

## Wednesday, January 3rd

### Free Yoga Class,

4:30-6:00pm. The Yoga Center, 449 Forest Ave. Plaza, Portland. 774-YOGA (9642). [www.maine yoga.com](http://www.maine yoga.com)

## Thursday, January 4th

### Free Yoga Class,

5:30-7:00pm. The Yoga Center, 449 Forest Ave. Plaza, Portland. 774-YOGA (9642). [www.maine yoga.com](http://www.maine yoga.com)

## Friday, January 5th

### Free Gentle/Yin Yoga Class,

1:00-2:15 pm. The Yoga Center, 449 Forest Ave. Plaza, Portland. 774-YOGA (9642). [www.maine yoga.com](http://www.maine yoga.com)

## Saturday, January 6th

### Free Yoga Class,

10:00-11:30am. The Yoga Center, 449 Forest Ave. Plaza, Portland. 774-YOGA (9642). [www.maine yoga.com](http://www.maine yoga.com)

### Yoga Tune Up-Unglue Your Glutes-A Restorative Hip Workshop,

2:00-4:00pm. Creating Space Yoga, 1717 Congress Street, Portland. Join Murielle Corwin to unlock the power of the hips and reconnect to the ease and freedom buried within in this all level Yoga Tune Up workshop using Roll Model therapy balls. We will learn unique yoga based therapeutic exercises which are similar to receiving a deep tissue massage. In addition, you will develop an understanding that aims to improve mobility and increase stability in order to find balance in your hips. Discover an easy approach to release tension and maintain health in the hips and lower limbs. \$30. Please register at: [www.creating spaceyoga.com](http://www.creating spaceyoga.com)

## Monday, January 8th

### Free Yoga Class with Yamuna Body Rolling,

7:30-9:00pm. The Yoga Center, 449 Forest Ave. Plaza, Portland. 774-YOGA (9642). [www.maine yoga.com](http://www.maine yoga.com)

## Thursday, January 11th

### 21-Day Detox Program-Kickoff

**Presentation led by Stephanie Walsh,**  
6:00pm. Rocky Coast Family Acupuncture, 210 Western Ave., South Portland.  
For more information, visit:  
[www.theholistichealthapproach.com](http://www.theholistichealthapproach.com)  
or call 207.730.2208

### Free Vinyasa Yoga Class,

5:00-6:00pm. The Yoga Center, 449 Forest Ave. Plaza, Portland. 774-YOGA (9642). [www.maine yoga.com](http://www.maine yoga.com)

## Wednesday, January 17th

### 21-Day Detox Program-Kickoff

**Presentation led by Stephanie Walsh,**  
5:30pm. Coastal Pharmacy & Wellness, 29 Marginal Way, Portland.  
For more information, visit:  
[www.theholistichealthapproach.com](http://www.theholistichealthapproach.com)  
or call 207-730-2208

## Friday, January 19th

### Soul Café,

6:30pm-8:30pm. Center for Balanced Living LLC, 74 Lunt Rd., Lunt Auditorium, Falmouth. Sound Healing Journeywork with Ben Carroll using Voice & Crystal bowls. Bring a mat, gravity chair, or cushions so that you will be comfortable lying on the floor. Chairs are available. \$20. Please RSVP at: <https://scheduling.com/scheduling/BSH3LQ/workshops>

### Restorative Yoga and Yoga Nidra

5:30-7:00 pm Creating Space Yoga, 1717 Congress Street, Portland Do you need to unwind after the holidays? Refresh your mind, body, and spirit in this Restorative sequence with Thai assists followed by Yoga Nidra. Kristine will guide us into gentle Restorative poses using the support of blankets, bolsters, and blocks to prepare for the experience of Yoga Nidra, a state of deep relaxation in which the organs and systems receive deep rest and the body's regenerative mechanisms are set in motion. One hour of Yoga Nidra is like four hours of sleep, counteracts stress and alleviates depression and anxiety. A great way to begin the weekend! \$25 See our website to learn more or sign up at [creating spaceyoga.com](http://creating spaceyoga.com)

## Saturday, January 20th

### Yamuna Body Rolling Workshop-Save Your Back with Jennifer Cooper,

1:30-3:30 pm. Stimulate bone, release muscle tension, create space in the joints, and strengthen the core. It's fun and feels good! The Yoga Center, 449 Forest Ave. Plaza, Portland. \$25. 774-YOGA (9642) [www.maine yoga.com](http://www.maine yoga.com)

## Thursday January 25th

### What To Do "Post-Detox"

**Presentation led by Stephanie Walsh,**  
6:00pm. Rocky Coast Family Acupuncture, 210 Western Ave., South Portland.  
For more information, visit:  
[www.theholistichealthapproach.com](http://www.theholistichealthapproach.com)  
or call 207.730.2208

## Sunday, January 28th

### Awareness Through Movement-The Feldenkrais Method,

1:00-3:00pm with Marilyn Hardy. Feldenkrais uses gentle, novel movement sequences to retrain your nervous system. Respecting the neuroplasticity of the brain, it draws upon your capacity to develop awareness, the key to positive change and aligned with nature. The Yoga Center, 449 Forest Ave. Plaza, Portland. \$35/40. 774-YOGA (9642) [www.maine yoga.com](http://www.maine yoga.com)

## Wednesday January 31st

### What To Do "Post-Detox"

**Presentation led by Stephanie Walsh,**  
5:30pm. Coastal Pharmacy & Wellness, 29 Marginal Way, Portland.  
For more information, visit:  
[www.theholistichealthapproach.com](http://www.theholistichealthapproach.com)  
or call 207-730-2208

## Thursday, February 1st

### Pajama Workout-Part 1 (2 Part Series-Part 2 held Thursday, February 8th),

6:00pm. Old Orchard Beach/Saco Adult and Community Education, 40 E. Emerson Cummings Blvd., Old Orchard Beach. Get Fit Without a Gym! Learn about getting fit and putting it into practice. Finding time to work out is difficult, add travel time to a gym and it feels near impossible! The gym can be intimidating for beginners, yet you may feel lost on how to create a safe and effective home workout. Join us and gain an understanding of how your body moves, learn the many benefits of exercise, and recognize what you can do to reduce risk of falls or injury. Build your own low-tech home gym and create a safe and effective workout at home. You will be working within your own abilities so modifications will be made for anyone who needs it. You will be performing exercises to understand correct form, so please dress accordingly. Led by Stephanie Walsh. \$39. For more information, visit: [www.oobsaco.maineadulted.org](http://www.oobsaco.maineadulted.org) or call 207-934-7922.

## Saturday, February 3rd

**Yin Yoga and Yoga Nidra with Nicole Gordon,**  
3:00-5:00pm. Yin Yoga is a practice of deep stretching that will prepare your body and mind for the restful practice of Yoga Nidra. Yoga Nidra is an efficient method of inducing complete relaxation while maintaining consciousness. It is the transformative state between wakefulness and sleep. It enhances our physical, emotional and mental sense of well-being. One hour of Yoga Nidra is equal to 4 hours of sleep. The Yoga Center 449 Forest Ave Plaza, Portland. \$25. 774-YOGA (9642) [www.maine-yoga.com](http://www.maine-yoga.com)

## Friday, February 9th

**Yin Yoga with Crystal Singing Bowls,**  
5:30-6:45pm. Creating Space Yoga, 1717 Congress Street, Portland. Join us for a relaxing evening of Yin Yoga accompanied by healing crystal bowls with Katharine Slack. Calm your mind, experience deep relaxation and create a sense of ease in your body in this all levels class. The Yin practice can help to improve the flow of energy in the body, enhance immune system function and organ health, as well as help to increase and maintain joint mobility. No prior experience is necessary. \$20 Please register at: [www.creatingspaceyoga.com](http://www.creatingspaceyoga.com)

## Thursday, March 1st

**4-Week Gut Health Series,**  
6:00pm. Old Orchard Beach/Saco Adult and Community Education, 40 E. Emerson Cummings Blvd., Old Orchard Beach. Held every Thursday for 4 weeks. A different topic will be covered each week. Week 1: "In One End and Out The Other"; Week 2: "Eat Your Greens & Gasoline"; Week 3: "Fatigue, Fog-giness, Fear & Food"; Week 4: "Don't Worry, I've Gut This". Series led by Stephanie Walsh. Each class is \$15. For more information, visit: [www.oobsaco.maineadulted.org](http://www.oobsaco.maineadulted.org) or call 207-934-7922.

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## Ongoing

### Mondays and Fridays

**Morning Meditation,**  
8:00-8:30am. Center for Balanced Living, 74 Falmouth Rd, Suite 206, Falmouth ME 04105. FMI, call: 781-5100

### Tuesdays

**Drop-in Reiki Clinic,**  
**2nd Tuesdays of the month, January-April,**  
4:00-7:00pm. 15 minutes of Reiki. Pay what you can. Center for Balanced Living, 74 Falmouth Rd, Suite 206, Falmouth. FMI, call: 781-5100

### Wednesdays

**Dissolving old patterns through Mirror Work and EFT led by Elizabeth Jackson. Wednesdays, January 3rd through February 7th,**  
7:00 pm-8:00 pm. This will be an intimate group for those who are ready and willing to really look at themselves and learn to let go of what no longer serves them so that they can live from a place of self-acceptance and love. Please commit to all 6 sessions. \$60 per person. Register at: <https://schedulicity.com/scheduling/workshops>

**Successful Balanced Living Radio Show,**  
1:00-1:30pm weekly. WMPG 90.9 FM. Tune in to hear our own Marketing Director, Lynda Adams (aka Host L.A.), interview weekly guests who will share their knowledge to help you take the steps needed to find fulfillment and success in all areas of your life: physically, mentally and spiritually. Also listen to live stream or to previously aired shows at [successfulbalancedliving.com](http://successfulbalancedliving.com).

### Thursdays

**Drop-in Meditation,**  
6:30pm-7:30pm. Guided meditation for all levels including beginners. Center for Balanced Living, 74 Lunt Rd, Suite 206, Falmouth. Donations accepted. Call if you are attending for the 1st time: 781-5100.