

## Friday, March 2nd

**Yin Yoga with Live Cello**, 5:30-6:45pm. Creating Space Yoga, 1717 Congress Street, Portland. Join us for an evening of candlelit Yin Yoga and the beautiful sound of the cello with guest musician, Ellie Osborn. The Yin practice helps to create space and increase mobility in our hips, pelvis and spine. Calm your mind, soothe your soul and melt away tension in this all levels event for \$20. A great way to end the week. Please dress comfortably in layers to allow for any changes in body temperature. For more information or to sign up visit, [www.creatingspaceyoga.com](http://www.creatingspaceyoga.com) or call 207-808-0857.

## Sunday, March 4th

**Clearing the Blocks**, 3-5pm. Presence of Mind Wellness Center, 142 High Street, Suite 531, Portland. Do you feel frustrated by the law of attraction? That it doesn't seem to "work" or maybe isn't real? We often block what we seek at a deep, subconscious level with pre-existing beliefs, often instilled in us at a young age. It can take a lot of re-programming of our thoughts and "false stories", and establishing new brain patterns for new beliefs and thoughts to create a new vibration. In this workshop, we will explore how the law of resonance works, and how our limiting beliefs can flatten our vibration. We will go deep into the layers of subconscious stories we all carry, beginning the process of first identifying and then separating them through 1) meditation, 2) visualization and 3) writing. \$40 (sliding scale options available for discounts, please contact us to work something out!). Call 207-229-3444 for more information and to register.

## Monday, March 5th

**Pain Relief the Holistic Way**, 6-8pm. Maine Medical Center, 22 Bramhall St., Dana Center room, Portland. Are you looking for new and different ways to approach your chronic pain? Led by MaineHealth's physician experts in integrative medicine, this class will provide an overview of a variety of alternative and complementary therapies which may supplement a more conventional approach to the treatment of pain. Examples of the therapies reviewed will include mindfulness for pain relief, acupuncture, osteopathic manipulation, and nutritional counseling. \$10. Register at: [www.mainehealth.org/calendar](http://www.mainehealth.org/calendar)

## Tuesday, March 6th

**Tarot Play with Joyce Halliburton**, 6:30-8pm. Center for Balanced Living, LLC, 74 Lunt Rd., Suite 206, Falmouth. Learn to connect with your cards through practice with others. Bring your deck of cards, a journal and your enthusiasm! No experience necessary. This will become an on-going group, meeting on the first Tuesdays of the month. \$25.00. Contact Joyce at 207- 274-1408 or email her at: [gwyn12nudd@yahoo.com](mailto:gwyn12nudd@yahoo.com).

## Tuesday, March 13th

**Having Those Difficult Conversations: Leaving Your Expectations Behind While Getting to Agreements**, 11:30am-1:30pm. Maine Women's Network event, Portland Country Club, 11 Foreside Rd., Falmouth. Discover real, practical tools and skills for navigating difficult conversations and getting to agreements. Are your expectations just resentments under construction? Don't get caught in that bind. Learn how to skillfully have those difficult conversations in all aspects of your life with the goal of reaching agreements and staying away from your dreaded expectations. Speakers: Marsha Greenberg & Nelson Hill Garman. \$25-\$30. Register at: [www.maine womensnetwork.com](http://www.maine womensnetwork.com)

## Thursday, March 15th

**Cooking with low or no Sugar; Why and How**, 5-7pm. MaineHealth Falmouth Learning Resource Center, 5 Bucknam Rd., Falmouth. Do you have questions about cooking tasty meals for a low- or no-sugar diet? And what's all of this hype about sugar anyway? If you have these questions, this class is for you. We're going to get the facts about sugar and what's healthy, and then we're going to see how we can make meals that are low-sugar or sugar-free altogether. Don't forget the best part: We won't just be learning, we will also be tasting! Seating very limited. \$20. Register at: [www.mainehealth.org/calenda](http://www.mainehealth.org/calenda)

## Saturday, March 17th

**Reset & Renew: Yoga & Energy Healing for a Peaceful, Powerful Spring**, 1:30-4:30pm. Bridge Studio/Art of Awareness, 100 Waterman Drive, South Portland. Yoga and energy healing can be a potent combination offering you the potential of enhanced well-being and nourishment for your body, mind and spirit. Springtime brings with it the opportunity for renewal and tapping into the creative energies brewing beneath the surface of the earth. Join Martha Williams, shamanic practitioner and yoga teacher, for an afternoon of yoga,

energy healing and deep relaxation designed to help you shake off winter's cobwebs and harness the spring-time energy ready to burst forth. No prior yoga or shamanic experience needed. \$60 (before 3/15) - \$75 (after 3/15). For more information, visit: [www.soulfireassociates.com](http://www.soulfireassociates.com) or call 207-747-9223.

## Wednesday, March 21st

**Heavy Metal Detox**, 6-8pm. Center for Balanced Living, LLC, 74 Lunt Rd., Suite 206, Falmouth. Workshop led by Certified Integrative Health Coach, Janine Fifield. Every day our bodies absorb a variety of toxins including heavy metals such as aluminum, barium, cadmium and mercury. Certain foods, personal care products and environmental factors all contribute to the build-up of unsafe metals in our body. It's important to keep a healthy balance and remove these toxins to allow for optimal health, including: increased energy, memory and vital organ functioning. Janine will teach you how to chelate these metals on a regular basis, with herbs, tinctures, activated charcoal and other natural solutions to improve your well-being and enhance your life! \$40. Register at: [www.schedulicity.com/scheduling/BSH3LQ/workshops](http://www.schedulicity.com/scheduling/BSH3LQ/workshops)

## Thursday, March 22nd

**Restorative Yoga and Yoga Nidra**, 7-8:15pm. Creating Space Yoga, 1717 Congress Street, Portland. Release layers of holding and tension in this Restorative sequence with Reiki assists followed by Yoga Nidra. Kristine will guide us into gentle Restorative postures with the support of bolsters, blankets and blocks to prepare the body and mind for the practice of Yoga Nidra. Often called "sleep with trace awareness," Yoga Nidra is a state of deep relaxation and enhances our physical, emotional and mental sense of well-being. One hour of Yoga Nidra is equal to 4 hours of sleep. \$20. For more information or to sign up please visit, [www.creatingspaceyoga.com](http://www.creatingspaceyoga.com) or call 207-808-0857.

## Saturday, March 24th

**Live from a Place of Power**, 1-5pm. Author and Life & Happiness Coach Robyn Wiley, leads this workshop at Center for Balanced Living, LLC, 74 Lunt Rd., Suite 206, Falmouth. This is a high energy, hands-on workshop with a mix of journaling, group discussion, light movement, and meditation. Learn how to take charge in your life and live with maximal passion, purpose, and joy! \$45 in advance; \$60 at the door. Register at: [www.schedulicity.com/scheduling/BSH3LQ/workshops](http://www.schedulicity.com/scheduling/BSH3LQ/workshops)

**Create Your Life Vision-Board Workshop (for Women)**, 10am-4pm. Husson College, Southern Maine Campus, 240 County Road, Westbrook. Vision Boards are a great way to get clear on what you want to create in your life. This workshop will give you the space you need to intentionally define your dreams and create a Vision Board that will attract your ideal outcomes to you! You will get clarity on what you really want (No more settling for someone else's dreams). You will have the space and time to map out your ideal outcomes in each area of your life. You will have the opportunity to connect with other wonderful, like-minded women who are seeking positive change in their lives. You will have all the tools and time to create your very own powerful Vision Board. You do not need to bring a thing. Come and enjoy a full day of breathing room and dream-time. The very thing you keep telling yourself you'll give yourself but never do! Kathy Baillargeon, Speaker/Trainer and Owner of Room by Room Organizing. \$75.00. Class is limited to 10. Register at: [roombyroomorganizing.com](http://roombyroomorganizing.com).

## Tuesday, April 3rd

**Tarot Play with Joyce Halliburton**, 6:30-8pm. Center for Balanced Living, LLC, 74 Lunt Rd., Suite 206, Falmouth. Learn to connect with your cards through practice with others. Bring your deck of cards, a journal and your enthusiasm! No experience necessary. This will become an on-going group, meeting on the first Tuesdays of the month. \$25.00. Contact Joyce at 207- 274-1408 or email her at: [gwyn12nudd@yahoo.com](mailto:gwyn12nudd@yahoo.com).

## Thursday, April 5th

**21-Day Holistic Detox Program Kickoff**, 5:30-7pm. Coastal Pharmacy & Wellness, 29 Marginal Way, Portland. Stephanie Walsh, Certified Nutrition Therapy Practitioner and Eating Psychology Coach will offer an in-depth talk on where toxins hide in your environment, why a detox is important for health and weight loss, and how to follow her 21-Day Holistic Detox program to get the results you've been striving for! This is the kickoff to the 21-Day Holistic Detox Program taking place from April 7th – 27th, but will be beneficial to anyone who wishes to start a detox program. To learn more about the 21-Day Holistic Detox Program and to register, visit [www.coastalpharmacyandwellness.com/detoxprogram](http://www.coastalpharmacyandwellness.com/detoxprogram).

## Friday, April 6th

**UCC New England Women's Celebration**, held April 6-8 at Holiday Inn by the Bay, 88 Spring St., Portland. Come celebrate our 40th anniversary! Hear powerful speakers, attend and learn from workshops, visit with old friends and make new ones. Women from all denominations and religious traditions are welcome to attend! See page 8 for more information and visit [www.uccwomenscelebration.org](http://www.uccwomenscelebration.org) to register.

## Saturday, April 7th

**Reiki II Class (Usui Certificate)**, 9am-3pm. Center for Balanced Living, LLC, 74 Lunt Rd., Falmouth. Must be Reiki I attuned by a certified Reiki Teacher. In this class you will learn to use 3 of the Reiki symbols including the one that opens the portal for distance healing. You will go away with a deeper knowledge of how to enhance your personal relationship to Reiki that comes through your psychic and spiritual understanding. The ethics of using Reiki will be discussed in detail. Please bring a bag lunch (microwave and refrigerator available). Instructor: Elizabeth Jackson, LMT, RMT. \$200. Register at: [www.schedulicity.com/scheduling/BSH3LQ/](http://www.schedulicity.com/scheduling/BSH3LQ/)

## Friday, April 13th

**Yin Yoga with Crystal Singing Bowls**, 5:30-6:45pm. Creating Space Yoga, 1717 Congress Street, Portland. Join us for a relaxing evening of candlelit Yin Yoga accompanied by the healing sounds of 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. Please dress comfortably and wear layers to adjust for any changes in body temperature. No prior Yoga experience is needed. \$20. For more information or to sign up please visit, [www.creatingpaceyoga.com](http://www.creatingpaceyoga.com) or call 207-808-0857.

## Friday, April 20th

**Soul Café featuring Journal Your Way to Joy with Author and Life & Happiness coach, Robyn Wiley**, 6:30-8pm. Center for Balanced Living, LLC, Lunt Auditorium, 74 Lunt Rd., Falmouth. This is a hands-on experience including journaling, group discussion, and meditation. Learn 5 powerful ways to use journaling to become the best version of yourself and live your most incredible life! Bring your journal and pen. Refreshments provided. \$25 in advance, \$35 at the door. Register at: [www.schedulicity.com/scheduling/BSH3LQ/workshops](http://www.schedulicity.com/scheduling/BSH3LQ/workshops)

## Saturday, April 21st

**The Power of SHE Bootcamp**, 10am-12pm. This event is in conjunction with the Maine Women's Expo at the Nonantum Resort in Kennebunkport. What better way to start the day than demonstrating the strength and power that women have! Something magical happens when women gather to workout together in the spirit of taking bigger steps toward a better you! Bring your girlfriends, sisters, daughter, mothers, step-mothers, grandmothers, aunts and nieces. Come celebrate the power of what a woman can do. The Power of SHE. The day will be epic. Don't miss out! This fun event will take place on the grounds of the Nonantum Resort with ocean in the background. The workout will be formatted to handle everyone's level of fitness. Go at your own pace while doing strength and cardio exercises outside with nature. This event will support Caring Unlimited. \$15-\$25 includes entrance to Maine Women's Expo. For more information, visit: [www.thepowerofshe.me](http://www.thepowerofshe.me)

## Wednesday, April 25th

**Cultured Food Love**, 6-8pm. Center for Balanced Living, LLC, 74 Lunt Rd., Suite 206, Falmouth. Most every "old world culture" had fermented foods as part of their regular diet. It was the respected, common knowledge way to preserve food and promote good health. Recently, over the last 50 – 100 years, this has dropped out of most people's way of life. Our gut health has reflected it. However, we are currently seeing the wisdom of naturally cultured foods returning along with the science of their ways and benefits to prove that they are an essential part of a balanced diet. Fermentation is safe, easy and cost effective, learn more about how to make your own! Workshop led by Certified Integrative Health Coach, Janine Fifield. \$40. Register at: [www.schedulicity.com/scheduling/BSH3LQ/workshops](http://www.schedulicity.com/scheduling/BSH3LQ/workshops)

## Saturday, April 28th

**4th Annual Midcoast Lyme Disease Support & Education Conference**, 8am-5pm. Augusta Civic Center. Over 30 expert speakers and 100 exhibitors offering products, services and education on Lyme and tick-borne disease with afternoon breakout sessions and CE credits for providers ~ this event is not to be missed! Admission is FREE!! Doors open at 7:00am for registration. Lunch is available to be purchased onsite. [www.conference2018.mldse.org](http://www.conference2018.mldse.org)

## Tuesday, May 1st

### **Eat Like Your Life Depends On It:**

#### **Nutrition & Cancer Prevention, 5-6:30pm.**

MaineHealth, Scarborough Learning Resource Center, 100 Campus Drive, West Entrance, Scarborough. There is a lot of buzz around nutrition and cancer prevention. Join us in sifting through the evidence to help you make changes that can last a lifetime. Learn more about the small dietary changes you can make that can reduce your cancer risk. Register at: [www.mainehealth.org/calendar](http://www.mainehealth.org/calendar)

## Saturday, May 5th & Sunday, May 6th

### **The Enlightenment Expo, Fireside Inn & Suites, 81 Riverside St., Portland. Greater Portland's largest gathering of Spiritual & Holistic Practitioners, Products and Services.**

Join us for two days of learning, sharing, inspiration, One-ness and Community! Psychic, Medium & Angel Readings, Spiritual & Wellness Authors, Aura/Chakra Photography, Chair Massage, Energy Healing, Reiki, Live Music, Crystals, Stones, Jewelry, Art. Workshops available throughout both days and are included in the cost of admission. Door Prizes and much more! Admission \$5.00. Portion donated to local charity. See page 7 for more information.

## 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

### **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).

## Ongoing

## 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.

### **Mindful Eating Workshop, March 8-April 12 (6 week series), 7:00-9:00pm**

Do you find yourself eating when you feel bored, sad, or simply because you've had a hard day? We aren't talking about indulging here and there, but emotional eating that leaves you eating a half a bag of cookies and not realize it. You aren't alone! Emotional eating can easily spiral out of control, leading to weight gain and other health problems. This online workshop will explore techniques to listen to your body's intuition, uncover psychological causes of overeating, and be more mindful during mealtime. \$149 or 3 payments of \$55. Call 207-229-3444 for more information and to register.