

Thursday, January 10th

Intro to Medicinal Cannabis and Hemp, 6-7:30pm, Coastal Pharmacy & Wellness, 29 Marginal Way, Portland. Cannabis is a medicinal plant that has been used since ancient times. There's no doubt that it has become shrouded in controversy and confusion. At Coastal, we get many questions surrounding it's many forms and uses. It's become evident that education on the legitimacy of its power to treat various conditions is sorely needed. Jay Reighley, Nurse Practitioner at Integr8 Health, will be here to share her extensive knowledge of the topic and answer your questions. Free Event. Register at: www.coastalpharmacyandwellness.com/resources/events/

Saturday, January 12th

Yin and Yoga Nidra, 4-5:30pm, Creating Space Yoga, 1717 Congress Street, Portland. Reinforce your New Year's resolution and make time to nurture yourself after the holiday season. Join us in this Yin Yoga sequence followed by Yoga Nidra. Nicole will guide us into supported Yin poses to quiet the mind and open the body's meridian system in preparation for the experience of Yoga Nidra. Yoga Nidra uses the positive force of visualization and directs it into the future to manifest one's intention. This practice is beneficial for all and no previous experience is necessary. \$20/time and money well spent on YOU! For more information, visit <http://www.creatingpaceyoga.com> or call 207.808.0857.

NES Health Q&A, 11am and 1pm, Inner Image, 5 Fundy Rd., 1st Floor, Falmouth. Here's your chance to find out about the revolutionary system called NES Health. NES is the perfect union of 21st Century technology, ancient healing modalities and 30 years of research into bio-energetics. The result is The Future of Healthcare. If you've suffered with chronic complaints for years or even decades, this talk is for you. Come find out about the leading-edge technology that's been used successfully, world-wide, for more than 12 years. The presentation is free but space is limited to 7 people per session. It's vital you call to confirm your attendance at 207.781.6060.

Sunday, January 13th

Be Well Fest 2019, 10:30am-5pm, Brick South Events & Catering Co., 8 Thompsons Point, Portland. A full day of wellness bliss and intention setting to assist you in creating your BEST year! Step inside this trendy wellness oasis for your 1-day escape when you need it most - the middle of New England winter! With experts in the wellness field ranging from yoga and beauty to astrology and nutrition we will be sure that you leave this festival feeling refreshed, reenergized, and inspired to make

wellness changes in your life, making 2019 your best year yet! \$95-\$125. For more info and to register: www.bewellevents.com/events.

Maine Yoga Co-Op: Studio Collaboration Class, 1:30-3:30pm, Congregation Bet Ha'am, 81 Westbrook St., South Portland. We are so excited to be launching the first bi-annual event from the Maine Yoga Co-Op. This event was designed to simply bring the entire yoga community of Maine (and beyond) together under one roof to practice, to connect, and to build awareness around some amazing organizations doing such important work right here in Maine. Join us in the gorgeous space of Bet Ha'am for a 2-hour yoga class co-led by local studio owners. Expect a blend of vinyasa flow, chanting, yin yoga, yoga nidra, singing bowls, guided meditation, and pranayama (breath-work). We will be collecting donations during this event in support of Preble Street Resource Center. Please come 15 minutes early to settle in. Please bring your own mat and any yoga props you will need! Cash, check, blankets, warm socks, and hand warmer donations all accepted. Please RSVP on our Facebook event so we know how many to expect. www.facebook.com/events/582308762230811

Saturday, January 19th

Winter Tree I.D., 1-2:15pm, Loring Memorial Park, 449-455 Eastern Promenade, Portland. Intimately getting to know our neighbors in the natural world, be they plants, animals, rocks, rivers, trees, wind directions, weather patterns, etc., is an invaluable, universal, ancient tenet of humanity. Uncivilized humans throughout time have depended on their intimate relationships with the other living and non-living members of the community of life to thrive. Tree identification, then, is a key human skill and intrinsic to the rewilders' path. Tree identification is tougher in winter, when most trees have lost their leaves! Let's connect, get outside on a wintry afternoon, and learn to employ simple techniques to effectively identify most trees by their location, bark appearance and growth patterns. Dress warm! Free Event, but Donations of \$5-10 [tax-deductible!] will be graciously accepted. Hosted by Rewild Maine. Register at: www.rewildmaine.org.

Journey Within: A Nourishing Sacred Breath-work Workshop, 1-3pm, Bhavana, Freeport. Come home to your divine self with this deeply nourishing and soul-inspiring supine journey. Led by long-time Integrative Breath-work practitioner and Somatic Breath Therapist, Tania Zuckerman, this deeply integrating "sacred pause" is the time to truly catch your breath and embody and give your body some deep healthy breath nourishment. Are you feeling like you're ready to feel better in your body this winter? Do you need help accessing your intuition so you know what's next in your

life? Are you ready to re-awaken to your heart space and enliven your energy and joy? Wake up to you and breathe into your full authenticity. \$37. Register at bhavanaspas.com/events.

Thursday, January 24th

Intro to Herbs: Dreaming your Herb Garden into Being, 6-7:30pm, Coastal Pharmacy & Wellness, 29 Marginal Way, Portland. What a beautiful, intimate, and deeply healing relationship you are creating, whether in a yard or in potted plants. Consider your own personal health goals, as this will support you in determining who you may want to invite to be a part of your magic space. We'll speak briefly of strategies for building a garden bed, then of moist/dry and sun/shade considerations. We'll allow time and space for intuition to come forth and for questions to be answered. You will leave inspired and with confidence. Class led by Mischa Schuler, Community Herbalist and Founder of Wild Carrot Herbs. Free Event. Register at: www.coastalpharmacyandwellness.com/resources/events/

Sunday, January 27th

Cello Yin & Yoga Nidra, 5:30-7pm, The Sunshine Factory, The Castle Building, 100 Brickhill Ave., South Portland. Yin yoga, guided by Kristine Keegan, with live musical accompaniment by cellist, Volkhard Lindner, principal cellist of the Southern Maine Symphony Orchestra. Followed by Yoga Nidra. Yoga Nidra is a state of consciousness between waking and sleeping, also known as yogic sleep. It is among the deepest possible states of relaxation while still maintaining full consciousness. The concept roots from ancient Indian tradition, as a practice of opening to the deeper phases of the mind; promoting internal healing and reduction of tension and anxiety. This uniquely relaxed state produces brain waves that allow one hour of practice to be the equivalent of four hours of sleep. \$20 in advance/\$25 drop-in. Due to limited space, preregistration is recommended. Register at: www.thesunshinefactorymaine.com/events.

Friday, February 1st

NES Health Q&A, 4pm, Inner Image, 5 Fundy Rd., 1st Floor, Falmouth. Here's your chance to find out about the revolutionary system called NES Health. NES is the perfect union of 21st Century technology, ancient healing modalities and 30 years of research into bio-energetics. The result is The Future of Healthcare. If you've suffered with chronic complaints for years or even decades, this talk is for you. Come find out about the leading-edge technology that's been used successfully, world-wide, for more than 12 years. The presentation is free but space is limited to 7 people per session. It's vital you call to confirm your attendance at 207.781.6060.

A Night of Guidance on Unconditional Love, 6-8pm, Flourish-Arts as Sacred Healing, 140 Main St., Suite 105, Biddeford. Come and receive guidance to create, express and live freely, thereby allowing you to align to your greatest fulfillment of desires. Led by Lauri Ivers & Pamela Brewer, Universal Channels & Intuitive Guides. This will be an open forum with a message from Spirit on Unconditional Love. Laurie and Pam will then take your questions and concerns and offer you guidance and support from the broader perspective of Spirit. \$35. To find out about other channeling sessions with Lauri at Flourish visit www.flourishme.life. To register: Email Flourishmaine@gmail.com or call 508.728.4984.

Saturday, February 2nd

NES Health Q&A, 11am and 1pm, Inner Image, 5 Fundy Rd., 1st Floor, Falmouth. Here's your chance to find out about the revolutionary system called NES Health. NES is the perfect union of 21st Century technology, ancient healing modalities and 30 years of research into bio-energetics. The result is The Future of Healthcare. If you've suffered with chronic complaints for years or even decades, this talk is for you. Come find out about the leading-edge technology that's been used successfully, world-wide, for more than 12 years. The presentation is free but space is limited to 7 people per session. It's vital you call to confirm your attendance at 207.781.6060.

Monday, February 4th

100+ Women Who Care Southern Maine Meeting, 5:45-7:40pm, Italian Heritage Center, 40 Westland Ave, Portland. Arrive at 5:45 pm for Registration, Silent Auction, Networking and Light Refreshments. Meeting time is 6:30-7:40pm. To learn more or to join, contact Founder Deb Bergeron at deb100women@gmail.com or 207-797-9007. www.100womewhocaresouthernmaine.com.

Wednesday, February 6th

Maine Wellness Professionals Networking Event, 4:30-6:30pm. Soul Being, 622 Congress St., Portland. A business-casual networking event for anyone working in the Wellness Industry in Maine. As many wellness providers work independently, this group aims to provide a platform to share tips, ask questions and help one another navigate legalities, policies and best practices within the Maine wellness community. Free event. 4:30-5:30pm features a limited seating educational workshop followed by open networking until 6:30pm. FMI & to register, visit: mindwellmarketing.com

Saturday, February 9th

Grand Opening! Hummingbird Haven Massage and Wellness collaborates with Crystal Clear Vibrations, 12-4pm, 1 NE Rd., Standish. Come gather with us for tea, tuning fork and tarot reading sessions! Offerings also encompass massage, reiki and sound therapy. Valentine's Day gift certificates available! For more information, call 207.572.6488.

Family Snowshoe with Audubon, 11am-12:30pm, Maine Audubon-Gilsland Farm, 20 Gilsland Farm Rd., Falmouth. Come join the Falmouth Land Trust and Maine Audubon during Great Maine Outdoor Weekend for a family snowshoe, baked goods and hot chocolate on Gilsland Farm. Free event.

Saturday, February 16th

Winter Carnival, 10am-2pm, Maine Audubon-Gilsland Farm, 20 Gilsland Farm Rd., Falmouth. Join us for a celebration of winter weather and wildlife! Learn, create, and play at a variety of indoor and outdoor activity stations, including a winter wildlife touch table, giant snow shelter, scavenger hunt, tracking activities, snow science and art, face painting, snowshoeing with L.L.Bean Outdoor Discovery School, and more! Members: Free; Non-members: \$9; Children 2 and under: Free. No pre-registration required. Non-members, or lapsed members can sign up in advance to avoid long lines at the door. www.maineaudubon.org/support/membership.

Saturday, February 23rd

Winter Survival, 9am-1pm, Carter Field on Eastern Promenade, Portland. Learning to survive, and truly thrive, without the support of modern amenities is what rewilding is all about. In the event of a cold-weather wilderness emergency, meeting basic needs for shelter, water and food become an imperative. Learn the basics of winter survival: how to build a snow cave, organize priorities, start a fire on the fly, drink tea, and mostly build a snow cave. We'll meet on the prom in the big flat spot north of the playground: Carter Field. Bring a shovel and a snack! If you don't have either of these things you may still survive. We will provide some shovels, and snacks and hot tea. Call if you get lost: 207.808.2183. Free event, but donations of \$5-10 (tax-deductible!) will be always be graciously accepted. Hosted by Rewild Maine. Register at: www.rewildmaine.org.

Ongoing

Monthly

Midcoast Lyme Disease Support & Education Support Group, 1st Wednesday of each month, 6-8pm, Mid Coast Hospital (conf rms 1&2), 123 Medical Center Dr, Brunswick. FMI: Paula Jackson Jones at 207.446.6447 or Angele Rice at 207.841.8757 or Email: info@mldse.org. Visit www.mldse.org for list of more support group meetings.

Veterans Reiki Project, 1st Thursday each month, 4-8pm, 62 Portland Rd., Suite 42, Kennebunk. Reiki is provided to veterans and their family members free of charge. Visit veteransreiki.org for more info.

Performers Showcase, 1st Thursday of each month, 7-10pm, Flourish-Arts as Sacred Healing, 140 Main St., Suite 105, Biddeford. All genres-music, acting monologue/scenes, comedy, song & spoken! Visit www.flourishme.life for more info and for other events.

Healing Salon, 3rd Thursday of each month, 6:30-9:30pm, Flourish-Arts as Sacred Healing, 140 Main St., Biddeford. Relax and experience the power of Healing Arts. Choose from an array of evolving mini-sessions of Energy Healing such as Reflexology, Reiki, Massage, Flower Essence Healing. \$2 at the door includes refreshments. Individual fees for services.\$2 at the door, individual fees for services. Gather with a group of friends, 4 or more and admission is free! Visit www.flourishme.life for more info and for other events.

Mystical Soiree, 2nd Friday of each month, 6-10pm, Flourish-Arts as Sacred Healing, 140 Main St., Suite 105, Biddeford. Stop in for an enchanted evening of refreshments and readings such as Tarot, Runes, Flower Essence, Mediumship and Wellness. \$5 at the door includes refreshments and live music. Individual fees for services. Visit www.flourishme.life for more info and for other events.

Weekly

Tuesdays

Weight Loss Group, Kickstart Your Health in the New Year, 6-7:30pm, Cape Elizabeth Community Services, 343 Ocean House Rd., Cape Elizabeth. Every Tuesday starting January 22 until March 19. Class led by Nicolaus Bloom, Certified Integrative Health Coach. Call to Register: 207.799.2868.

Thursdays

Weight Loss Group, Kickstart Your Health in the New Year, 6-7:30pm, South Portland Community Center, 21 Nelson Rd., South Portland. Every Thursday starting January 24 until March 21. Class led by Nicolaus Bloom, Certified Integrative Health Coach. Call to Register: 207.767.7650.

Sundays

Living Life with Lynda Show (formerly Successful Balanced Living show), 11am-12pm weekly, WLOB 100.5FM or 1310AM or stream online at www.WLOBradio.com. Tune in to hear our own Marketing Director, Lynda Adams, 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 previously aired shows and sign up for Lynda's newsletter at www.successfulbalancedliving.com.