

CALENDAR of EVENTS

ONGOING

Speaking Engagements. Dr. Ronald Stram, founder of the Center for Integrative Health and Healing in Delmar, NY offers a wide variety of talks, such as Lyme Disease, IV therapies, Mistletoe therapy in the treatment of cancer, etc. Please contact the Center to schedule a talk or find already scheduled go to cihh.net

Reiki Classes. The Center for Integrative Health and Healing in Delmar, NY offers ongoing reiki classes, all levels, visit www.cihh.net for schedule or call 518-689-2244.

Gnosis – n. knowledge, wisdom, v. direct experience of the Truth, Path to Enlightenment, Ancient Mystery School. New classes starting, 518-587-7680, gnosissprings@yahoo.com, Free and open to all.

3rd Tuesday of the month

Round Table Discussion Group “A Way out of the Matrix” 6:30 p.m., 19 Bushnell Avenue (adjacent to Lectorium Rosicrucianum Conference Center), Chatham, NY. Free. 518.392-2799, www.lectoriumrosicrucianum.org, chatham@goldenrosycross.org. Group will not meet in February and July.

Saturdays

Nia class, 9am, check www.joellelydon.com/move-with-nia for details.

Sundays

Nia class, 10:30am check www.joellelydon.com/move-with-nia for details.

FEBRUARY

February 3-5

Women’s Winter Weekend Chock Full of Adventures, Relaxation and Friendship, YMCA Camp Chingachgook is offering another weekend getaway for women of all walks of life. The Winter Women’s Weekend theme is the Oscars and will feature an

evening of awards, trivia and sparkling wine tasting as well as all the traditional offerings of snowshoeing, winter hiking, tubing, crafts, scrapbooking, fitness classes, manicures & pedicures, massages and even some cozy time by the fire! For more information and to make a reservation, call (518) 656-9462.

Saturday, February 4

Bach Essences to Beat the Blues?, Four Seasons Natural Foods, 33 Phila Street, Saratoga Springs will host Nini Gridley, MS Ed, Bach Foundation Registered Practitioner, on Saturday mornings February 4th, March 10th and April 7th from 9:00-11:00 AM in the cafe. Nini will discuss and demonstrate how to use Bach Flower Essences with adults, children or pets, to balance negative emotional states, like the winter blues. Drop by with questions or come to learn more about how this amazing system of vibrational medicines, derived from Nature, can gently relieve fears, worry and other stressful negative emotional states. Contact Nini Gridley at 518.573.0571 or fullspectrumhealing@gmail.com.

Sunday, February 5

Reiki I, 9-5 Instructor Linda L. Thompson, BS, LMT, \$120 Clifton Park location, 518-885-3707, Lthomps2@nycap.rr.com, www.holistichealingartssaratoga.com

February 6- March 5

Overcoming Underearning®- Explore your limiting beliefs around money and transform your relationship with abundance- This tele-class can be done from the privacy of your own home. Register at www.joellelydon.com/events/overcoming-underearning, 7-8pm

Tuesday, February 7

Autism: Awareness and Action — a presentation with Dr. Dermot Connole Jinks of AAC Family Wellness Center that takes a look at why and how autism has gone from a disorder affecting 1 child out of every 10,000 in the 1980’s to currently affecting 1 child in every 100 - an increase

of 1000%! 6:30 pm, Saratoga Springs Public Library, Free. Sponsored by Saratoga Integrative Medicine Education Network, or SIMEN. 518-210-1557.

Sunday, February 12

Nia Community class 10:30-11:40 check www.joellelydon.com/move-with-nia for details.

Saturday February 25

Reiki II, 9-5 Instructor Linda L. Thompson, BS, LMT, \$120 Clifton Park location, 518-885-3707, Lthomps2@nycap.rr.com, www.holistichealingartssaratoga.com

Sunday, February 26

Women’s Snowshoe, YMCA Camp Chingachgook will offer a full-day of snowshoeing on Buck Mountain on February 26. Snowshoes, lunch and guide provided. For more info, call YMCA Camp Chingachgook at (518) 656-9462.

MARCH

Sunday, March 4

Contemplative Reading in the Temple of the Golden Rosycross, 4 p.m. at the Lectorium Rosicrucianum Conference Center, 21 Bushnell Avenue, Chatham, NY. Free. 518.392-2799, www.lectoriumrosicrucianum.org, chatham@goldenrosycross.org

Saturday, March 10

Bach Essences to Beat the Blues?, Four Seasons Natural Foods, 33 Phila Street, Saratoga Springs will host Nini Gridley, MS Ed, Bach Foundation Registered Practitioner, 9:00-11:00 AM in the cafe. See Feb. 4 for description. Contact Nini Gridley at 518.573.0571 or fullspectrumhealing@gmail.com.

Sunday, March 11

Nia Community class 10:30-11:40 check www.joellelydon.com/move-with-nia for details.

Tuesday, March 20

Find Your Personal Totem Pole, 8 week class held from 6:30-8 in Saratoga. You will use shamanic journeys to find guides capable of offering information about existing question and will show you new possibilities for living a more fulfilling life. Facilitated by Katrina Clay. 518-583-3277, katrina@healingspringsjournal.com

Thursday, March 29

You’re Having Your Baby Where? Exploring Your Options for Homebirth—A program that looks into homebirths, and the

growing movement towards out-of-hospital births, including recent positive changes in legal status and insurance coverage that makes them even more accessible. With presenters Betsy Mercogliano, Licensed and Certified Professional Midwife, and Tisha Graham, Certified Professional Midwife. 6:30 pm, Saratoga Springs Public Library, Free. Sponsored by Saratoga Integrative Medicine Education Network, or SIMEN. 518-210-1557.

SAVE THE DATE

Saturday, April 7

Bach Essences to Beat the Blues?, Four Seasons Natural Foods, 33 Phila Street, Saratoga Springs will host Nini Gridley, MS Ed, Bach Foundation Registered Practitioner, 9:00-11:00 AM in the cafe. See Feb. 4 for description. Contact Nini Gridley at 518.573.0571 or fullspectrumhealing@gmail.com.

Saturday, April 21

1st Annual Natural Family Festival, Come join other families interested in natural living for a fun filled day of family activities and shopping. We will be bringing together Green, Eco-friendly, Holistic and Natural Family Resources from the Capital District, Southern Vermont and Western Mass. Sportsplex of Halfmoon, 6 Corporate Dr., Halfmoon. www.naturalfamilyfestival.com

May 11-13

Girlfriends Getaway, Women's Wellness Workshops, Fitness Classes, Inspiring Speakers, Welcome Reception, Nature Hike, Kayaking, Stand Up Paddle, Fly Fishing Presentation, Ambush Makeover, Beauty & Cooking Demos, Luncheon, Fashion Show at The Sagamore. Dining, Shopping & Lodging Specials. Keynote Speaker Marcie, Fraser—YNN Health & Fitness Reporter 518.644.3831 www.girlfriendsgetawaybolton.com

Send your listings to:

katrina@healingspringsjournal.com They are .50/word or if the event is free for the public, the event is free to list (we then have the right to edit as space allows.)

DIRECTORY

of Practitioners

ACUPUNCTURE

Michael Wayne, Saratoga Springs 518-210-1557 and Latham 518-782-0723

Diane MacDonnell, Glens Falls, 518-745-5889

Rebecca Rice, The Center for Integrative Health & Healing, Delmar www.cihh.net, 518-689-2244.

Christopher Rielly, The Center for Integrative Health & Healing, Delmar, www.cihh.net, 518-689-2244.

Doug Lavergne, ND, LAc Glenville, 518-399-3838

Dr. Terry McCormick, DAOM, LAc Saratoga Springs, NY 518-250-2273 www.nynjreliefcenter.com

Robert Galarneau, RN, L.Ac., NCCAOM certified, evenings and weekends. Guilderland, 518-269-6067

Jessica Davis, MD. Stillwater, NY. drjess@jessicadavismd.com, (518) 664-6116. www.jessicadavismd.com,

ANIMAL CARE

Jill Stewart, Equine Sports Massage Therapist and Canine Massage Therapist, Certified Aromatherapist 518-339-4348, Jillstwr@yahoo.com www.PrivateLabel-Aromatherapy.com

Susan Hamlin, The Saratoga Animal Whisperer Animal Communication, 518-245-8010, www.animal-whisper.com

Kristina Dallas, DVM. Ancient Arts Veterinary Acupuncture. Saratoga Springs, NY. 727-2940. Holistic care for pets. House calls.

ANTIQUES

Mark Lawson Antiques, Saratoga, Colonie, 518-587-8787, 1-877-902-8787, www.marklawsonantiques.com, marklawsonantiques@gmail.com

AROMATHERAPY

Jill Stewart, Cert. aromatherapist, full line of human and animal aromatherapy products, single essential oils and custom blends Gift baskets and party favors available 518-339-4348, Jillstwr@yahoo.com, www.privateLabel-Aromatherapy.com

Andrée Fucci, Holistic Aromatherapist, Classes, Consultations, Reiki, Young Living Aromatherapy products, 518-682-7510, essence2essence@yahoo.com

ART THERAPY

Judd Arlen Brynes, Saratoga, 518-668-2922, jrbrynes@roadrunner.com

ASTROLOGY

Arlene DeAngelus, 518-371-8097, ADeAngelus@aol.com

BACH FLOWER ESSENCES

Nini Gridley, MS Ed, BFRP, Consultations by appointment, in person or over the phone. 518-573-0571 or fullspectrumhealing@gmail.com

CAREER COUNSELING

Penny Loretto, 518-798-6057, career@careerchoic.com, www.careerchoic.com

CENTERS

The Center for Integrative Health & Healing, Delmar 518-689-2244.

One Roof, Saratoga Springs 518-581-3180, www.oneroofsaratoga.com

Still Point Interfaith Retreat Center, www.stillpointretreatcenter.com, 518-587-4967

Simor Centre for Wellness, Saratoga, 518-210-4703

Anandhaya Spiritualist Center, 27 2nd St, Troy NY (518) 307-2715

Kawing Crow Awareness Center, 518-893-2620, www.kawingcrow.com

New Thought New York, classes and