

## Tuesday, July 10th

**The Feldenkrais Method - Focusing on Circles and Spirals.** 10:30am-12pm. The Yoga Center, 449 Forest Avenue, Portland. The deeper patterns that connect to nature's brilliant design. The Feldenkrais Method empowers you to gain more mastery over how you are using your body by cultivating awareness and imagination. Starts July 10th and is held every Tuesday for 4 weeks. \$70 session or \$20 drop-in per class. FMI, visit: [www.maine yoga.com](http://www.maine yoga.com) or call 774-9642.

## Saturday, July 14th

**Yamuna Body Rolling – Total Body Focus.** 9:30-11am. The Yoga Center, 449 Forest Avenue, Portland. Come discover the amazing benefits of Yamuna Body Rolling. Stimulate bone, massage tight muscles, hydrate tendons and ligaments, re-align the joints, strengthen the core, create length and space and have fun! What more could you ask for? Only \$20. Also available on Tuesday mornings from 9:15-10:15am for \$15. FMI, visit: [www.maine yoga.com](http://www.maine yoga.com) or call 774-9642.

## Friday, July 20th

**Women's Wellness Hiking Retreat Weekend.** 3pm Friday - 3pm Sunday at Camden Hills State Park in Camden. This empowering retreat is designed for the midlife woman who is in need of some soulful time away to reconnect with her inner wisdom, challenge her body, and grow her mind. We will hike an easy 2 miles in to the Ski Shelter where we will set up camp for the weekend. You will be guided by Leah Wentworth, a Holistic Health Coach and Energy Healer, who is passionate about bringing women together to grow, heal, and support one another on their life's journey. There will be daily hikes, guided self-reflection and sharing time, evening fire circles, a group sound healing session with Vibrational Healer Andrea Wenger and creative camp meals by Jacqueline Diaz De Villegas of Food Dynamics. \$295. FMI or to register visit: [www.innerwisdomhealth.net](http://www.innerwisdomhealth.net) or call 207-205-5518.

**Be Well Sunset SUP Yoga featuring Portland Paddle & B.GOOD.** 5:30-7:30pm. East End Beach, Eastern Promenade, Portland. Join us on Portland's East End beach for an all levels SUP yoga flow! First timers to advanced SUPers are welcome! We will adventure out in the bay and find our balance as we float on the beautiful Portland waterfront - what better way to explore the harbor! After class, B.GOOD will join us to serve some savory bowls as we mingle and enjoy the sunset. Space is limited. FMI, visit: [www.bewellin-maine.com/events](http://www.bewellin-maine.com/events)

## Saturday, July 21st

**New England Metaphysical and Holistic Festival.** 10am-5pm (also held July 22nd). Augusta Civic Center, Augusta. New England's premier metaphysical festival offering amazing workshops, readers, healers and merchandise! This year's line-up includes world renowned guest speakers and vendors from across the globe. FMI, visit: [www.nem-hofest.com](http://www.nem-hofest.com).

**My Health and Wellness Expo.** 9am-4pm. Radisson Hotel, 700 Elm Street, Manchester, NH. When it comes to your health, there is a world of information out there. Western medicine is just one remedy for what ails you, and often we are seeking options outside of standard treatments. The Manchester Health and Wellness Expo is your number one resource for the newest and trending health options. Talk to local experts and find out exactly what you need to know to make the right choices for YOU. Learn about the most exciting products, services and trends that enable you to live your most vibrant life. Free event. Register at: [www.myhealthandwellness-expo.com](http://www.myhealthandwellness-expo.com)

## Saturday, July 28th

**Wild Vibes Festival.** 12-8pm. Spring Hill, 117 Pond Road, South Berwick. Wild Vibes festival is back for its FIFTH year and we can't wait to celebrate all the wild with you. Enjoy a full day in nature with live music, inspiring yoga classes, workshops, art presentations, healing sanctuary, marketplace with local and international artisans and food vendors, kids corner, SUP yoga and paddleboarding, and so much more! A portion of festival proceeds benefit PURES A HUMANITARIAN FOUNDATION and YOGA & CANCER SATYA. \$15-\$64 Free for kids 12 and under and NEW this year there's a KIDS CAMP CORNER! Drop your kiddos off at Wild Vibes camp so that you can experience all the festivities! FMI, visit: [www.wildvibes.org](http://www.wildvibes.org)

## Wednesday, August 1st

**AARP Canoe Tour.** 1-3:30pm or 3:30-5pm. Maine Audubon, Scarborough Marsh, 92 Pine Point Road, Scarborough. Join us for a canoe tour especially for AARP members. We will meet at the nature center and canoe together on the Dunstan River looking at the migrating birds and the other wildlife of the marsh. Must be AARP members to register for this event. FMI and to register, visit: [www.maine-audubon.org/events](http://www.maine-audubon.org/events)

## Saturday, August 11th

**Attean Family Pow Wow.** 9:30am (also held August 12th). Maine Wildlife Park, Gray. Tribal representatives from Maine, New England & around the country will be at the park for two full days with native dancers, drummers, craft vendors, singers & traditional food booths. This year, don't miss NEW activities, food, music & Grand Entry presented each day. An exciting opportunity to learn more about Native American culture & heritage. (All day, rain or shine). FMI, visit: [www.maine.gov/ifw/wildlife-park/events.html](http://www.maine.gov/ifw/wildlife-park/events.html)

## Sunday, August 12th

**Be Well Rooftop Rejuvenation with Bayside Bowl & Kat Cynewski.** 8:30-11am. Bayside Bowl, 58 Alder Street, Portland. Be Well Portland and Health Resonates are thrilled to bring you Rooftop Rejuvenation!! We invite you to the breathtaking roof at Bayside Bowl for a one hour flow with Be Well owner and instructor, Kat Cynewski. This epic morning will include pre fitness complimentary massages and a braid bar, yoga with bumpin' beats and a whole lotta energy plus some fun goodies from our epic sponsors! This will be THE fitness morning of your summer! Enjoy some goodies from our amazing sponsors post event and stick around for drinks on the roof. Come pamper, sweat, take in the views, and SUNDAY FUNDAY with us! FMI, visit: [www.bewellinmaine.com/events](http://www.bewellinmaine.com/events)

## Friday, August 24th

**Full Moon Canoe Tour.** 7-8:30pm (also held same time on August 25 & 26). Maine Audubon, Scarborough Marsh, 92 Pine Point Road, Scarborough. Experience the sights and sounds of marsh creatures under the full moon. Watch for black-crowned night heron along the bank or snowy egret flying back to a nearby island for the evening. We may even see a harbor seal or a muskrat playing in the water. Arrive no later than 6:30pm. \$14/\$16. Advanced registration necessary. FMI & to register, call: 207-883-5100.

## Saturday, August 25th

**Life of the Honeybee.** 11am. Maine Wildlife Park, Gray. Learn about the industrious life of the honey bee, & the role of the beekeeper. Parts of the bee hive & beekeeping equipment will be on display & experienced bee keepers will be available to answer your questions. A variety of delicious native Maine honey & other natural products from the hive will be on sale. FMI, visit: [www.maine.gov/ifw/wildlife-park/events.html](http://www.maine.gov/ifw/wildlife-park/events.html)

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# 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.

## Wednesdays

**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.

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# Classified



### Room Rentals Available at Soul Being:

Beautiful treatment rooms for wellness professionals in the heart of Portland. 3 rooms available on a month by month basis. Rooms are 10 x 12, are insulated for sound reduction and two include a sink within the room. Facilities include customer restrooms and waiting areas. \$600-\$700 per month includes use of workshop/meeting space. Call Marteen at 207-805-1496. [www.soulbeing.com](http://www.soulbeing.com)