PA 19335
The Spirit Of Yoga 610-873-2307 721 E Lancaster Ave Downingtown PA 19335
The Spirit Of Yoga 610-429-0920 525 E Gay Street West Chester PA 19380
Symmetry Yoga 610-431-8990 18 N Church St West Chester PA 19380
Temenos Retreat Center 610-696-8145 1564 Telegraph Rd Rt 162 West Chester PA 19382
Turks Head Yoga 484-467-4234 780 Miles Rd., West Chester 19380
Village Yoga 484.639.7602 3421 St. Peters Rd, St. Peters Villiage, PA 19470
YogaLife Institute 610-688-7030 821 Lancaster Ave Wayne PA 19087

DELAWARE COUNTY

Amy's Yoga With A Heart 610-331-3796 396 W Lancaster Ave Wayne PA 19087
Barefoot Yoga 610-558-9944 377 Glen Mills Rd Thorton PA 19373
Belly Pilates 610-608-5883 25 Elliott Ave 2nd Flr Bryn Mawr PA 19010
Bend and Breathe 610-558-0565 Rte 202 & Ridge Rd Chadds Ford PA 19317
Body Precision 610-520-2348 28 Garrett Ave Rosemont PA 19010
Bodyworks, Power Yoga Ctr 610-566-6280 135 E Baltimore Ave Media PA 19063
Enso 610-892-9642 3198 W State St Media PA 19063
Harmonia Healing Arts Spa, 610-688-1007 413 E. Lancaster Ave, Wayne, Pa 19087
Jai Yoga 610-324-3139 855 Montgomery Ave Narberth PA 19072
Main Line Yoga 610-645-7900 66 Rittenhouse Place Ardmore PA 19003
Maitri Yoga 610-565-1233 116 W Baltimore Pk 2nd Flr Media PA 19063
Pilates & More 610-687-6855 115 Bloomingdale Ave Wayne PA 19087
Self Mastery Yoga Programs 610-642-5621 833 Buck Ln Haverford PA 19041
Soul Source Yoga 610-690-3620 631 Fairview Rd Swarthmore PA 19081

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The Yoga Garden 610-664-2705 131 N Narberth Avenue Narberth PA 19072

LANCASTER COUNTY

Bikram Yoga 717-392-4200 1140 Elizabeth Avenue Lancaster PA 17601
Briala Bodyworks 717-396-1108 407 West Chestnut Street Lancaster PA 17603
Evolution Power Yoga 717-391-1060 447 N Mulberry St 2nd Fl Lancaster PA 17603
Grant Street Dance Co 717-431-2444 27 East New Street, Lancaster, PA 17602
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The Yoga Place 717-629-5857 922 N Reading Rd Ephrata PA 17522

LEBANON COUNTY

Yoga For You 717-867-4517 502 East Main Street Anneville PA 17003

Yoga Directory

LEHIGH COUNTY

Awakening Arts 610-820-0444 805 S 24th St Allentown PA 18103
BreathWorks Yoga 484-851-3822 65 Butternut Rd, Hellertown, PA 18055
Easton Yoga 610-923-7522 524 Northampton St Easton PA 18042
Lehigh Valley Yoga Center 610-776-2676 930 N 4th St #215 Allentown PA 18102
Ojas Ayurveda Yoga Wlms Cntr 484-347-6110 3340 Cove Landing Macungie PA 18062
Yoga & Transformation 610-298-2158 Herber Road New Tripoli PA 18066
Yoga On the Go 610-504-2540 5322 Cetronia Rd Allentown PA 18106

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Wellspring Holistic Center 570-421-3708 243 E. Brown St, East Stroudsburg PA 18361
Yoganamaste Studio 570-476-1714 Mosier Knob Rd Shawnee on Delaware PA 18356

MONTGOMERY COUNTY

Amma Center 215-572-9881 276 Keswick Ave Glenside PA 19038
Amy's Yoga With A Heart 610-331-3796 15 Morris Ave Bryn Mawr PA 19010
Aquatic & Fitness Ctr. 215 887-8787 921 Old York Rd Jenkintown, PA 19046
Art & Soul Yoga 610-220-8572 1690 Valley Forge Road Worcester PA 19403
Becoming Center 610-825-8699 250 N Bethlehem Pike Ambler PA 19002
Breathe Yoga Center 610-584-1108 4402 Skippack Pike Skippack PA 19474
Dana Hot Yoga 267-974-9805 224-6 Bala Ave Bala Cynwyd PA 19004
Focus Fitness of the Main Line 610-525-5515 1111 E Lancaster Ave Bryn Mawr PA 19010
Hatboro Yoga/Pilates Studio 215-675-4290 313 N York Rd Hatboro PA 19040
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Jimsyoga Synergy Studios 267-664-0748 319 Main St Lansdale PA 19446

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Ryah Rivertown Yoga & Health 610-834-1551424 East Elm St Conshohocken PA 19428
Shakti Yoga Healing Arts 215-517-5020 605 West Ave Jenkintown PA 19046
Stillpoint Yoga Studio 610-246-8935 580 Shoemaker Rd K of P PA 19406
Twisters Yoga Studio 267-252-7187 131 E Butler Ave 2nd Fl Amber PA 19002
Twisters Yoga Studio 267-252-7187 813 Bethlehem Pike Erdenheim PA 19422
Willow Tree Yoga 215-628-9642 1116 Horsham Rd Ambler PA 19002
Yoga Evolution 215-885-1800 261 Old York Road Ste 105 Jenkintown PA 19046
Yoga-Tone 484-945-0800 60 Glocker Rd Pottstown PA 19464
Yogability 215-654-1120 707 Valley Rd Blue Bell PA 19422

NORTHAMPTON COUNTY

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Jai Yoga! 610-417-3804 3728 Old Philadelphia Pike Bethlehem PA 18015
Olde Mill Yoga & Wellness Ctr 610-438-0288 336 Bushkill Street Tatamy PA 18085
Stress Relief Center 610-760-0488 530 Hickory Rd Northampton PA 18067
The Energy Center 908-464-4314 504 Berwick Street Easton PA 18042
The Gentle Spirit 610-838-4975 1044 New Jersey Ave Hellertown PA 18055
The Yoga Loft of Bethlehem 610-867-YOGA 521 E 4th St 3rd fl Bethlehem PA 18015
Yoga For Better Health 610-866-1013 4351 Hilltop Ctr Bethlehem PA 18020

PHILADELPHIA COUNTY

Balance Studios 215-636-9661 108-114 Bonall Philadelphia PA 19103
Bikram Yoga College of India 215-977-9642 1520 Sansom St Phila PA 19102
Blue Banyan Yoga 267-974-6527 7153 Sprague St Mt Airy PA 19119

PHILADELPHIA COUNTY, CONT'D

Body for Life Pilates 267-303-7727 2100 Chestnut St Phila PA 19103
Centre for Well Being 215-745-4025 7880 Oxford Ave Phila PA 19111

Dhyana Yoga Centers, (215) 496-0770, www.Dhyana-yoga.com

Flow Yoga 215-498-5030 123 Leverington Ave Philadelphia PA 19127
GreenLife Yoga 215-482-1749 6214B Ridge Ave Philadelphia PA 19128
Guerin Recreation Center 215-685-1894 2201 S 16th St Philadelphia PA 19123
Inner Bliss Yoga Center 267-236-2783 200 Spring Garden St Philadelphia PA 19123
Intl Soc for Krishns Consns 215-247-4600 41 West Allens Ln Phila PA 19119
Mind 215-332-9748 4015 Passmore St Philadelphia PA 19135
Moving Arts Studio of Mt Airy 215-842-1040 Greene & Carpenter Sts Phila PA 19019
Philly Power Yoga 215-636-9642 2016 Walnut St Phila PA 19103
Power Yoga Works 215-243-YOGA 3925 Walnut St Phila PA 19102
Red Mountain Yoga 215-713-0102 6120 Greene St Phila PA 19144
Sankhya Yoga School 267-234-0196 1206 N 5th St Ste C Philadelphia PA 19122
Shakti Yoga Healing Arts 215-517-5020 605 West Ave Phila PA 19046
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Vocal Discovery 215-782-1070 22 West Durham St Phila PA 19119
Wake Up Yoga 215-235-1228 2329 Parrish St Phila PA 19130
Wake Up Yoga 215-235-1228 4916 Baltimore Ave W Philadelphia 19143
Yoga Child 215-238-0989 903 South St Phila PA 19102
Yoga On Main 215-482-7877 4363 Main St Phila PA 19127
Yoga On The Ridge 215-792-6400 511 Conarroe St Philadelphia PA 19128
Yoga Research Soc 215-592-9642 341 Fitzwater St Phila PA 19147
Yoga Sutra 215-640-0909 1401 Walnut St 2nd Fl Philadelphia PA 19102
Yoga Shelter 215-991-9642 3502 Scotts Lane Philadelphia PA 19129

YORK COUNTY

Eight Stones Yoga Studio 717-840-4183 2805 Eastern Blvd York PA 17402

DELAWARE

NEW CASTLE COUNTY

Greater Wilmington Yoga Association (GWYA) www.gwyoga.org
Website includes yoga teacher directory, e-newsletter, info@gwyoga.org
membership application 1809 Delaware Ave. Wilmington DE 19806

Empowered Yoga 302-654-YOGA 230 East Main St Newark DE 19711
Empowered Yoga 302-654-YOGA 2000 Pennsylvania Ave Wilmington DE 19806
The Awareness Center 302-738-7006 280 East Main Street Suite 109 Newark DE 19711
The Awareness Center at Fit 302-777-4348 62 Rockford Rd Wilmington DE 19806
Tulaa Yoga 302-478-YOGA 3100 Naamans Road Wilmington DE 19810
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Our readers often tell us that they pass a copy of the magazine on to a friend or family member with a recommendation to read it! In addition, many holistic practitioners will use Yoga Living as a reference to refer their clients to complimentary services. This is like receiving a referral from a trusted friend, and an added value for our advertisers.

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- OCTOBER 8 FOR NOVEMBER/DECEMBER

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Retreats/Intensives

March 15-21: PATHWAYS TO SELF HEALING: A Women's Retreat to Nurture the Body, Mind and Spirit March 15-21. Join Asian Body Therapist Linda Marrical and Life Coach Karin Marcus for 6 days of renewal and adventure at the Maho Bay Eco Resort in the Caribbean. Contact: Karin at 610-667-5247 or Karin@SteppingOutCoaching.com

March 27-29: Weekend Yoga Intensive Yoga for Well Being with Bob Butera, PhD and Staff At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

April 3-5: - Energy Medicine Intensive Weekend - Learn how energy works from auras to chakras to the shamanic matrix to acupressure meridian lines. From personal healing and revitalization practices to understanding how energy works with others, gain a solid understanding of Energy Medicine through practice and experience. See www.EmpowermentCentre.com.

April 26-28: Seaside Reflections: A Self Care Retreat (Sunday, April 26th -Tuesday 28th) Take your self care off the back burner. Join Life Coach Karin Marcus and Asian Body Therapist Linda Marrical for a springtime gathering of wise women in quiet Cape May Point. Contact Karin at 610-667-5247 or Karin@SteppingOutCoaching.com or www.SteppingOutCoaching.com.

April 17-19: Weekend Yoga Intensive Yoga for Daily Living with Bob Butera, PhD and Staff At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

May 9-16: Come to beautiful Puerta Vallarta, Mexico! Start the day with an invigorating Yoga class on the beach then off to a beautiful location to paint to your hearts content. ALL-INCLUSIVE! private bedrooms & bath, all meals, trips to city, beaches, tropical forest. 6 days of painting instruction. www.fayerose.com & www.artandsoulytoga.com :610-222-3901

May 15-16: Manifesting in These Times Two day workshop of empowerment. Learn to manifest from your Soul with Jane Bell (presenceofheart.com)~spiritual teacher and counselor Saturday May 16 & Sunday May 17 --12PM-6PM @ Yoga on Main~yogaonmain.com 215 482-7877 Two day emersion encouraged for a full experience~\$150 one day~\$85

August 16-21: Advanced Assessment Techniques in Yoga Therapy. Learn advanced concepts of postural assessment, range of motion & muscle strength/weakness testing & ayurvedic yoga to create individualized treatment plans for your clients. For yoga practitioners interested in a more effective yoga therapy practice. Kripalu Center, Lenox, MA; August 16-21, 2009. Maria KaliMa, Functional Yoga Therapy. Contact: MariaAlive@aol.com

On Going Events

Free Mondays: Meetings for exploring Gurdjieff's three-centered approach to self-development. We will be reading from his books: "All and Everything" and "Meetings with Remarkable Men". The reading is followed by a discussion of how to apply the teachings of Gurdjieff's work onto oneself. Visit: www.reikihealingcenter.org/gurdjieff.htm Call for Schedule: Myra 610.348.5698.

CAUCUS for Autism: invites all who care for children with Autism Spectrum Disorders to join interested others on the FIRST Monday and THIRD Tuesday of the month from 7-9 pm at Upper Main Line YMCA at 1416 Berwyn-Paoli Road in Berwyn, PA. Peggy at 610/408-8635 or Ann at 610/644-3727. caucusforautism@att.net. Free.

Second Mondays: Nutrition and Lifestyle Support Groups: Second Monday of each month from 7:00 - 8:15 PM, \$15. Led by Dr. Joel S. Edman, Clinical Nutritionist, at the Media Wellness Center. Call to register, 610-742-8880. Must have individual session first. A forum to learn, share, support and transform. www.EdmanNutrition.com.

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Wednesday, March 4, 2009 or Thursday, February 26, 2009 or
Wednesday, March 18, 2009 Wednesday, March 11, 2009
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Reservations: **Luisa Rasiej 215-598-0632**
wellnessenergy@yahoo.com

Second Mondays: Shamanism + Sacred Drumming classes + gatherings led by Lesley Tao Mowat at Center for Vitality and Wellness. Nurture your Sacred Journey of Wholeness + Healing! 2nd monday of month is Sacred Drumming Circle at 7pm. Call for more info + classes. 6 Waterloo Ave, Berwyn PA 610-251-9880 x2 centerforvitalityandwellness.com

Tuesdays: Zen Sitting Group 6 to 7 PM. All faiths welcome. Facilitated by a Mountains & Rivers Order student of John Daido Looi Roshi, Abbot of Zen Mountain Monastery. If unfamiliar with Zen sitting, call ahead for initial conversation and instruction. For further info. contact Joe: jmieloch@rcn.com 610-933-0594.

Second Tuesdays: Color Healing Clinic. Adults/children. Try color light by donation. Helpful for effects of stress and trauma, chronic and disease patterns, visual deficits, self-awareness, connection with true life path. Day/evening appointments with Sharon Hicks, Holistic Visionary, Newtown Square, 610-299-6210, www.seeingislearning.com.

Wednesdays: Meditation, Finding Peace Within: Calm Abiding group meditation at Dungkar Ling Meditation Center in Honey Brook, Pa. No prev. experience or registration necessary. Instructions and training CDs available to newcomers. For directions and info contact Sandra at dungkarling@aol.com or 610-942-2512 www.dungkarling.org.

Wednesdays: Hatha Yoga. Get more energized, feel younger, sleep better. Focus in stretching, breathing, relaxation and meditation. Gentle, Beginners, Intermediate, Prenatal and Children yoga classes. Free class for handicaps on Wednesdays. Call Patricia for more information 215-794-8791 or 561-385-4752 or email me: lpl_712@yahoo.com.

Thursdays: DISCUSSION GROUP: Brings together like-minded people through creative conversation. Topics include Law of Attraction, Self-Empowerment and Creating Success in your life. Thursdays 7-9 PM. Doylestown and New Hope locations. Newcomers welcome! \$10 at door. Call for directions and to reserve your seat. 215-794-0135.

First Friday: Free Intro to Yoga Class: First Friday of the month. 7-8:30 PM. For beginners, wear loose comfortable clothing. Gentle movement, all ages and levels of ability welcome. The YogaLife Institute, 821 W. Lancaster Ave, (next to Devon Whole Foods) call 610-688-7030 or visit www.yogalifeinstitute.com.

FIRST FRIDAY TALK CIRCLE & POT LUCK DINNER 7pm March 6, April 3 Facilitated by Karen Wrigley, MSSW, ACSW, LSW. Introductions of participants & discussion about life's many challenges Bring food to share or \$10 donation 1823 W. Main St. Norristown, 19403 (610) 631 0880 Reservations necessary. www.RejuvenationExpress.com

Second Friday: Fibromyalgia/Chronic Fatigue Support Group. 11:30 am-1pm. 233 South 6th Street. Center City. \$5. Must call to confirm attendance. Contact Stephanie Costello MSW, LCSW 215-917-0032. Email: stephaniecostello@yahoo.com.

Advertise your event in Yoga Living – email it – info@yogalivingmagazine.com

First Saturdays: Meditation Mornings at Bryn Mawr College held First Saturday each month from 9:30 – 12:30. Learn how to gain the benefits of a meditation practice. CEUs available. We request a \$15 donation to cover costs. To confirm dates and location go to www.meditationmornings.com.

Third Saturdays, Fibromyalgia "Connections" Support Group of Montgomery County currently meets the third Saturday of the month, with a few exceptions, in Lansdale, PA. 1-3 PM. Please contact Arlene Porter, 215-393-3493 or via e-mail at Arlene.NEFibro@gmail.com for further information and directions.

Sundays: Healing Bowl Harmonics: let the sound of healing crystal bowls wash over you, bringing deep peace, healing and rejuvenation. Sundays 3:30 - 4:30pm. dibellayoga.com, Paoli, PA, 610-578-0733 /www.dibellayoga.com

2nd & 4th Sundays 4-6PM: Circle of Friends: Workshop for deepening spiritual life, support and learning, All faiths welcome. Share, explore, and experience the sacred through spiritual and emotional practices drawn from many traditional paths. The Healing Touch Center, 1327 Darby Rd, Havertown, carlmarcus@comcast.net, 610-667-5247. Free.

Sundays: Yoga Meditation - Free Workshops: Sundays, 2 pm. Learn techniques focusing on heart chakra, including breathing, concentration, chanting. Advice on setting up a practice, ancient wisdom on living a balanced life. Sri Chinmoy Centre, 139 N. 4th St. (between Race and Cherry), Philadelphia. Call for schedule of next series, 215-425-3300.

On-Going Meditation: held every Sunday, Tuesday and Thursday 7:30PM to 8:45 PM at The Philadelphia Meditation Center, 8 E. Eagle Rd., Havertown, PA 19083. Center opens at 7 PM. Phone (610) 853-8200 or email PhlMedCtr@aol.com. Website: www.philadelphiameditation.org.

Sundays & Wednesdays: United Lodge of Theosophist, 1917 Walnut St. Phila. Meets twice weekly, Wednesdays 7:45 to 9:00 PM and Sundays 11:00 AM to 12 noon for discussions and lectures concerning the use of science, religion and philosophy in the search for universal laws and truths. All meetings are free. (215) 563-4692

Self Hypnosis Class to Manage Stress, Relax, Change Unwanted Habits. Owen J. Roberts Adult Evening School in Pottstown. Six Week Class, One Night a Week for 2 hours. Starting in February. \$75. Call Tony Longobardi, Certified Hypnotist at 610 659-0526 for details.

Classified Announcements

Beautiful therapeutic space available at The Kimberton Clinic. Suitable for physical therapy, yoga, counseling or energy work. Approx. 16 x 12, large storage closet. Optional 2nd room. Shared bathroom and waiting area, independent entrance, wood floor, wonderful light. Call Tara at (610) 933-0708.

YOGA, fitness, martial arts equipment for sale. items include portable wood dance floor, stereo equipment, mats, blocks, furniture and more. please call 215-321-0305 or email sdsnani@hotmail.com for more information.

Flute Lessons: Lessons available for students age 5 through adult. In my studio or your home. Holistic approach resulting in creativity, relaxation and enjoyment. Teacher with 30 years experience located in Phoenixville. Do something great for your child or yourself! Call (610) 656-4453. www.suzukiflute.org

Women's Flute Ensemble: If you played the flute in middle school or high school, or have never played before, join a new flute ensemble for woman only! All levels of ability welcome. Give yourself time and permission to be creative! Located in Phoenixville. Call (610) 656-4453.

ARE YOU IN DIRECT SALES, NETWORK MARKETING, MLM? Are you struggling? Let us teach you the hidden secrets of success in any sales endeavor. This is a generic training open to all companies and teams. This is a learning experience! No cross-recruiting or selling. Call for details 215-794-0135.

Serene, sunlit Center City Space available Mondays, Wednesdays and weekends. Perfect for bodyworker or other therapist. \$200- \$250 per room day, \$300-\$325 for 2 room days per month. Patients love this space. Email hawlistic@earthlink.net or call Laura at 215-545-7040. Thank you.

Free Consultation for SpineMed Decompression therapy, now through 3/30/09. A non-surgical and drug-free treatment for low back and neck pain caused by herniated discs, sciatica or pinched nerves. If you or someone you know suffers with back or neck pain, call Disc Decompression of DE, in Claymont, DE, 302-793-1006.

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Sol Correspondence: channeled email conversations to help gain clear spiritual perspective on personal life situations and choices. Encourages learning to listen to our innermost selves and move forward in whichever direction our hearts and beliefs take us. Contact Pamela at Sol Angel - lookinside@solangel.com, 484-919-0348 or www.solangel.com.

Wellness Home Business. Share wellbeing and create prosperity with Zrii™, the new nutritional supplement endorsed by the Chopra Center™. PT/FT, choose your own hours. No experience necessary, just a strong desire to do good and do well. Great training and local support. 917-405-8031 - www.enjoywellbeing.com

Serene, Light-Filled, Holistic Wellness Center in the Paoli area has shared space available for a like-minded practitioner. We are independent practitioners offering a variety of modalities. The treatment rooms are furnished, there is a bathroom and a small teaching space available. Call 610-647-5407 for more information.

Sierra Club Volunteer Opportunities: to sustain and preserve one of America's best-known parks. Check the park website at www.nps.gov/vafo or Volunteers-In-Parks Coordinator Michelle Ortwein at 610-783-1044 or michelle_ortwein@nps.gov To join Sierra Club, www.sierraclub.org. Pat Beaudet 215-985-1536.

Ministry of Friendship: Compeer matches adults in same-gender, one-to-one friendships with people isolated, lonely and recovering their mental health. Human connected-ness and friendship promote mental health recovery. Men and women throughout Chester County await your answer to this call of voluntary service. Call 610-436-4445 or visit compeerchesco.org.

Foster Families: Can you make a place in your family for a foster child? Catholic Social Services is looking for married or single adults to be foster parents to children of all ages, races, religions. Homes are needed for children with special medical or emotional needs and for siblings who wish to live together. Call Melissa or Pat (215) 587-2458.

PreNatal/Youth Events

Prenatal Yoga Teacher Training starting March 6, 2009: (see ad) 95 hour training in accordance with Yoga Alliance guidelines, taught by Jade Groff, RN, ERYT at Yoga On Main, Manayunk. Contact Jade for details, 215-779-6448, jadema108@mac.com. Jade offers weekly prenatal classes in Manayunk and Center City.

Kids Weekly Yoga Classes: on-going, Mondays 4:30-5:30PM ages 6-12 with Christopher Paynter. Improve flexibility, self worth, creativity, focus and concentration. Yoga postures, breathing exercises, meditation, relaxation, games and group discussions. The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

PreNatal Yoga in Devon: Mondays at 6 PM, Wednesdays 11 AM. Yoga designed specifically for the second and third trimesters. (First trimester may attend a regular class) Develop deep breathing, relaxation and awareness. Beginners are welcome. YogaLife Institute in Devon next to Whole Foods, info. 610-688-7030 or www.yogalifeinstitute.com.

Prenatal Yoga Class in Worcester, Pa. Wednesday's 6:30pm. Join our nurturing yoga class, giving yourself time to relax, de stress, and attune to your body and your baby within. Strengthen your body for labor & delivery, ease the discomforts of pregnancy and connect with other mom's. No yoga experience needed. Call Faye: 610-220-8572. www.artandsoulyoga.com

March

1: POOL, PUMP, and PEDAL for a HEALTHY HEART and SILENT AUCTION at Virtua Health's William G. Rohrer Center for HealthFitness 8am to 1pm.. 2309 Evesham Road, Voorhees, NJ. Open to the community. \$45 donation to the American Heart Assoc. Reg. Info contact Heather Weiler (856) 325-5346 before Feb 27th

1: Exploring the Fascial System for Yoga Instructors- Designed for yoga instructors as an experiential exploration to discuss fascia as a tissue and as a 3-dimensional living system. Receive a coupon for a complimentary MFR session. Free. The Light Within Yoga Studio, West Grove, PA. www.austinmfr.com 512.964.8963. Pre-registration required.

1: Spring Awakening with Dr. Beth Dupreeon "Creating Balance in a Chaotic World." Break out health toics, 1-4:30 pm at Newtown Athletic Club, www.newtownathletic.com 215-968-0600x112.

2: Author Eva M. Selhub, MD - "The Love Response". Transformations, Voorhees, NJ - 7:00pm - 9:00pm. \$15 in adv. To register, call (856) 470-1399 or visit www.readytotransform.com.

3: YOGA BASICS: Begin at the beginning for a solid foundation and understanding of yoga. Taught by Kelly Sharp, CSYT. 6 week series starts March 3. dibellayoga, Paoli, PA 610-578-0733 / www.dibellayoga.com

4: Chakra Yoga Class Crown 7:35-9:05 pm \$15/One Class At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

6: Free Intro to Yoga Class Friday Night, For true beginners, gentle yoga poses for all levels, brief explanation of Yoga 7 - 8:30 PM At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

7: Yoga for Runners with Bob Mauch 1:30-3:30 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

10: Yoga Living Magazine Networking Event Practitioners welcome, Bring Business Cards, no products. Free @ 7-8:30 PM Sanctuary Yoga Store 8611 Germantown Ave, Chestnut Hill, PA 19118 RSVP to info@yogalivingmagazine.com

10: Resources for Wellness Networking @ 7-8:30 PM Practitioner's Welcome At Advanced Medical Solutions, 54 East Oakland Ave, Doylestown, PA 18901

11: Relaxing the Body in Yoga Poses 7:35-9:05 pm \$15/One Class At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

11: Magnetic Healing only the energy between two people is used and amplified in this process. THIS IS VERY POWERFUL WORK!!!! Magnetic Energy is acquired via the five senses and the breath. Learn in a few hours how to readily access these qualities of healing. 03/11/2009, Repeated in April. 7:00-8:30p.m. 215-364-1112, dpasst2drdan@aol.com, drdan@drlavanga.com

14: Achieve Prosperity From Within with THE ONE COMMAND workshop. Learn to utilize theta brainwaves to propel innate ability while bypassing limiting beliefs keeping you from success by reprogramming your DNA. This technique utilizes cutting-edge scientific brain research to achieve massive self-growth, healing and prosperity. City Line Ave. 610-363-2587



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Sunday Celebration

10:30am - All are welcome!

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14: Yin Yoga & Meditation with Kristen Butera, 1:30-3:30 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

15: Medium Joseph Tittel - "Messages From the Other Side". Transformations, Voorhees, NJ - 2:00pm - 5:00pm. \$65. To register, call (856) 470-1399 or visit www.readytotransform.com.

15: "WORLD MEDITATION HOUR" Sunday, March 15, 6.30 pm - 7.30 pm, Concerned about the World? Your thoughts count. At The Meditation Center, 910 Riverton Road, Cinnaminson, NJ 08077 FREE SERVICE TO COMMUNITY

16: Health and Life Coach Training Introduction Get a feel for professional life coaching in this cutting edge, holistic system, that not only includes the tools and techniques of coaching, but the art of being a coach. Bring any life issue to work on or simply observe as we share these coaching tools. 6:30-8:30pm, Call Donna@215-364-1112, dpasst2drdan@aol.com, drdan@drlavanga.com

17: THE SUCCESS LINE: FREE CONFERENCE CALL 9-10 PM. Monthly conference call that provides enriching and enlightening topics for your personal and/or professional growth. Listen from the comfort of your home! Email us your questions in advance to coaches2@comcast.net. Hosted by Jon and Chris with Possibility Coaches. Call 1-212-990-8000, code 5758#. www.PossibilityCoaches.com

18: Finding Silence in Poses with Jim Dougherty 7:35-9:05 pm \$15/One Class At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

21: FREE CLASSES! led by Master Yoga's teachers-in-training. Saturday, March 21 1:30 - 3:00pm and 3:30 - 5:00pm. dibellayoga, Paoli, PA. 610-578-0733 / www.dibellayoga.com

Our leaders love to hear from you! Say "Hello," from "Yoga Living"!

Inside YogaLiving | March/April Events

Our Holistic Resources are growing... so join an event!

21: Anatomy of Lower Back with Jim Dougherty 1:30 – 3:30 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

22: Delaware Healthy Living Expo @ 11-4 PM University of Delaware Bob Carpenter Ctr, U. of Delaware Newark, DE 19716 For info on attending or exhibiting visit www.lifetimeexpos.com, or info@lifetimeexpos.com or 215-968-4593.

25: Breathing in Yoga Poses with Bob Butera 7:35-9:05 pm \$15/One Class At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

28: Holistic Living Expo @ 10-5 PM Sponsored by Resources for Wellness At Middle Bucks Institute of Technology 2740 Old York Road, Jamison, PA 18929 www.resourcesforwellness.com.

28: Introduction to Mindfulness Meditation with Suzi Costello 1:30 – 3:30 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

28: Couples Massage- Learn to de-stress your partner without stressing yourself. You will learn a simple, effective routine for a head-to-toe massage and individual techniques for specific areas of tension and pain. No previous experience needed. \$40/couple. The Light Within Yoga Studio, West Grove, PA. www.austinmfr.com 512.964.8963. Pre-registration required.

29: Join our Third Annual Mind, Body, Spirit Journey, the Focus is on Aging Well, 29 March, 11am-5pm, Temple Har Zion, 255 High & Ridgeway Streets, historic downtown Mt. Holly, NJ. 3 miles off Rt295 exit 47B, Rt541, \$8 advance, \$12 at door www.TempleHarZion.org/events.html"

29: The Jin Shin Do Bodymind Acupressure Basic Class is on five weekend days beginning 3/29. Learn to use the 8 Extraordinary Vessels; emotional, physical, and spirit aspects of 55 powerful acu-points used in multiple combinations; to release deep tension; Taoist Qi Gong; bodymind processing; and more. 40 CE's and certificate. www.getyourback.com or 1-800-677-9830

APRIL

1: Heart Opening Poses with Jim Dougherty 7:35-9:05 pm \$15/One Class At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

2: THOUGHTS ARE POWER. MAKE YOURS WORK FOR YOU, NOT AGAINST YOU! April 2, 2009. 6:30 to 8:30 PM. Negative thoughts bring you down. Can we change our thoughts? Learn tools you can use to change your thoughts, improve your life. \$20. 2040 Street Road, Warrington, PA Call 215-357-6474 to register.

3: Personal Development Yoga (PDYOGA) Series P.D.Yoga is a fitness and personal development system. In this program you will integrate your vision, mission, and goals with the power of Yoga. The result is a laser beam focus on your physical, mental, and spiritual health. Starts Thursday April 3rd, 7:30 – 8:30pm, call Donna at 215- 364-1112, emaildpasst2drdan@aol.com, drdan@drnavanga.com

3: Free Intro to Yoga Class Friday Night, For true beginners, gentle yoga poses for all levels, brief explanation of Yoga 7 – 8:30 PM At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

4: FINDING UPPER BODY STRENGTH IN NEW WAYS - learn how releasing spinal tension improves your whole body and helps you be stronger through letting go of what binds you. Saturday, April 4. 10am - 1pm. Taught by Polly DiBella, CSYT. dibellayoga, Paoli, PA 610-578-0733 / www.dibellayoga.com

4: Yin Yoga for the Hips with Kristen Butera 1:30 – 3:30 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

4: Free Initiation Silent Meditation Program 2009 US Tour with Sri Sri Sri Shivabalayogi Meditation Master www.shivabalayogiguru.org Bluemle Life Science Bldg Rm 105-107 233 S 10th St, Phila. All welcome in the attitude of a friend. Opportunity to speak w/Sri Shivabalayogi individually, free. 3-5PM Virginia 609-497-4746

5: Visionary Teacher Healer & Author Nigel Taylor - "The Healing Power of Cosmic Forgiveness". Transformations, Voorhees, NJ – 2:00 pm-6:00 pm. \$65. To register, call (856) 470-1399 or visit www.readytotransform.com.

5 – May 24: Holistic Business Certificate Program – Manifest your business dreams through solid, effective, step-by-step business methods integrated with holistic practices. Each week will guide you deeper into manifesting your goals! This is an eight-week telecourse. See www.EmpowermentCentre.com and go to Professional Trainings for details.

8: Yoga Living Magazine Ad Deadline for May/June issue. Our 10th Year of Publication, 65,000 copies with loyal readership. Call Angela at 610.688.7030 or visit www.yogalivingmagazine.com for info.

8: Core Class with Jim Dougherty 7:35-9:05 pm \$15/One Class At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

11: Developing a Vigorous Home Practice with Erika Tennebaum 1:30 – 3:30 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

11: Inner Journey with the Gong- Participants will be guided through a powerful Inner Journey meditation and then be treated to an amazing sonic experience with the powerful resonating sound of the gong. \$10/person. The Light Within Yoga Studio, West Grove, PA. www.austinmfr.com 512.964.8963. Pre-registration required.

15: Using Sound in Yoga Poses with Bob Butera 7:35-9:05 pm \$15/One Class At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

15: DEEPAK CHOPRA, 7:30pm-9:00pm – Transformations presents "An Evening with Deepak Chopra – Reinvigorating the Body, Resurrecting the Soul". — Seminar, Q&A, Book-Signing. Only \$35 (includes a copy of the book) — Scottish Rite Auditorium, Collingswood, NJ. .To register, call (856) 470-1399 or visit www.readytotransform.com.

16: Horse Sense: A Women's Adventure Retreat (Thursday, April 16th) Shake off the winter blahs and try something new! Includes an indoor beginner riding and grooming lesson and personal visioning activities. Where: Thorncroft Equestrian Center, Malvern, Pa. Time: 9:30- 2:00. Cost: \$80. Contact Karin at 610-667-5247 or Karin@SteppingOutCoaching.com or www.SteppingOutCoaching.com.

18: Yoga Pain Clinic: Learn how yoga can help alleviate your pain. Informative and experiential. free. Saturday, April 18. 10am - noon. Led by Polly DiBella, CSYT. dibellayoga in Paoli, PA 610-578-0733 / www.dibellayoga.com

18: AUM (OM) Meaning and Chanting Seminar with Mythri Menon 1:30 – 3:30 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

18: Kundalini Yoga & Numerology – Tools for Transformation presented by int'l known teacher Shakta Kaur Khalsa, IKYTA, RYT-500. Yogic Numerology and meditation will reveal your inherent strengths and challenges. All levels welcome. \$140 by 4/8, then \$165. Dhyana Yoga, Phila. Register now: Fern Rutberg – 267-987-6046, frutberg@comcast.net. shaktakaurkhalsa.com

18: Earth Day Festival & Flea Market A day in the park in solidarity with Red Black & GREEN! Speakers • Music • Food • Nonprofits In West Philly's beautiful Clark Park, 43rd & Baltimore 10am - 5pm (Rain Date: April 25) Volunteers, vendors and sponsors wanted! 215-387-0919 • philly@uhurusolidarity.org uhuruflaemarket.blogspot.com

19: Healing Power of Women – w/ int'l known Kundalini teacher/author Shakta Kaur Khalsa. All levels. Self-empowerment; Yoga for breast health, PMS, menopause; Guided Meditation; Yogic recipes/remedies for women. \$88 incl. Shakta's book, Yoga for Women. \$150 for 2. Dhyana Yoga, Phila. Register: Fern Rutberg 267-987-6046, frutberg@comcast.net. shaktakaurkhalsa.com



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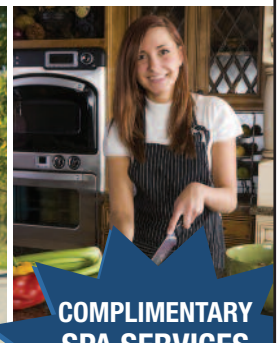
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