

CALENDAR of EVENTS

ONGOING

Mondays

Meditation, 5:30-7:00pm at Shambhala Meditation Center of Albany, 879 Madison Avenue, Albany. www.albany.shambhala.org. 518-729-4055. Free.

Tuesdays

Meditation, 5:30-7:00 pm at Shambhala Meditation Center of Albany, 879 Madison Avenue, Albany. www.albany.shambhala.org. 518-729-4055. Free.

Wednesdays

Meditation and Short Discussion lead by Annette M. Nadeau, LMT, PhD for the purpose of creating a deeper sense of inner peace and sanctuary. This peace will then be brought out into the world simply through your presence. Location: Dunning Street, Malta, NY in the Beauty Society Building (looks like a small house across from the Ballson Spa National Bank). Time: 7 pm to 8:30 pm Dates: Jan. 13, 20; Feb. 3, 10, 17, 24; March, 3, 17, 24, 31; April, 7, 14, 21, 28 May 5, 12 Cost: donation. Bring: water to drink Wear comfortable clothing. Be prepared to sit in a supportive environment where true emotional/spiritual healing can take place. Folding chairs will be provided. However, if you prefer the floor, bring what you need to be comfortable. Please call Annette to register: 664-6601

Meditation, 5:30-7:00 pm at Shambhala Meditation Center of Albany, 879 Madison Avenue, Albany. www.albany.shambhala.org. 518-729-4055. Free.

Meditation Sessions with Healing Practitioner, Beth Netter, MD and the Center's Yoga instructor Jim Whiting. FREE. Every Wednesday evening 7:30-8:30. For beginners and experienced individuals seeking the cultivation of clarity and mindfulness. The Center for Integrative Health & Healing 388 Kenwood Ave Delmar. 518-689-2244 www.cihh.net

Thursdays

Finding Inner Peace and Happiness through Meditation: Ongoing series of

meditation classes, sponsored by Odiyana Buddhist Center in Saratoga, are being held at the Franklin Community Center in Saratoga Springs. Explore the role of your own mind in dealing with pain and problems, learn how to maintain inner peace even in difficult circumstances, and discover the power of wisdom and compassion. Each class includes guided meditations, teachings, and discussion. Attend whole series or drop in any class. The cost is \$10 per class. Everyone welcome! Time: (most) Thursdays, 7-9pm Location: Franklin Community Center, 10 Franklin Street, Saratoga Springs, NY. Taught by Buddhist Teacher Eve Arias from Odiyana Buddhist Center in Saratoga Information: (518) 879-5419; e-mail meditateUPNY@gmail.com. Website: www.meditateUPNY.org
Meditation, 5:30-7:00 pm at Shambhala Meditation Center of Albany, 879 Madison Avenue, Albany. www.albany.shambhala.org. 518-729-4055. Free.

FEBRUARY

Monday, February 1st

Reiki Share: 6pm-8pm. Reiki Shares are opportunities for individuals who have taken Reiki classes to get together and exchange Reiki with each other. Tips, tricks, and methods can be shared as individuals give and receive Reiki treatments. Prerequisite: Completion of at least Reiki I. Suggested Donation: \$5.00 solutionsforhealingandrenewal.com

Wednesday February 3

Learn to Meditate, 7-8:30 pm at Shambhala Meditation Center of Albany, 879 Madison Avenue, Albany. www.albany.shambhala.org. 518-729-4055. \$5 donation suggested.

Friday, February 5

Karaoke for the Soul, Harmonize Yourself & the Planet with author, teacher, healer Joan Cerio. 7-9 PM. \$20. 64 Hartman Rd, Hudson Falls. Call Sheila 518-361-7355 to register by 1/30. Go to JoanCerio.com for details.

Saturday, February 6

Getting to You - Removing Your Filters to See the Real You with author, teacher, healer Joan Cerio. 10-5. \$60. 64 Hartman Rd, Hudson Falls. Call Sheila 518-361-7355 to register by 1/30. Go to JoanCerio.com for details.

Parenting as Path, Once per month discussion of how raising our children with mindfulness and awareness can lead us to awakening. Children welcome. Shambhala Meditation Center of Albany, 10-11:30 AM. 879 Madison Avenue, Albany. www.albany.shambhala.org. 518-729-4055. \$5 donation suggested

Sunday, February 7

Shift Happens - 2012 Prophecy & the Eleventh Hour with author, teacher, healer Joan Cerio. 1-5. \$40. 64 Hartman Rd, Hudson Falls. Call Sheila 518-361-7355 to register by 1/30. Go to JoanCerio.com for details.

Monday, February 8

Health and Healing: The Power of Letting Go — an experiential program on creating health by letting go of self-limiting beliefs and feelings. With Ryu Yoshida, practitioner of the Sedona Method. 6:30 pm, Saratoga Springs Public Library, Free. Sponsored by Saratoga Integrative Medicine Education Network, or SIMEN. 518-210-1557.

Friday, February 12

Continuum Movement taught by Mary Abrams, 10 am - 1:30 pm Dance Studio at the Beacon Feed Building Hubbard Hall Projects, Cambridge, NY 12816, \$45 until 2/12, \$50 after 2/12, 518 677 2495

Sunday, February 14

The New Moon Meditation 7:00-8:30 PM, Yoga Mandali, 454 Broadway, Saratoga Springs, NY. Call Nini Gridley for more details: 518 573-0571

Saturday, February 20

Reiki Master Class: 3 Saturdays: February 20th, March 6th, & May 8th 9am-4:30pm each day. In this class, students will be attuned to the Master level of Reiki. Students will identify their calling within the practice of Reiki, learn how to teach Reiki to others, and learn strategies to build a successful Reiki Practice Prerequisite: At least 6 months post completion of Reiki II & Ability to independently reproduce Reiki II Symbols. Investment: \$475 including non-refundable \$100 deposit. Class Size is Limited-Registration for the class is required. To register call Michael

Clarkson-Hendrix at (518) 383-8311.
solutionsforhealingandrenewal.com

Thursday, February 25

Introduction to the Chakras – with Nini Gridley, MS Ed. Discover your chakras and initiate healing through guided meditation from 6:30-8:30 PM (pre-pay by Feb. 22nd \$25, \$30 at the door) at the Joy of Yoga and Ayurveda, 376 Broadway, Saratoga Springs, NY

Saturday, February 27

Advanced Reiki Training 9-5 with instructor Linda L. Thompson, Usui and Karuna Reiki Master Teacher 518-885-3707 www.holistichealingartssaratoga. Receive a Master/Practitioner attunement and learn advanced techniques. Price includes manual, certificate and a crystal healing grid. at CNW School of Massage Therapy, Colonie, NY www.cnwsmt.com, 518-489-4026

Sunday, February 28

Reiki I Class, 9am-4pm. In this class, students will begin to learn the system of Reiki. Reiki is a Japanese system of laying-on-of-hands that promotes stress reduction, healing, and wellness. The practice of Reiki is considered a yin path to enlightenment. Students will learn how to treat themselves as well as their family and friends with Reiki. Investment: \$85 including a non-refundable \$15 deposit. Class Size is Limited-Registration for the class is required. To register call Michael Clarkson-Hendrix at (518) 383-8311. solutionsforhealingandrenewal.com

MARCH

Monday, March 1

Reiki Share: 6pm-8pm. Reiki Shares are opportunities for individuals who have taken Reiki classes to get together and exchange Reiki with each other. Tips, tricks, and methods can be shared as individuals give and receive Reiki treatments. Prerequisite: Completion of at least Reiki I. Suggested Donation: \$5.00 solutionsforhealingandrenewal.com

Wednesday, March 3

Learn to Meditate, 7 - 8:30 pm at Shambhala Meditation Center of Albany, 879 Madison Avenue, Albany. www.albany.shambhala.org. 518-729-4055. \$5 donation suggested.

Saturday, March 13

Parenting as Path, 10 - 11:30 AM. Once per month discussion of how raising our children with mindfulness and awareness

can lead us to awakening. Children welcome. Shambhala Meditation Center of Albany, 879 Madison Avenue, Albany. www.albany.shambhala.org. 518-729-4055. \$5 donation suggested

Monday, March 15

The New Moon Meditation 7:00-8:30 PM Bliss Yoga Studio, 206 Glen Street, Glens Falls, NY. Call Nini Gridley for more details: 518 573-0571

Thursday, March 18

Full Spectrum Healing™ Series - from 6:30-8:30 PM (\$210) Seven Thursdays for opening and energizing seven chakras at the Joy of Yoga and Ayurveda, 376 Broadway, Saratoga Springs, NY March 18th through April 29th, 2010.

March 20-21

Mudra Space Awareness, mind/body transformation method developed by The Ven. Chögyam Trungpa Rinpoche led by Suzann Duquette. \$120. Shambhala Meditation Center of Albany, 879 Madison Ave, Albany. www.albany.shambhala.org. 518-729-4055. 9-5 each day.

Tuesday, March 23

Calling Council; Shamanism, Journeying & Shape Shifting, Tuesday Nights 6:30-8 for 6 weeks Saratoga Springs, NY. Call Katrina 518.583.3277 or email healingspringsj@aol.com or katrina@healingspringsjournal.com

Saturday, March 27

Vision Boarding Class: 9am-12pm. Vision Boarding is a class offered to aid in creative visualization. Thoughts become things; you think it and let the universe do the rest! Come with defined goals, an idea, or none at all. Let us help you see your present and future in a natural, thoughtful way. Investment: \$30 (This includes a \$5 fee for class materials.) Class Size is Limited-Registration for the class is required. To register call Mary Grace Murphy at (518) 383-8311. solutionsforhealingandrenewal.com

Sunday, March 28

A Spiritual Teaching and Healing Session with Spiritual Master Mirabai Devi. Location: Unitaritan Universalist Congregation of Saratoga Springs. 2:30-4:30pm. \$50 in advance or \$55 at the door. Information and registration, please contact Kimberly Marks at kimberlymarksreed@yahoo.com or 518- 581-3180, ext. 330.

Monday, March 29

Intuition: The Hidden Genius Within —

a program that teaches you how to consciously access the power of your intuition to enhance insight and knowledge. With Marina Petro, intuitive consultant, visionary artist and educator. 6:30 pm, Saratoga Springs Public Library, Free. Sponsored by Saratoga Integrative Medicine Education Network, or SIMEN. 518-210-1557.

Wednesday, March 31

Mindfulness-Based Stress Reduction (MBSR), Adirondack Community College FREE Orientation, March 31. 8-week course begins April 7. 8 Wednesday evenings and 1 all-day Saturday. Instructor: Brenda J Arley, RNCS, LMFT, MA, 518-745-1885, gfambsr@verizon.net, www.glensfallsareambsr.com

SAVE THE DATE

April 24-25, 2010

Soul Collage Retreat - Express your creative soul and psyche through the intuitive process of soulcollage. Silver Bay, NY. For info and registration, contact Lin at 518-269-3333

Saturday, April 24

Sound Healing for Everyone, with instructor Linda L. Thompson, BS, LMT www.holistichealingartssaratoga, 518-885-3707. This class will explore the use of voice, singing bowls and drumming. You do not need to have a strong singing voice for this class. Each participant will receive a brief Soul Song session and a copy of the CD "Soul Songs" by Linda Thompson. 9-5 at CNW School of Massage Therapy, Colonie, NY www.cnwsmt.com, 518-489-4026. fee \$100

Friday August 27-29

Healing Touch for Animals™ Weekend Workshop (Schenectady, NY) This level 1 workshop is for animal health care practitioners, owners, trainers, anyone with an affinity for animals. You'll learn gentle, effective yet powerful tools for enhancing an animal's well being, allowing you to speed healing of injuries, illnesses and surgery, improve behavioral problems and stress-related issues and enhance training and competition skills. The concepts apply to every animal, large or small, pet or exotic, birds, mammal, reptile or aquatic. You'll work on dogs and horses. Taught by Carol Komitor. For info call 518-399-7056.

May 14-16

Bolton Landing Women's Weekend, Reception, workshops, activities, luncheon, and fashion show at the Sagamore Hotel. 518-644-3181, www.boltonchamber.com