

## Saturday, May 5th

**Becoming Your Best Self – Fulfilling Your True Potential**, 10am-2pm. Meadow Wind, 100 Falmouth Rd., Falmouth. Optimizing our lives so we can actualize our potential and become our best self is one of the greatest gifts we can give ourselves. When we live in alignment with our core values we flourish as human beings and live with more happiness, meaning and vitality. *Becoming Your Best Self* is a personal empowerment workshop designed to connect you to your inner power and reignite your passion for life! Through experiential exercises, journaling and small group breakouts, you will discover how you can sparkle, flourish and succeed in your life. It's never too late to start the journey towards becoming your best self! \$75 investment. [www.oceanofpossibilities.com](http://www.oceanofpossibilities.com).

**The Enlightenment Expo**, 10am-5pm (also Sunday, May 6th, 10:00am-4:00pm). 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.

**Portland Mom & Baby Expo**, 10am-4pm. Portland Expo Center, 239 Park Ave., Portland. The Portland Mom & Baby Expo is a celebration of new moms, moms-to-be, babies and families in the Greater Portland area. It is also a chance to learn about the wonderful resources, services and products available to you to help you have a healthy pregnancy, birth and new parenting experience! Tickets at door: \$5/adult; children free. [www.portlandmomandbabyexpo.com](http://www.portlandmomandbabyexpo.com)

## Sunday, May 6th

**Marianne Williamson – Love America Tour**, 6:30-8:30pm. USM Hannaford Hall, 88 Bedford St., Portland. Marianne Williamson will be discussing how a revolution in consciousness paves the way to both personal and national renewal. In the words of Martin Luther King, Jr., "Our goal is to create a beloved community and this will require a qualitative change in our souls as well as a quantitative change in our lives." Let us embrace the possibility of both. Marianne Williamson is an internationally acclaimed author and lecturer. For the last 35 years, she has been one of America's most well-known public voices, having been a popular guest on television programs such as Oprah, Larry King Live,

Good Morning America, & Bill Maher. Seven of her twelve published books have been New York Times Best Sellers and four of these were #1. The mega best seller *A Return to Love* is considered a must-read of The New Spirituality. \$65-\$75. [www.leapinlizards.biz](http://www.leapinlizards.biz)

## Monday, May 7th

**100+ Women Who Care Southern Maine, quarterly meeting**, 5:45pm-7:40pm. The Italian Heritage Center, 40 Westland Ave., Portland. 100+ Women Who Care Southern Maine is a group of local women who are interested in supporting our communities by contributing to Southern Maine charities together as a group to increase the impact. As an individual, it's often difficult to make a large impact alone. But as a group, we believe we have the ability to contribute to the growth of our communities in ways that we never before thought possible. Our mission is to reach out and help our community by finding 100 and more women to each contribute \$50 four times a year in order to give \$20,000+ annually to local charities. [www.100womenwhocaresouthernmaine.com](http://www.100womenwhocaresouthernmaine.com)

## Wednesday, May 9th

**Maine Women's Conference**, 8:30am-6:30pm. Holiday Inn by the Bay, 88 Spring St., Portland. The mission of The Maine Women's Conference is to draw women together to connect, educate, inspire, and empower one another to assume new and expanded roles in the workforce, our lives and communities. Energizing Breakout Sessions and an interactive Exhibition and Experience Hall will provide insight and advice on relevant topics for women seeking guidance in professional and personal development. \$125 includes lunch. [www.themainewomensconference.com](http://www.themainewomensconference.com)

**Movie Night: Opioids in Maine- A Public Health Conversation**, 5:30-7:00pm. Join us to view short two documentaries about the opioid crisis from two perspectives, with a question and answer forum following. We will watch *The Opiate Effect*, created by Green River Pictures; the true story of Maine's Will Gates, through the eyes of his loved ones, Senator Leahy, Attorney General Holder, and others. The second movie we will watch is *The Opioid Effect: Maine's Fishing Community Battles with Heroin*, created by VICE. It shares real stories of Maine fishermen and their families to show the effects that opioids have had on Maine's fishing community. After that, participants will have the opportunity to learn real-life skills like: How to recognize when someone is having an overdose; What to do if you find someone having an overdose; and How to store your medicines safely and how to dispose of your unused medication. \$5. Register at: [www.mainehealth.org/calendar](http://www.mainehealth.org/calendar)

## Friday, May 18th

**Integrative Health & Chronic Pain Symposium**, 8am-4:30pm. USM Abromson Center/Hannaford Hall, 88 Bedford St., Portland. Learn how integrative and alternative approaches complement conventional medicine in the treatment of chronic pain through insightful, informative panels and presentations. Come enjoy breakfast, lunch and one-on-one experiences with exhibitors and learn from local Integrative and Alternative Practitioners through interactive discussions. Topics to be discussed: Chinese Medicine, Acupuncture, Ayurveda, Osteopathy, Homeopathy, Yoga, Qigong, Medical Cannabis and the relationship between Cancer and PTSD to Chronic Pain. Premier of "HEAL", a Documentary Film about the Healing Power of the Mind-Body Connection. Master of Ceremonies: Dr. Lisa Belisle of Love Maine Radio. Hosted by The Center for Wellness Leadership. \$75 includes all day activities plus breakfast and lunch. \$10 tickets available to attend HEAL film only. For more information, visit: [www.bit.ly/ELM2018](http://www.bit.ly/ELM2018).

## Saturday, May 19th

**Practical Spirituality for Daily Living**, 5-7 pm, Center for Balanced Living, 74 Lunt Rd., Lunt Auditorium, Falmouth. In this live intimate experience, longtime soul sisters, Lauri Ivers & Patsy Culp, will unpack some of life's biggest questions and deliver "Practical Spirituality for Daily Living" from stage. This event will be an "in real life" version of their podcast. As intuitive teachers, Lauri & Patsy will share valuable tools for accessing your own intuition. Cost: \$44. For More information and tickets: <https://www.practicalspirituality.live/live-events>

**Why Do People Talk and Animals Speak**, 10am-4pm. Solid Ground Equine Assisted Life Coaching, 10 Elizabeth Lane, Scarborough. Learn how to connect, listen and talk with animals. In the morning we will learn how to communicate with animals. There will be time for practice and building confidence. Participants receive and share message from various types of animals, both present and distant. In the afternoon it will be all about you. You will spend time one to one with the horses to receive messages and spiritual healing. In addition to this workshop you will receive: Writing journal, Certificate of completion and two drawings to win an equine assisted session or animal communication reading. \$80. Register at: <https://lindasaraco.com/why-do-people-talk-and-animals-speak>

## Monday, May 21st

**Cooking with Health Educators: Portable Meals- Everything Goes in a Jar**, 6-7pm. MaineHealth, Falmouth Learning Resource Center, 5 Bucknam Rd., Falmouth.

Good things come in small packages, right? Learn how to make tasty, portable meals in a cinch. A healthy breakfast, lunch and dinner can be fast and simple. Create perfectly portion-sized meals for on the go! \$20. Register at: [www.mainehealth.org/calendar](http://www.mainehealth.org/calendar)

## Saturday, June 2nd

**Intro to Shamanism & the Shamanic Journey, Saturday, June 2nd**, 10am-5pm AND Sunday, June 3rd, 10am-4pm. Center for Balanced Living, LLC, Suite 206, 74 Lunt Rd., Falmouth. Facilitated by Tina D'Amore, 3 Crows Healing, Shamanic Teacher and Practitioner. Cost: \$175 for this 2-day workshop. For more info and to register: [www.eventbrite.com/e/intro-to-shamanism-the-shamanic-journey-tickets-44195262219](http://www.eventbrite.com/e/intro-to-shamanism-the-shamanic-journey-tickets-44195262219)

**Spring Run: Fish Migration Walk**, 10am-12pm. Join the Presumpscot Regional Land Trust on a guided walk to see the largest fish migration coming from Casco Bay. This guided walk through the land trust's Mill Brook Preserve in Westbrook will be about two miles of walking on moderate trails through the forest. The program is free, registration in advance is required. Register at [www.prlt.org](http://www.prlt.org).

**Dynamic Dirt Challenge & Family Fest presented by SheJams**. Pineland Farms, 15 Farm View Dr., New Gloucester. The Dynamic Dirt Challenge & Family Fest obstacle course is designed to challenge your all-around strength, stamina, mental grit. By registering in this off-road challenge, you will unlock a true sense of accomplishment, have a great time, and discover camaraderie with your fellow participants. Enjoy the race with a team of friends, family or co-workers who help each other conquer the course together or race as an individual! Wherever you start, don't forget your costume! Be a super hero as you conquer each obstacle along the course! \$25-\$70. [www.dynamicdirtchallenge.com](http://www.dynamicdirtchallenge.com)

**Epona Yoga with Jen Fox**, 8am-12pm. Solid Ground Equine Assisted Life Coaching, 10 Elizabeth Lane, Scarborough. Practicing yoga with horses is a sublime experience. Horses innately hold the space of breath, peace, inner-knowing, and whole body consciousness. When we are in the presence of the great spirit of the horse, our true self is reflected back to us. In this class we will do breathing exercises with the horses as well as meditation. The physical practice will be in the studio. After practice we will do a journey meditation with the Goddess Epona. Epona is the Celtic Goddess of horses. This will be a wonderful class where we will connect to our Divine selves with the Divine guidance of the horse. \$40 - max 10 people. Register by calling or messaging Vicki Millette Gelinat at 207-838-3085.

## Wednesday, June 6th

An Evening with Krishna Das, 7:30pm-10pm Kirtan Legend Krishna Das returns to Maine. Don't miss this opportunity to chant, sing and dance in community. South Portland Auditorium, 637 Highland Ave, South Portland. Tickets available at [www.krishnadas.com](http://www.krishnadas.com) Tickets \$45/\$55 at door if available. Contact Lisa Silverman [Lisabethsilverman@gmail.com](mailto:Lisabethsilverman@gmail.com)

## Wednesday, June 13th

**Empower 2 to10: Find your path to resilience in less than 10 minutes a day for improved work and a better you**, 3:30pm-5pm. Center for Balanced Living, LLC, 74 Lunt Rd., Lunt Auditorium, Falmouth. If you are like most of us, the thought of 10 minutes to yourself may seem nearly impossible, especially when we are connected nearly 24/7. In this highly interactive workshop we share and practice simple mindful methods designed to recharge and build resiliency in less than 10 minutes a day. Find precious minutes in your busy schedule and move from reacting to responding in 4 steps, based on decades of scientific study. Join Elizabeth Ross Holmstrom, of BreakTogether, and Elizabeth Jackson, Body and Soul Health Solutions for this interactive workshop. Cost: \$75.00 Register at [www.breaktogether.net](http://www.breaktogether.net).

## Ongoing

### Mondays

**Drop-in Meditation**, 6:30-7:30pm. Center for Balanced Living, 74 Falmouth Rd, Suite 206, Falmouth. Guided meditation for all levels including beginners. Donations accepted. Call if you are attending for the 1st time. 207-781-5100

### Tuesdays

**Drop-in Reiki Clinic**, 2nd Tuesdays of the month, January-June, 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

**Tarot Play with Joyce**, 1st Tuesday of the month, 6:30-8:00pm. Center for Balanced Living, LLC, 74 Lunt Rd., Suite 206, Falmouth, ME. Cost \$25 per session. Call 207-781-5100 for more information.

**Successful Balanced Living radio show**, 1-1:30pm. Tune in to hear Lynda Adams (aka L.A.) on her 100th radio show on WMPG 90.9 FM with guest, Karen St. Clair, EFT Tapping expert, as she shares the benefits of Energy Psychology through EFT Tapping. To stream it live online or listen to the recording after, visit [www.successfulbalancedliving.com](http://www.successfulbalancedliving.com) and click on the WMPG logo.

## Friday, June 29th

**Maine Yoga Fest** (also held June 30 & July 1). East End School, Portland. The Maine Yoga Fest is a 2 ½ day celebration of amazing local yoga talent. The festival offers a diverse program allowing participants to try a wide range of yoga styles and techniques by a variety of teachers. This event supports the growth of Maine's economy by featuring local music, food and vendors throughout the weekend. New this year is a Healing Village, which includes alternative health modalities and much more. [www.maine-yoga-fest.com](http://www.maine-yoga-fest.com)

**The Caregivers Retreat** (June 29-July 1). A Women's Weekend: Rest – Rejuvenate – Renew. The Mindfulness Retreat Center, Saco. For information and registration, contact: Ann Quinlan at [ann@spiraljourneys.com](mailto:ann@spiraljourneys.com) or call 207-899-2606. See article on page 8 and ad on page 6.

## Wednesdays

**Mindfulness-based Anxiety Skills Workshop**, Wednesdays, May 23-June 27, 6pm-7:30pm. Center for Balanced Living, Gathering Room, Suite 206, 74 Lunt Rd., Falmouth. Join mental health counselor Lillian Harris, LCPC-C for a 6-week series on using mindfulness-based skills to manage anxiety. We will talk about what anxiety is from both physical and psychological perspectives and learn integrative tools for supporting mind and body. This workshop will combine teaching with experiential exercises so each participant benefits from a supportive group environment and has the chance to unwind, relax, and reflect during each meeting. Course fee: \$150. For more information and to register call Lillian at (207) 619-3563 or visit [www.lillianharris-counseling.com](http://www.lillianharris-counseling.com)

**Successful Balanced Living Radio Show**, 1-1:30pm 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, emotionally and spiritually. Also listen to live stream or to previously aired shows at [successfulbalancedliving.com](http://successfulbalancedliving.com) and clicking on WMPG logo.