

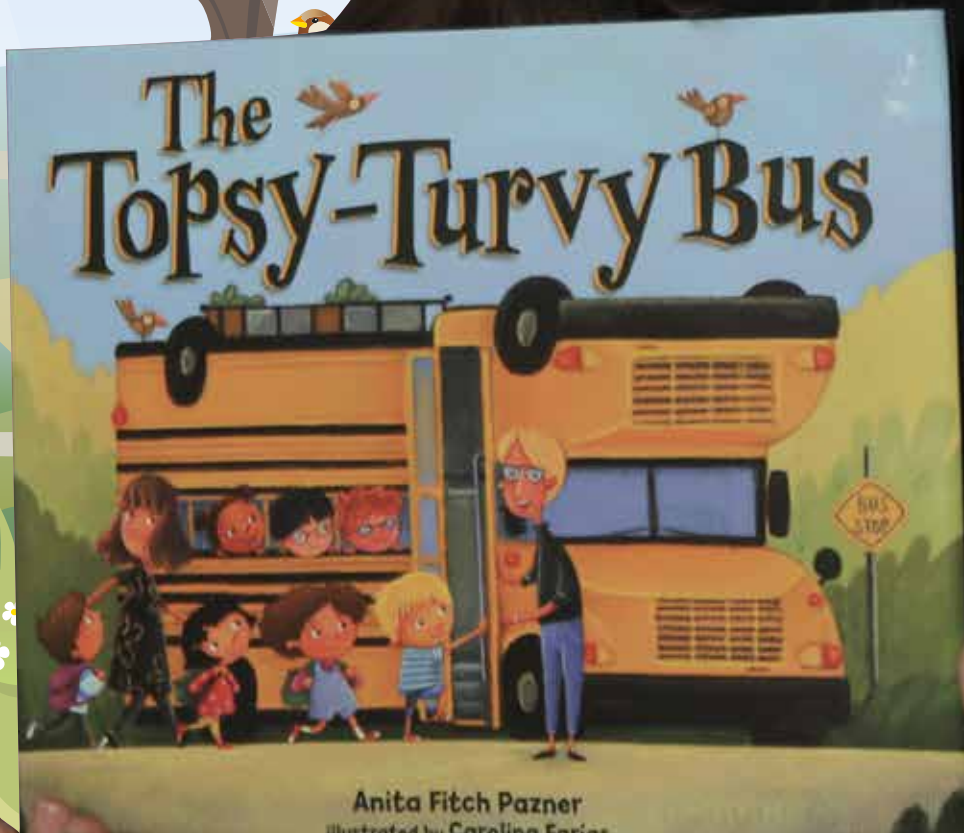
# THE CRAZY WISDOM BIWEEKLY

#107

## Anita Pazner

Author of  
*The Topsy-Turvy Bus*

PAGE 14



**March 03**

Waxing Gibbous



# CRAZY WISDOM

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Thank you to our contributors for this issue:

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Diont'e Visible  
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Sue Hidalgo  
Lissa Perrin  
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Bill Zirinsky  
Jennifer Carson

Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, [crazywisdomjournal.com](http://crazywisdomjournal.com). *The Crazy Wisdom Journal* has been published three times a year since 1995.

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"I wanted to investigate  
what it means to be both  
enlightened and human."

— Award-winning playwright Tanya Shaffer

## On the Cover

09

On the cover is Anita Pazner, the featured story beginning on page 14 of this issue. Photo by Juergen Beck of Freedom Light Productions.

“Forget about the outcome. Just create. I’m not an expert. These are just all things I’m practicing myself.”



“[My music is] like space junk, it’s out there and waiting to be explored.”

# Sound Bites

## with Artist Diont’e Visible

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### By Cashmere Morley

*From southeast Michigan, Hip Hop artist Diont’e Visible spawns into the universe of the western world. He creates music that is undeniably versatile, introspective, and meta regarding times past and present positions. Whatever the focus of any song, painting a descriptively unique picture is always at the centre of his music and intends to highlight or describe perceptual understanding. Other times he delves into the creativity of it all and applies sci-fi elements to his works. Born June 1st,1991, He draws inspiration from multiple forms of media such as Hip Hop from the 90’s, Jazz standards, Anime, manga & comics.*

**1. What does music mean to you?**  
What music means to me is vibrations that feel good. Stories and perspectives that travel time. Music has the natural ability to take you anywhere you envision. Music can take you away. Music inspires. So at the sum of it all, I would describe music as “a movement.” That’s how I define it and what it means to me. It is a constant evolutionary movement.

**2. Describe your music in one word.**  
Montage.

**3. How would you classify your sound as a whole?**  
Like space junk, it’s out there and waiting to be explored. Also it’s meant to be traversed more

than once. I’d describe my sound as a persona and that persona is a baggy-eyed westerner, drawing painstakingly descriptive pictures into oblivion. It could be considered the conscious type but I really just write what’s on my mind and bring to life what inspires me. Also I truly and thoroughly enjoy being creative. In anything, really.

**4. What are some other artists or bands who have influenced your sound?**  
Major Influences of mine include Five deez, Fat Jon, MF DOOM, Nujabes, Eyedea, Illlogic and the many artist/ musician’s I’ve met along the way in this never ending “journey to the future.”

**5. What is the last song you have listened to that moved you?**

As of today I'd say "memories of you"- [bsd.u]....or "The perfect girl" - Mareux.

**6. Do you have any advice for aspiring musicians?**

Be versatile, be yourself, be that one thing you know you do often in your music. Like a signature move. Hone that part of your art and most importantly, forget about the outcome. Just create. I'm not an expert. These are just all things I'm practising myself. It's a never ending process of evolution. So give yourself to it. Stepping into tomorrow's reflections. Your definition is ever changing.

**7. What is something about your music that someone may not know?**

I have a mixtape on soundcloud called SexDrankAnime and I released an album called "MIME" with my band "Speak Mahogany" on streaming platforms, recorded at Fundamental Sound Co. There's a bunch of projects I'm working on at the moment but the band's one I've been eager to get back to at some point. Also I'm working on a really cool concept project with Jigoku Espada that I'm excited for. My most recent release "Chrysanthemum" is a part of that universe. So stay tuned for that.

**8. If you could take only three records to a deserted island, what would they be?**

Probably the hardest question.

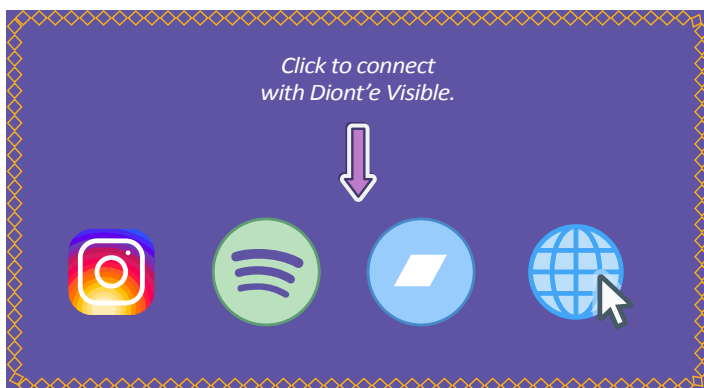
1. "Departure" Fat Jon Nujabes MINMI
2. "Diva" Astrud Gilberto and company
3. "Choose Your Weapon" Hiatus Kaiyote

**9. Where are you performing next?**

Nothing booked currently but, I do host a Live on instagram currently every Sunday at Midnight. Looping the midnight hour with samples/loops. When you show up, welcome to the midnight hour.

**10. Where are some of your go-to places to catch a show around Ypsi/Ann Arbor that other people may not know about?**

734 Brewing Company and Ziggy's are both great places in Ypsi that you can drop in on and find something interesting going on.



Now playing "[Chrysanthemum](#)" by Diont'e Visible.

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## Writers Wanted

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### Kids Columnist

We're looking for a new columnist for our ongoing CW Kids Column. Each issue, the columnist writes a feature article which includes 3 or 4 profiles of interest to parents and their kids. We focus on people, organizations, and businesses offering cool, fun, meaningful, and sometimes therapeutic activities, programs, events, and classes for kids. Great opportunity for a writer who is also a parent.

We are always looking for good articles about the holistic scene... reportage, personal journaling and essays, profiles, interviews, journalistic explorations, and other feature writing.

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5. Photo from the New York production of *The Fourth Messenger* by Karen Shih.

Actress Anna Ishida, who's playing Mama Sid.



# New Musical Imagines a Contemporary Female Buddha

By Karla Vetani

*What if the Buddha were a woman, living in our times?*

That's the question at the heart of *The Fourth Messenger*, an original musical by award-winning playwright Tanya Shaffer and beloved recording artist Vienna Teng. A concert performance of the musical will take place on March 18 at 1 p.m. at The Ark in Ann Arbor. The event will benefit The Ark.

## INSPIRATION

"The idea for *The Fourth Messenger* came to me more than 20 years ago, on my first meditation retreat," said Shaffer, who moved to Ann Arbor from the San Francisco area in 2017 and leads writing workshops through her business, Off-Leash Writing.

While sitting in meditation, Shaffer found herself reflecting on the story of the Buddha's enlightenment—how, after years of following one spiritual path after another, the Buddha sat down under a tree and vowed not to get up until he was enlightened.

"In the legend, all the world's temptations tried to make him give up," said Shaffer. "He resisted, and after 49 days and nights, he touched the earth and said, 'As the earth bears witness to the work I've done over a hundred thousand lifetimes, I have the right to be free,' and boom—he was enlightened.

"I started imagining this song and dance of the temptations," Shaffer continued. "I thought about other parts of the Buddha legend as well. He's this sheltered prince who leaves everything behind to seek the truth. It struck me that it would make an extremely powerful musical."

## REALIZATION

After that burst of inspiration, it took Shaffer another five years to start writing the script.

"I had to find my own way into the story," she explained.

Over time, it occurred to her that some of the Buddha's life choices would be viewed very differently if he were a woman. "That thought opened the door," said Shaffer, "and Mama Sid was born."

Now playing "[As Long As I Am Living](#)," from *The Fourth Messenger*, featuring Vienna Teng. (Music by Vienna Teng, Lyrics by Tanya Shaffer and Vienna Teng).

She decided to place her female "awakened one" in a contemporary setting, where, as a world-renowned spiritual teacher, her personal past would come under intense scrutiny.

"I wanted to investigate what it means to be both enlightened and human," Shaffer said.

Once she had a draft of the script, she needed a composer. She was already a fan of Vienna Teng's albums when a mutual friend introduced them.

Shaffer and Teng developed the musical over a period of seven years, leading up to its 2013 premiere in Berkeley, California. The San Francisco Chronicle called it "an absolute delight," and it quickly sold out its run. It went on to productions in New York City and Taiwan. The performance at The Ark will be the musical's Midwest premiere.

## MANIFESTATION

Giovanni Rodriguez, who's co-directing and producing the event, points out that the current mindfulness movement is rooted in ancient Buddhist philosophy. He believes *The Fourth Messenger's* themes of compassion and forgiveness are sorely needed in today's increasingly fractured world.

Shaffer agrees. Her favorite review of *The Fourth Messenger*, she said, came from Suzanna Bowling of Times Square Chronicles, who wrote, "This show helped heal a piece of me ... We need more shows like this to heal our world."

"That's everything," said Shaffer. "That's why I'm here."

For tickets, go to [theark.org](http://theark.org) or call 734-763-8587 (763-TKTS). For more information, go to [fourthmessenger.com](http://fourthmessenger.com).



Photo from the Berkeley, California production of *The Fourth Messenger* by Mike Padua.

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## Book of the Week:



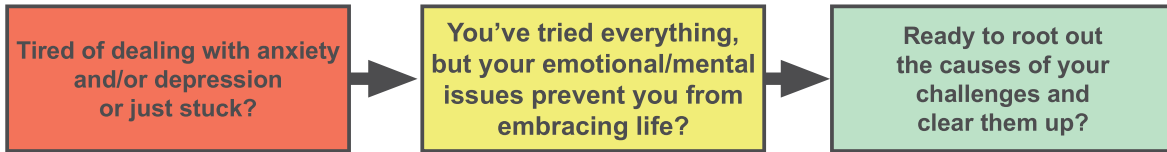
*Be Here Now (Paperback)*

*By Ram Dass*

Beloved guru Ram Dass tells the story of his spiritual awakening and gives you the tools to take control of your life in this “counterculture bible” (The New York Times) featuring powerful guidance on yoga, meditation, and finding your true self.

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# *The Reading Series of* **The Crazy Wisdom Poetry Circle**



*7:00 P.M. – 8:45 P.M. • March 22, 2023*

*Featured Reader:*

**March 22** – Linda Nemeč Foster is author of twelve poetry collections including *The Blue Divide* and *The Lake Michigan Mermaid* (a Michigan Notable Book). *Bone Country* is her forthcoming collection of prose poems and flash fiction. Linda was the first Poet Laureate of Grand Rapids and founder of the Contemporary Writers Series at Aquinas College.

*Until further notice, all sessions are virtual and accessible through Zoom.  
Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link.*

Featured readers are followed by Open Mic reading. • FREE • All writers welcome  
• Ready your own or other favorite poetry.  
• Sign up begins 6:45 p.m. • Poetry Series readings every fourth Wednesday hosted by David Jibson, Ed Morin & Lissa Perrin. See our blog [here](#).  
[www.crazywisdom.net](http://www.crazywisdom.net)



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# Crazy Wisdom Poetry Series

hosted by Edward Morin, David Gibson, and Lissa Perrin

**Second and Fourth Wednesday  
of each month, 7-9 p.m.**

**Second Wednesdays, 7-9 p.m.**

Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

**Fourth Wednesdays, 7-9 p.m.**

Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

**All sessions are virtual and accessible through Zoom.  
Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link.**

## *Crazy Wisdom Poetry Series Featured Reader*

**April 26** – Dan Bellm (Berkeley, CA) has published five books of poems, including *Counting* (2023), *Deep Well* (2017), and *Practice* (2008). His recent translations include *Central American Book of the Dead*, by Balam Rodrigo (2023), *Speaking in Song*, by Pura López Colomé (2017), and *The Song of the Dead*, by Pierre Reverdy (2016).



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# 1

**Describe *The Topsy Turvy Bus* in your own words.**

*The Topsy-Turvy Bus* book is about an actual bus that travels the streets of Metro Detroit and Ann Arbor. The book takes readers on a journey, beginning with today's pollution problems. Many things kids see on TV, learn in their classroom, or overhear their parents discussing can be scary and overwhelming for young people. When the bus comes to town, the

diverse characters hop aboard and discover alternative energy sources like used veggie oil, solar panels, and what it takes to create energy using their bodies. They also learn about worm composting and organic gardening.

# 2

**What inspired this story?**

I had studied picture book structure while I worked toward my degree, but I felt my voice was more suited for older people and more mature topics. Luckily, I have fabulous friends. One of those friends was the director of a Detroit-based sustainability organization called Hazon. Her name is Wren Hack. She inspired me to work on a sustainability initiative with her and to help deliver

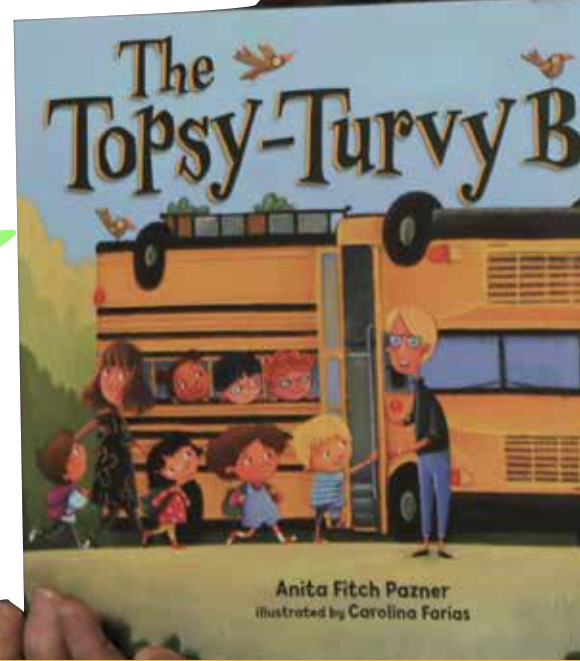
food to 45 area food banks. We also dropped off compost and seeds to anyone who wanted a vegetable garden in the spring. Wren often used the real Topsy-Turvy Bus to make those deliveries. One day, while we were tooling around, I said, "This bus would make a fabulous picture book." "Why don't you write it?" said Wren. So, I did.

# 3

**What is the main message you want readers to take away from *The Topsy-Turvy Bus*?**

I want kids to know they can make a difference. "Reuse, recycle, renew, and rethink" is the refrain throughout the book. It also introduces young people to *Tikkun Olam*, which means "repair the world" in Hebrew. Most of all, I wanted to address the darker aspects of pollution

and provide a glimmer of hope. I've been doing school and library visits where I talk to kids about what it takes to be an environmental warrior. I have an entire presentation geared toward kids of all ages. *The Topsy-Turvy Bus* message is universal.



## Five Questions Anita F

By Cashme



# 4

**Is there another author/illustrator you'd love to collaborate with in the future? Why?**

Gosh. That's a great question. I was so fortunate to be paired with Carolina Farias, who did the illustrations for *The Topsy-Turvy Bus*. Since this was my debut picture book, the publishing company paired me with an experienced illustrator. We've never actually met. She's from Argentina, which is so cool. As for working with other illustrators or writers—there are so many I admire. I

could give you a list, but that would fill your entire publication. So many of my favorite authors and illustrators work and live locally. I've been in an Ann Arbor critique group for many, many years. We have an incredible community of writers and artists in Michigan, many of whom belong to The Society of Children's Writers and Illustrators (SCBWI-MI).

# 5

**What's next for you?**

Several of my picture book manuscripts I wrote during pandemic are being considered for publication. And one, in particular, is now a non-fiction, middle-grade novel in verse and is scheduled to be released in 2025. It's my heart book, and it has a social justice theme. I desperately wanted to write about Colin Kaepernick or the 1968 Olympians, and their silent protests,

but those are not my stories to tell. I'm also back to working daily on the novels I started in Vermont. I'm really excited to be back working on a science-based manuscript. It's upper-middle grade and there is a card game based on the book. The game is scheduled to go into production relatively soon.

Anita Pazner earned an MFA in Writing for Children and Young Adults from the Vermont College of Fine Arts (VCFA) and a Master Gardening degree from Michigan State University. She's created picture-book workshops for kids of all ages, ranging from second graders to high school students. She's presented lectures for the Society of Children's Book Writers and Illustrators (SCBWI), VCFA, and The Association of Writers & Writing Programs (AWP). Pazner continues to volunteer her time to several non-profit organizations including Hazon, dedicated to making the world a better, cleaner, kinder place for us all. Pazner spends her free time training a rascally dog, named Finn, and playing in the dirt. Connect with Pazner at [anitapazner.com](http://anitapazner.com), on Instagram @anitapazner, and on Pinterest @apaznerwrites.

# ns for Author Pazner

ere Morley





# Crystal OF THE WEEK



*Courtesy of Susan Ulrich, owner and proprietor of  
Bright Earth Minerals and Crystals*

## Celestine



Wulfenite is a lead molybdenum oxide mineral and usually forms red-orange, orange or yellow, tabular crystals. It is connected with the fire element and the second (sacral) and third (solar plexus) chakras. It is a stone that aids with creativity, both from the view of self-creation to artistic endeavors. It can help bring in visions with new ideas, inspiration and original thinking. Wulfenite is also connected to the will and personal power, so can help with attaining personal goals by moving past fear and hesitancy. Physically, it can stimulate the metabolism and is a stone of movement, aiding in physical activity and flow.

The pretty, red-orange thumbnail (30 mm or smaller) specimen, where it is on a matrix with white, drusy Quartz, is from the Red Cloud Mine in La Paz County, Arizona and is available on [eBay](#). More specimens are also available on my [Facebook page](#), Bright Earth Crystals and Minerals; contact me at [ulrichfineminerals@gmail.com](mailto:ulrichfineminerals@gmail.com) if interested.

(Text references: mindat.org and *The Book of Stones* by R. Simmons and N. Ahsian.)



# Where can you pick up a copy of The Crazy Wisdom Community Journal?

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Zerbos

## Saline:

Andrea Kennedy Center for Innovation and Education  
Earth Elements  
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Salt Springs Brewery  
Stony Lake Brewing Company

## Chelsea and Dexter:

Agricole  
Breathe Yoga  
Community Farm of Ann Arbor  
Corner Cup Cafe  
White Lotus Farm & Tsogyelgar  
Triple Crane Monastery

## Jackson & Lenawee County:

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Divine Sanctuary  
Pegasus Spa and Leisure  
Free to Be Yoga and Massage  
DNA Sales 2100  
Gidrah's Mind Body Spirit  
A Healing Feeling Wellness Center  
Living Grateful

# THE BIWEEKLY COMMUNITY CALENDAR

## A COURSE IN MIRACLES

**A Course in Miracles Study Group on Zoom with Rev. David Bell** • Mondays, January 2 through April 24 • 6:45 p.m. - 9:30 p.m. • Exploration of A Course in Miracles. Free, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**A Course in Miracles Study Group on Zoom with Randall Counts** • January 5 through April 27 • 12 - 1:30 p.m. • Exploration of A Course in Miracles. Free, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**27th Annual Exhibition of Artists in Michigan Prisons with The Prison Creative Arts Project (PCAP)** • Tuesday, March 21 through Tuesday, April 4 • Gallery and sales open on March 21 at 5:00 p.m., Celebration Program from 6:30 to 7:30 p.m. Free and open to the public. For more information call (734) 647-6771, email [pcapinfo@umich.edu](mailto:pcapinfo@umich.edu), or visit [prisonarts.org](http://prisonarts.org).

## ADDICTION AND RECOVERY

**Recovery Dharma with various leaders** • Sundays • 12 - 1:30 p.m. • Recovery Dharma welcomes all who are on the path to recovery from addiction of any type. By Donation. Zen Buddhist Temple is located at 1214 Packard Street. Call 734-761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**12 Step Self-Help Group: Growing Through Life's Changes and Challenges with Facilitator Larry Gazda** • Tuesdays, 7:30 to 8:30 p.m. • A weekly spiritual help and support group at the Lighthouse Center based on the traditional 12 Step Programs applied to spiritual growth and expansion of consciousness. For more information call (734) 808-1335 or email, [lhci.financials@gmail.com](mailto:lhci.financials@gmail.com).

## ANIMALS AND PETS

**Canine Massage with Irene's Myomassology Institute** • January 8 and March 12 • 9 a.m. to 1 p.m. • Bring a friendly dog and blanket or mat. Whether your pet is suffering from arthritis, recovering from surgery, or experiencing anxiety, this class will teach you techniques to help quiet your pet's problems. You will thoroughly learn dog anatomy and how it relates and differs from the human body. A basic complete massage sequence will be taught with special emphasis on the hips. Behavioral control, acupressure points, and common trigger points will also be covered. \$88. For more information call (248) 350-1400, email [contact@irenes.edu](mailto:contact@irenes.edu), or visit [irenes.edu](http://irenes.edu).

## AROMATHERAPY AND ESSENTIAL OILS

**Aromatherapy with Irene's Myomassology Institute** • April 1 and 2 • 9:30 a.m. to 5:30 p.m. • This class will explore the different aromas and therapeutic properties of essential oils. We will additionally discuss how oils are processed and how to ensure the oil quality. You will learn a variety of methods to use essential oils in your practice including mixing essential oils with massage lubricant, diffusers, steam showers, bath salts, and space clearing. Students will create an aromatherapy

blend to use in class and take home. Bring a notebook, washcloth, and hand towel for class. \$352 (\$22 per hour). For more information call (248) 350-1400, email [contact@irenes.edu](mailto:contact@irenes.edu), or visit [irenes.edu](http://irenes.edu).

## ART AND CRAFT

**Textile Artist Carole Harris at the INAI Gallery** • February 1 to May 21 • 9 a.m. to 6:00 p.m. • Enjoy textile artworks by artist Carole Harris, a Detroit based artist, who draws inspiration for her work from walls and aging structures that remind us of the impermanence and the beauty of that which has lived for a long time. FREE. For more information contact the Weber Center at (517) 266-4000.

**Lunch and Learn with Janet Wright, OP, Nancyann Turner, OP, Kathleen Voss, OP and Barb Cervenka, OP** • April 11 • 12:15 to 1:00 p.m. • Four of our artists, each working in a different medium, share what's at the heart of creating art. Where do ideas come from? What are the challenges? What are their favorite creations? And other questions we may have. Event is free (lunch is available for \$5.00). For more information contact the Weber Center at (517) 266-4000.

## BODYWORK AND BODYMIND THERAPIES

**D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Practitioner Training with Karen Greenberg** • Fridays, March 3, 10, 17 OR April 14, 21, 28 • 10:30 a.m. to 2:30 p.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, and instituting new behaviors. Through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. \$777 (for any group of three dates listed) + materials fee. For more information call Karen Greenberg at (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com) or visit [clair-ascension.com](http://clair-ascension.com).

## BOOK DISCUSSION GROUPS

**7 Notes Book Club with Rob Meyer-Kukan** • First Thursday of the month • 7 - 8:30 p.m. • The purpose of the 7 Notes Book Club is to meet together with other like-minded people to read books about holistic practices, health, meditation, and spirituality. Books to be read are: September - The Miracle of Mindfulness by Thich Nhat, October - Anatomy of the Spirit: The Seven Stages of Power and Healing by Caroline Myss, November - Clarity and Connection by Yung Pueblo, December - The Complete Game of Life and How To Play It by Florence Scovel Shinn. Open to anyone who likes to read and discuss the books they read. Donations. Contact 248-962-5475, [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Jewel Heart Readers with various Jewel Heart Instructors**

• *Mondays, March 13, April 10* • 7 to 8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. FREE but donations welcome. For the month's book selection and participation information, send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org) or call Jewel Heart at (734) 994-3387. For more information, visit the Jewel Heart website at [jewelheart.org](http://jewelheart.org).

**BUDDHISM**

**Sunday Meditation and Sharing with Still Mountain teachers**

• *Every Sunday* • 10 - 11:30 a.m. • Still Mountain is made of individuals and families from Ann Arbor and the surrounding areas. We strive to be inclusive, open to people of all ages, backgrounds, and experience. Our teachers are trained in Insight Meditation and come from multiple spiritual paths. We will sit in silence for about 45 minutes, take a quick break, and then gather for sharing/teaching related to the Dharma. Free. Visit [stillmountainmeditation.org/](http://stillmountainmeditation.org/) for more information.

**Jewel Heart Virtual Sunday Talks: Ancient Wisdom, Modern Times with Demo Rinpoche** • *Sundays, January 1 to April 30 with no discussion on February 26* • 11:00 a.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. Talk from 11 a.m. to 12 p.m. Moderated discussion of the presenter's talk: starting at 12:15 p.m. FREE but donations welcome. To register, visit [jewelheart.org/free-weekly-virtual-programs](http://jewelheart.org/free-weekly-virtual-programs). For more information, visit the Jewel Heart website [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387 or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Practical Buddhism by Gelek Rinpoche** • *Tuesdays, January 10 to April 25* • 7 to 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rinpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. FREE but donations welcome. To register, visit [jewelheart.org/free-weekly-virtual-programs](http://jewelheart.org/free-weekly-virtual-programs). For more information, visit the Jewel Heart website [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387 or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**The Bodhisattva's Way of Life with Demo Rinpoche** • *Thursdays, January 19 to April 13* • 7 to 8:00 p.m. • Shantideva's Bodhisattva's Way of Life is among the most beloved and inspiring works in the Mahayana Buddhist tradition. In it, Shantideva gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals of unselfishly helping others. Members \$95 / \$120 Non-Members. Pay what you can - no is one turned away. To register, visit [jewelheart.org/free-weekly-virtual-programs](http://jewelheart.org/free-weekly-virtual-programs). For more information, visit the Jewel Heart website [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387 or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Four Noble Truths with Joe Palms and Figen Lacin** • *Mondays, March 6, 13, 20* • 7 to 8:30 p.m. • This course introduces Buddha's revolutionary message that suffering can come to an end through one's own efforts. Following

Gelek Rinpoche's transcript Four Noble Truths, participants rely on readings, discussion and meditation. \$60 Jewel Heart non-members / Free for Jewel Heart members. Pay what you can - no is one turned away. To register, visit [jewelheart.org/free-weekly-virtual-programs](http://jewelheart.org/free-weekly-virtual-programs). For more information, visit the Jewel Heart website [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387 or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Ryaku Fusatsu—Full Moon Ceremony with Rev. Marta Dabis**

• *Sundays, March 5, and April 2* • 11 a.m. to 12:30 p.m. • Traditional Japanese Soto Zen Full Moon Ceremonies in the tradition of the San Francisco Zen Center, in English. The program starts with 40 minutes of silent meditation and concludes with informal conversation. FREE, but donations are appreciated. Everyone is welcome. You can come for any portion of the program. For more information contact Marta at (248) 202-3102, email [jissojizen@gmail.com](mailto:jissojizen@gmail.com), visit [jissojizen.org](http://jissojizen.org), or find us on MeetUp!

**The Buddhist Scientific Centrist View: According to Nagarjuna's, Buddhapalita, and Je Tsongkhapa with Robert A. F. Thurman** • *Saturday, March 11* • 10 a.m. to 1:00 p.m. • The Buddhist Inner Science Centrist View of Nagarjuna, as interpreted by Buddhapalita and further clarified by Je Tsongkhapa, states that the ultimate truth, emptiness, is totally compatible with conventional reality: nothing exists intrinsically from its own side, yet is in perfect harmony with the conventional truth, that everything is dependently originated. This undermines the root of all suffering, the fundamental ignorance that grasps at an intrinsically existing self, while at the same time allowing for the infallible unfolding of cause and effect. Meditation on this Middle Way—between nihilism and eternalism—overcomes all forms of ego-grasping and opens the door to liberation and enlightenment. Members \$75 / \$90 Non-Members. Pay what you can - no is one turned away. To register, visit [jewelheart.org/free-weekly-virtual-programs](http://jewelheart.org/free-weekly-virtual-programs). For more information, visit the Jewel Heart website [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387 or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Foundation of All Perfections: Guru Devotion (Applied Meditation Technology Series)** • *Saturday, April 1* • 9 a.m. to 12:00 p.m. • The Foundation of All Perfections introduces the stages of the spiritual path, from the role of the guru to a practical introduction to Vajrayana, offering an introduction to Tibetan Buddhist principles and practices through instruction, guided meditation, and discussion. \$30 Jewel Heart member / \$45 Non-member. Pay what you can - no is one turned away. To register, visit [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387 or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Searching for Self with Venerable Thubten Chodron** • *Wednesdays, April 5, 12, 19, and 26* • 7 to 8:30 p.m. • In this series of talks, Venerable Chodron will explore emptiness, one of the most central teachings in Buddhism, drawing from the seventh and newest volume of her Library of Wisdom and Compassion series with the Dalai Lama. "Searching for the Self" leads us to delve deeply into the topic of the ultimate nature of reality, presenting it from a variety of approaches while focusing on identifying our erroneous views and directing us to the actual mode of existence of all persons and phenomena. Engaging in this investigation will challenge our deepest-held beliefs and uproot false ways of viewing ourselves and

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# THE BIWEEKLY COMMUNITY CALENDAR

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the world that are so habitual we don't even notice them. Members \$65 / \$80 Non-Members. Pay what you can - no one turned away. To register, visit [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387 or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Meditation and Discussion with Lama Nancy Burks •**  
*Wednesdays • 7 to 8 p.m.* • The meeting includes group practice and discussion meaningful to students at every level. The content of each meeting will be informed by the interests of the participants, and may include a Dharma talk, meditation, Q and A, and/or book discussion. Participants are encouraged to share their questions, reactions, and experiences with the group. Join in person or on zoom. Enter through back door, 614 Miner Street, [annarborktc.org](http://annarborktc.org). FREE. For more information contact Pat at (734) 678-7549, email [aaktc@yahoo.com](mailto:aaktc@yahoo.com) or visit [annarborktc.org](http://annarborktc.org).

**Sitting Meditation Lama Nancy Burks •**  
*Saturdays • 10:30 to 11:20 a.m.* • Every Saturday morning, please join us for silent sitting meditation. We start with a few brief instructions, then do two 20-minute sessions of sitting with 10 minutes of walking meditation in between. Sit on a cushion or in a chair and stay awhile afterward for informal discussion if you wish. Held at Bethlehem United Church of Christ. [karunabuddhistcenter.org](http://karunabuddhistcenter.org). FREE. For more information contact Caitlyn at (708) 307-5169, email [Cdbuchanan325@gmail.com](mailto:Cdbuchanan325@gmail.com) or visit <https://karunabuddhistcenter.org>.

## CEREMONIES, CELEBRATIONS, AND RITUALS

**New Moon Gathering with Yoga Nidra and Sacred Sound**  
*• April 20 • 7 to 8:30 p.m.* • Join Victoria and Courtney for a unique offering to celebrate and gather under the New Moon. Courtney will offer her original Yoga Nidra meditation while Victoria offers waves of sacred sound and silence. \$40. For more information visit [victoriaschon.com](http://victoriaschon.com).

**Vernal Equinox Celebration with Victoria Schon •**  
*Tuesday, March 21 • 6:30 to 8:30 p.m.* • Join in for the celebration of the Vernal Equinox and welcome Spring! Courtney and Victoria will be offering a celebration to honor the re-awakening of our hemisphere as many generations before us, recognizing the orderly intelligence of nature. We'll focus on rebirth after the dark winter, new beginnings, fertility, green, growth and light using the natural world as our guide and honing into the astute observation skills of our ancestors. Our celebration will include a Vernal Equinox Ceremony, a warming spring tea, gentle movement, and Sacred Sound. \$59. For more information visit [victoriaschon.com](http://victoriaschon.com).

## CHANNELING

**Remembering Wholeness—Darshan with The Mother Channeled by Barbara Brodsky •**  
*March 5, April 2, May 14 • 2 to 4:00 p.m.* • A mother is one who gives birth to, supports, and cherishes, and then releases out into the universe, with love, always ready to hold and support. Zoom allows everyone to hear my words. I speak to individuals,

often what I say is applicable to many in the group. I will be offering from my own understanding the personal and the group messages that can most support the program participants. Suggested donation. For more information email [om@deepspring.org](mailto:om@deepspring.org), call (724) 477-5848, or visit [deepspring.org](http://deepspring.org).

**Evenings with Aaron Channeled by Barbara Brodsky •**  
*March 8, April 19 • 7 to 9 p.m.* • Evenings with Aaron meets once a month. All are welcome. Aaron will often address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. He reminds us that whatever appears in our lives comes as a teacher. We are here to learn and practice dynamic compassion, that is, to actively live in the world while always connected to our spiritual centers. Suggested donation. For more information email [om@deepspring.org](mailto:om@deepspring.org), call (724) 477-5848, or visit [deepspring.org](http://deepspring.org).

## CHILDBIRTH

**One-Day Intensive Childbirth Preparation Class with Toni Aufer and Cynthia Gabriel •**  
*Saturday, April 1 • 9 a.m. to 5:00 p.m.* • This class aims to prepare you for your best birth. We will cover topics including stages of labor, positive team-building communication with providers, informed decision making, coping techniques, and postpartum. \$250. For more information email [hello@nestandnurture.org](mailto:hello@nestandnurture.org) or visit [nestandnurture.org](http://nestandnurture.org).

**Prenatal Chestfeeding/Breastfeeding Class with Erica Macleod, IBCLC •**  
*Sunday, March 19 • 2 to 4:00 p.m.* • This 2-hour comprehensive class enables us to take time to answer all of your feeding questions, and concerns. We will cover information beginning with the prenatal period to feeding in the early weeks. ASL and Queer affirming. \$100 per family. For more information email [EricaMcleod@gmail.com](mailto:EricaMcleod@gmail.com) or visit [nestandnurture.org](http://nestandnurture.org).

**Ask-A-Doula Drop-In with Erica Businski, Toni Aufer, and Cynthia Gabriel •**  
*Wednesdays • 1 to 2:30 p.m.* • Stop by on Wednesdays from 1-2:30 to chat with a local doula. They are happy to answer questions about what a doula does, help you explore your local resources, assist you with baby carriers, and more. There is no need to register for this, but you are welcome to contact us through the website with questions about it. It is always possible that Ask a Doula will have to be cancelled due to our doulas being at a birth. We will do our best to update on our Facebook page if we are going to cancel. FREE. For more information email [hello@nestandnurture.org](mailto:hello@nestandnurture.org) or visit [nestandnurture.org](http://nestandnurture.org).

## CHILDREN AND YOUNG ADULTS

**H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade and up) •**  
*Sundays, March 19, April 23 • 1 to 3:00 p.m.*  
• Utilizing movement, multi-sensory input, color, and experiential

learning, we build self-esteem of spiritually evolved children (not reinforce feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves' genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the "1000 Years of Peace" prophecy. \$50/session for 2-hour class, meets one time/month for about a year. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

## DEATH AND DYING

**Death Cafe on Zoom with Rev Annie Kopko** • Tuesdays, March 7, April 4 • 6:30 to 8:00 p.m. • Join us for a discussion of Death and Dying. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Ann Arbor Death Café via Zoom with Rachel Briggs** • Saturdays, March 18, and April 15 • 10:30 a.m. to Noon • Please join us for a frank discussion on all things life and death. We meet via zoom the third Saturday of each month. Everyone is welcome. Learn more about worldwide Death Cafes at [deathcafe.com](http://deathcafe.com). FREE. For more information email [rachelabriggs@gmail.com](mailto:rachelabriggs@gmail.com)

## ENERGY AND HEALING

**Heightening Your Vibration: Alchemy (2-day class) with Karen Greenberg** • Sundays, March 12 and March 19 • 8:45 a.m. to 12:45 p.m. • Some people have become depressed with the Covid-19 isolation, variants, and aftermath. Learn a myriad of tools and techniques, to change your vibration from a lower to a higher vibration, and to sustain it—including, but not limited to, sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, toning Names of G-D, Archangels, and Angels. \$200 total for both days. For more information contact Karen Greenberg at (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Sound Bath and Gallery Reading with Rob Meyer-Kukan and Rev. Dr. Ryan Mehmandoost-Gauthier** • Friday, April 7 • 7 to 8:30 p.m. • Join Sound Therapist, Rob Meyer-Kukan and Psychic/Medium, Rev. Dr. Ryan Mehmandoost-Gauthier for this time of sound bath meditation including a gallery reading. In addition to the soothing sounds of singing bowls, gongs and more, played by Rob, Ryan will share messages from loved ones, Higher Selves, Spirit Guides, Master Teachers, Angels, and more. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort. We also have 7 zero gravity chairs available to the first 7 participants who request them at the event. Register by completing this form - <https://forms.gle/UbBX6hBtf15Piivr9>. \$50. For more information call (248) 962-5475 or visit [facebook.com/events/935501740744849](https://facebook.com/events/935501740744849).

**Teacher Appreciation Day with Rob Meyer-Kukan and Alicia Clark-Teper** • Sunday, April 30 • 9 a.m. to 4:00 p.m. • In celebration of Teacher Appreciation Week and National Teacher

Day, we invite you to join us for a day to rejuvenate, relax, and restore. Open to all Teachers and others working in education, this offering is brought to you FREE of charge to give back to the community. Please complete the form found here - <https://forms.gle/XXYcTN4ah6edZrpy5>. FREE. For more information call (248) 962-5475 or visit [facebook.com/events/1330459981058821](https://facebook.com/events/1330459981058821).

**The Powers Of.. Unified with The Field with Shellie Powers** • First Thursday of the month • 8 to 10 p.m. • Third Tuesdays • 9 to 11 a.m. • Unified with The Field' explores various ways to connect to the field. For more details visit <http://powers365.com/events>. \$99.00/session. For more information email [info@thepowersof.com](mailto:info@thepowersof.com).

**Universal Sphere (R) Practitioner Certification with Shellie Powers** • March 28 and 29 • Gain immediate access to the unified field and increase your frequency/vibration so to attract higher vibrational solutions into your reality. See website for more details [powers365.com/events](http://powers365.com/events). \$397.00. For more information email [info@thepowersof.com](mailto:info@thepowersof.com).

## EXERCISE AND FITNESS

**GYROKINESIS® Method (Online) with Angela Hawkins** • Mondays, January 9 through March 27 • 4 to 5 p.m. • The GYROKINESIS® Method focuses on increasing range of motion and strength in a fluid, circular way. Our bodies are not linear and should move in all of the ways they can to maintain mobility. This method was inspired by whole body, efficient and graceful movements like yoga, dance, swimming and tai chi. Gyrokinesis® exercise is done using a stool or a chair and a mat for floor work. It is adaptable for all skill and comfort levels and includes rhythmic, flowing movement sequences. \$99 or FREE for ages 65+ with WCC Emeritus Scholarship. Visit [wccnet.edu](http://wccnet.edu) and search "Emeritus" to learn more. Visit [washtenaw.augusoft.net](http://washtenaw.augusoft.net) and search "Gyrokinesis" to register. Contact [reachrootmovement@gmail.com](mailto:reachrootmovement@gmail.com) with questions.

## GARDENING AND ECOSYSTEMS

**Mushroom Growing Workshop with Deanne Bednar** • Saturday, April 8 • 1 to 5 p.m. • Enjoy a fun(gi) day of hands-on learning at Strawbale Studio! We will tour the various mushroom gardens (shiitake, wine cap, lions mane and oyster) then harvest an oak tree and inoculate shiitake logs. Take home a 12" inoculated log at the end of the day to explore the fruiting process. Online handouts included. Growing our own food medicine! \$40 if paid one month in advance or \$50 thereafter. For more information contact Deanne Bednar (248) 496-4088 email [ecoartdb@gmail.com](mailto:ecoartdb@gmail.com) or visit [strawbalestudio.org](http://strawbalestudio.org).

## HEALTH AND WELLNESS

**Introduction to Journeying** • April 23 • 20 a.m. • 6 hr. class includes power animal retrieval and journeys to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. For more information contact Connie Lee Eiland at [clshebear7@gmail.com](mailto:clshebear7@gmail.com).

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**Drum and Dance Jam • April 1 • 7:30 p.m.** • “Drum and Dance Jam at Interfaith Center for Spiritual Growth On The First Saturday Of Each Month from April 2023 to August 2023! \*No experience necessary \*Bring a drum of your own or use one provided at the center \*\$5 sliding donation at the front door \*6 feet between drummers and masks requested Address: Interfaith Center for Spiritual Growth at 704 Airport Blvd, Ann Arbor, MI 48108 Phone: (734) 327-0270. For more information contact Curtis Glatter at [cgindetmi@gmail.com](mailto:cgindetmi@gmail.com).

**Chakras 1-2-3 for Writing Ease: 4th Irish Hills Writers’ Retreat • March 4 • 10 a.m.** • Chakras 1-2-3 for Writing Ease: Explore how the first three chakras may be impacting your personal creativity and accomplishments (or lack thereof). Psychology and Energy Healing writing options will guide exploration of potential compromising belief patterns in your life and help you gain insight for use with character development and understanding others. Come one or both days. Join peer writers for craft discussion, writing time, feedback, food/drink, and time for whatever your creative spirit needs to be inspired and supported while composing. Assistance available in poetry, memoirs, and other genres as desired. Instructor is a practicing energy therapist, Psychology and Writing teacher, and freelance writer. \$125 total includes 2 full day workshops, meals & snacks). Stay overnight Friday and/or Saturday night for an additional \$50 a night or hotels are available within a 15 minute drive. One workshop day only costs \$75 for activities and food. Retreat capped at 8 participants. Register by February 24, 2023 at the latest to secure your spot. For more information, contact Michelle McLemore, [energy@michellemclmore.com](mailto:energy@michellemclmore.com), 517-270-0986 or visit [www.michellemclmore.com](http://www.michellemclmore.com).

## HEALING

**Navigating Loss with Grace with Barbara Hutton • Sundays TBA** • Creative exploration and support to gracefully, consciously, and deeply navigate the experience of loss, in a sacred and confidential space. By donation. For more information contact Barbara Hutton at 734-223-3485 or [bdhutton@sbcglobal.net](mailto:bdhutton@sbcglobal.net).

**Creation Through Synchronicity Healing Workshop with Anthony Two Feathers • March 16, and 30 • 6 to 9 p.m.** • Workshop will include an explanation of chakras and the four “chairs,” guided meditation, unlocking your “super powers” (spiritual gifts), tuning forks on heart, third eye and crown chakras Reiki to each person’s crown chakra, extraction healing, introspective work through oracle card deck, Native American Flute Ceremony, heart, third-eye, and crown chakra sound bowls. For more information contact Angela Christensen at (419) 824-4079, or email [angelasangels4@aol.com](mailto:angelasangels4@aol.com).

**Healing Through the Akashic Records Practitioner Certification with Shellie Powers • April 5, 12, 19, 26 •** Transform your relationship with wounding life experiences to experience the perfection of your soul. Practitioner certification with Linda Howe’s Center for Akashic Studies. 12-hour class, see website for various times offered. \$500. For more information email [info@thepowersof.com](mailto:info@thepowersof.com) or visit [powers365.com/events](http://powers365.com/events).

## HEALTH AND WELLNESS

**Life Force Intensive Session • March 6 • 1 p.m.** • Regain your health with two weeks of anthroposophic medical care, therapies, and nutrition. For chronic illness, cancer, or wellness. Held at the Health Center in Ann Arbor, Michigan, this two-week session is designed for patients with chronic illness and cancer. Daily therapies, group activities, and family style organic meals help you feel cared for and give you the energy to heal. Frequent visits with anthroposophic M.D.s and evening educational programming bring focus to your medical plan. Call 734-222-1491 or email [samuel@steinerhealth.org](mailto:samuel@steinerhealth.org) for more information.

**2023 DRUM AND DANCE JAM-Drumming Circle • April 1 • 7:30 p.m.** • \*Bring a drum with you or use one provided by the Interfaith Center \* No Experience Necessary \*\$5 Donation Requested\*This event is hosted by Curtis G. who has been drumming, recording and performing for over 30 years \*Drumming is proven to be good for hand-eye coordination and cognition, stress relief, enhancing spiritual joy and improving musicality in all ages! For more information visit <http://interfaithspirit.org>. To reserve a chair you can call/text 734-972-6098.

**2023 DRUM AND DANCE JAM-Drumming Circle • May 6 • 7:30 p.m.** • \*Bring a drum with you or use one provided by the Interfaith Center \* No Experience Necessary \*\$5 Donation Requested\*This event is hosted by Curtis G. who has been drumming, recording and performing for over 30 years \*Drumming is proven to be good for hand-eye coordination and cognition, stress relief, enhancing spiritual joy and improving musicality in all ages! For more information visit <http://interfaithspirit.org>. To reserve a chair you can call/text 734-972-6098.

**2023 DRUM AND DANCE JAM-Drumming Circle • June 3 • 7:30 p.m.** • \*Bring a drum with you or use one provided by the Interfaith Center \* No Experience Necessary \*\$5 Donation Requested\*This event is hosted by Curtis G. who has been drumming, recording and performing for over 30 years \*Drumming is proven to be good for hand-eye coordination and cognition, stress relief, enhancing spiritual joy and improving musicality in all ages! For more information visit <http://interfaithspirit.org>. To reserve a chair you can call/text 734-972-6098.

**2023 DRUM AND DANCE JAM-Drumming Circle • August 5 • 7:30 p.m.** • \*Bring a drum with you or use one provided by the Interfaith Center \* No Experience Necessary \*\$5 Donation Requested\*This event is hosted by Curtis G. who has been drumming, recording and performing for over 30 years \*Drumming is proven to be good for hand-eye coordination and cognition, stress relief, enhancing spiritual joy and improving musicality in all ages! For more information visit <http://interfaithspirit.org>. To reserve a chair you can call/text 734-972-6098.

## INTUITIVE AND PSYCHIC DEVELOPMENT

### Focused Mind Meditation with John Friedlander •

*Sundays, March 5, April 2 • 9 a.m. to Noon •* Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. \$15. For more information contact Violeta Viviano by email at [mvaviviano@gmail.com](mailto:mvaviviano@gmail.com), call (734) 476-1513, or visit [psychicpsychology.com](http://psychicpsychology.com).

### Psychic Psychology Women's Group with John Friedlander and Gloria Hemsher Choudury •

*Tuesdays, March 7, April 4 • 7 to 8 p.m. •* For Women Only: Meditations concentrating on women's issues relative to biological energies as well as that of the aura. \$10. For more information contact Violeta Viviano by email at [mvaviviano@gmail.com](mailto:mvaviviano@gmail.com), call (734) 476-1513, or visit [psychicpsychology.com](http://psychicpsychology.com).

### Spring Intensive 2023 Webinar/Teleconference •

*April dates TBD •* New material introduced with continued development of advance and core techniques seeking a natural sense of skills in a practical everyday life. Prerequisite Level 1 Psychic Development class, CD set of permission or instructor. \$275. For more information contact Gilbert Choudury at [gchoud@yahoo.com](mailto:gchoud@yahoo.com) or visit [psychicpsychology.org](http://psychicpsychology.org).

## KABBALAH

**Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg •** *March 22, April 19 • 9:15 to 11:15 a.m. OR 7 to 9:00 p.m. •* This life-changing journey is an ordered, systematic approach to develop and balance all the important areas of life. Rather than utilizing so much energy RESISTING (exercise, meditation, sleep, eating and/or drinking healthily), we utilize that liberated energy for CREATING, which puts us on a similar vibration as our Creator. We become empowered to join with G-D and become co-creative, proactive manifesters of our dreams, desires, and goals, open to MIRACLES, and fulfilling our destinies. Monthly Course Rate - \$150/person; Monthly Semi-Private (2 people) Rate - \$180/person; Monthly Private (1 person) Rate - \$150/hour (based on time utilized) For more information contact Karen Greenberg at (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Kabbalah for Couples with Karen Greenberg •** *Sundays, March 19, April 23 • 3 to 5 p.m. •* Has social distancing amplified distance between you and your partner? K4C is for good relationships that both parties are willing to work on to make their relationship even better, physically, emotionally, mentally, financially, spiritually, and energetically. This two-hour session (not one hour), once a month, for about a year, is not couples therapy; it can help you get your relationship to the place that you always wanted it to be but did not know how. \$274 for 2-hour session. For more information contact Karen Greenberg at (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

## MASSAGE

**Free Massage Class with Irene's Myomassology Institute •** *Friday March 31 • 7 to 9 p.m. •* You can relax and have some

fun at Irene's free massage class! This is an excellent opportunity for those interested in massage as a hobby or an introduction to massage as a career possibility. During this free two-hour class, you will have the opportunity to learn basic techniques while both giving and receiving massage. We invite you to bring a friend to exchange massage or come alone and we will pair you up with a friendly partner! FREE. For more information call (248) 350-1400, email [contact@irenes.edu](mailto:contact@irenes.edu), or visit [irenes.edu](http://irenes.edu).

## MEN'S HEALTH WORKSHOPS

**A one-day workshop for men 65 and older. Led by Michael Andes, MSW, 80, and Jim Wilton, MSW, 84. • \$95.** Could be a precursor to an on-going group. To register or for more information email [mduncanandes@gmail.com](mailto:mduncanandes@gmail.com).

## MOVEMENT AND DANCE

**Dances of Universal Peace on Zoom with Judy Lee Nur-un-nisa Trautman •** *Fridays, March 3, April 7 • 7 to 8:30 p.m. •* Meditation and dance leadership for at home dancing or meditation. Inspiration is from diverse faith traditions. FREE, donations accepted. For more information call Judy Lee Nur-un-nisa Trautman at (419) 283-5937, email [jltrautman@sbcglobal.net](mailto:jltrautman@sbcglobal.net), or visit <https://sites.google.com/view/a2-toledodup/home>.

## MUSIC, SOUND, AND VOICE

**Singing for Comfort on Zoom with Interfaith Center for Spiritual Growth •** *Thursdays, March 9, and April 13 • 7 to 8:30 p.m. •* Singing for comfort. Free, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Sacred Sound Journey with Victoria Schon •** *February 26, March 17 and 26, April 7 and 23 • 4 to 6:30 p.m. OR 6 to 7:30 p.m. •* Victoria offers a deeply restorative Sacred Sound Journey of crystal singing bowls, Tibetan singing bowls, gongs, drumming and other sacred sound instruments as she begins with guided meditation and relaxation techniques to expand your ability to find equilibrium and harmony, thus opening a portal of creativity and connection during her sacred sound journey. \$40. For more information visit [victoriaschon.com](http://victoriaschon.com).

**Sound Bath: Crystal Bowls Concert with John Steinbauer and Julia Taylor •** *March 17 • 7 to 8:30 p.m. •* Crystal Bowls concert with music and Reiki Healing Energies \$20. For more info call (734) 808-1335 or email [lhci.financials@gmail.com](mailto:lhci.financials@gmail.com).

**Singing From Your Soul •** For information, go to <https://www.singingforyoursoul.com/singing-from-your-soul-course/> or email [freeyourvoice@singingforyoursoul.com](mailto:freeyourvoice@singingforyoursoul.com)

**Singing For Your Wild Soul sacred sisterhood of voice healing •** For information, go to <https://mailchi.mp/singingforyoursoul.com/wildsoul> or email [freeyourvoice@singingforyoursoul.com](mailto:freeyourvoice@singingforyoursoul.com).

## OTHER

**10th World Congress on Depression and Anxiety •** *March 13 • 9 a.m. •* Conference Series LLC Ltd invites participants

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from all over the world to attend its upcoming "10th World Congress on Depression and Anxiety" during March 13-14, 2023 Montreal, Canada. The 10th World Congress on Depression and Anxiety meeting will be organized around the theme "Advanced treatment strategies and research methodologies implemented Depression and Anxiety". Depression and Anxiety Conference includes prompt Keynote Presentations Workshops Oral Talks Poster presentations e-poster and Exhibitions." For more information email [robbiemaria603@gmail.com](mailto:robbiemaria603@gmail.com) or visit <https://depression-anxiety.neurologyconference.com/>.

**27th Annual Art Exhibition of Artists in Michigan Prisons**  
• *March 21 • 10 a.m.* • The 27th Annual Exhibition of Artists in Michigan Prisons showcases the hard work and talents of artists incarcerated in Michigan prisons. The work is by men and women from all 25 state prisons in both the upper and the lower peninsulas: 24 men's prisons and 1 women's prison. This year there are 645 works in two and three dimensions, including portraits, tattoo imagery, landscapes, fantasy, and wildlife as well as images about incarceration and visions that are entirely new. The event is free for all and all are welcome, we hope to have your support and to see you there! ALSO: event is from MARCH 21 - APRIL 4 Sunday - Monday: 12pm - 6pm Tuesday - Saturday: 10am - 7pm. For more information, contact Sarah Unrath at [saraheve@umich](mailto:saraheve@umich) or 734.615.5643 or visit <https://lsa.umich.edu/pcap>

## PARENTING

**Parenting Arts Support Group with Cynthia Gabriel, Ph.D. and Toni Auker** • *Thursdays beginning January 12 • 1 to 2:30 p.m.* • This is a group to nurture and support parents who are primary caregivers of infants during the early days! You are not alone! We hope to create community connections, explore the world of parenting philosophies (What is Attachment Parenting? What is Helicopter Parenting? What kind of parent am I?), talk about how life events intersect with caring for a small human, get support for infant feeding challenges, and so much more! We will have rotating topics each week with plenty of time for sharing and getting to know each other and our babes. Open to new parents with babies up to crawling age. \$15 week drop-in; \$90/8 weeks; \$120/12 weeks. For more information email [EricaMcLeod@gmail.com](mailto:EricaMcLeod@gmail.com) or visit [nestandnurture.org](http://nestandnurture.org).

**Work and Play Space with Toni Auker, Erica Businki, Erica Macleod, and Cynthia Gabriel** • *Tuesdays • 1 to 3 p.m. and Fridays 10 to noon* • It can be really difficult to find a safe place to let our little ones play away from home. We actually started our play area so our own children could come to work with us. Thanks to some generous donations from community members and The Little Seedling, we now have a beautiful area that is perfect for toddlers and preschoolers. Our space has a variety of seating options, WiFi,

and coffee. We will be there working, and we would love to invite you to do the same. Sliding scale \$0-10. For more information email [hello@nestandnurture.org](mailto:hello@nestandnurture.org) or visit [nestandnurture.org](http://nestandnurture.org).

**Infant/Pediatric CPR and First Aid with Lorenda Lewis • Sundays March 19 • 10 a.m. to 1 p.m.** • Nest and Nurture is excited to team up with Lorenda Lewis to offer this class, which include Red Cross Certification for infant/pediatric CPR and First Aid. Erica is teaching a chestfeeding/breastfeeding class from 2-4 following these classes in 2023. We are offering a \$10 discount to anyone that registers for both classes. \$120. For more information email [hello@nestandnurture.org](mailto:hello@nestandnurture.org) or visit [nestandnurture.org](http://nestandnurture.org).

## PERSONAL GROWTH

**Lunch and Learn with Brad McCuller, Sheila Wathen, and Ashley Concord** • *Tuesday, March 7 • 12:15 to 1:00 p.m.* • Wonder what cool things your phone can do? Interested in blogs and podcasts? Get lost in Social Media? Our ADS technology coworkers will share tips and answer questions in all these areas. You won't want to miss this Lunch and Learn! Event is free (lunch is available for \$5.00). For more information contact the Weber Center at (517) 266-4000.

## PROSPERITY AND ABUNDANCE

**Mamas Smart Money Group with Cynthia Gabriel** • *Thursday, March 23 • 6 to 7:30 p.m.* • A fun, supportive group of folks who identify as "mothers" who want to make financial goals and stick to them! This is a great place to think about 529 plans, starting a new budget, setting up retirement accounts, living on one salary, asking for a raise! Bring your own wine! Snacks provided. \$0-20 sliding scale donation. For more information email [hello@nestandnurture.org](mailto:hello@nestandnurture.org) or visit [nestandnurture.org](http://nestandnurture.org).

## REIKI

**First Degree Reiki Training with Suzy Wienckowski** • *Saturday, April 22 • 10 a.m. to 5 p.m. and Sunday, April 23 • 10 a.m. to 1 p.m.* • Reiki is a gentle, hands-on healing practice that promotes balance and harmony on all levels: Body, Mind and Spirit. Reiki is easily learned by all and after initiation by a Reiki Master, healing energy flows effortlessly through your hands. The First Degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four individual initiations. Certificate awarded. \$150. For more information contact Suzy Wienckowski at (734) 476-7958 or email [SuzyReiki@aol.com](mailto:SuzyReiki@aol.com).

## RETREATS

**Customized Raw Vegan Detox Retreat in Florida with Ellen Livingston** • *Various dates available January through June* • There are opportunities to attend occasional formally planned group retreat offerings, or to come at other flexible



times on your own schedule, either for full retreat services or as an independent nightly guest at our in-home raw vegan retreat sanctuary. Yet another option, which we would like to highlight and encourage, is to recruit your own group of up to four people, decide the focus your group desires, and receive significant referral discounts! Starting at \$80/night. For more information contact Ellen Livingston at (734) 645-3217, email [ellen@ellenlivingston.com](mailto:ellen@ellenlivingston.com), or visit [EllenLivingston.com](http://EllenLivingston.com).

**Insight Meditation Retreat for all levels with Carol Blotter** • *March 3 through March 5 • 7:00 p.m.* • Meditation teaches us to see life as a constantly changing process. As we work with this practice, we begin to realize how our beliefs, opinions, points of view, and our paradigms impact every part of our lives. They color our reactions and cause stress and discomfort. Meditation shows us how to accept all aspects of life with less stress and increasing harmony. A balanced awareness grows, grounded in the present moment, leading to a calm stillness and a growing understanding of the nature of life. The simple and profound meditation techniques of insight, mindfulness, awareness and Loving-Kindness are presented in this retreat with teachings that are nonsectarian and draw on a wide variety of contemplative traditions. Single: \$225; Double: \$175 Commuter: \$100, includes meals and snacks. For more information contact the Weber Center at (517) 266-4000.

**The Paschal Mystery of Christ: A Holy Week Retreat with Edward Ruane** • *April 2 to 6 • 6:30 p.m.* • Centering on the events that compose the Paschal Mystery of Christ, this journey guides participants to enter more profoundly into the Sacred Triduum. Single: \$425 Double: \$325 Commuter: \$225, includes all meals and snacks. For more information contact the Weber Center at (517) 266-4000.

**Mini Wellness Retreats at The Yoga Room with Christy DeBurton** • *Ongoing* • When you haven't got the time (or budget) for a full weekend retreat but just need a little 'me-time,' choose from a variety of 3-hour Mini Retreats at The Yoga Room to relax and renew. Watch for details for scheduled mini retreats in newsletter or grab up to 3 friends and schedule your own mini retreat! Note: proof of Covid vaccination and booster required. Contact for pricing. Christy, [info@christydeburton.com](mailto:info@christydeburton.com), [christydeburton.com](http://christydeburton.com).

## MEDITATION

**White Tara Guided Healing Meditation with various Jewel Heart Instructors** • *Sundays, January 1 to April 30 • 9:30 to 10:35 a.m.* • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental and emotional suffering. Free / Donations welcome. For more information, and to register, visit the Jewel Heart website at [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387, or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Jissoji Zen Ann Arbor Meditation—Half-day Sitting with Rev. Marta Dabis** • *Sundays, March 12, April 9 • 8:15 a.m. to 1 p.m.* • Join us for several periods of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, starting from 8:20

a.m., followed by dharma talk at 11 a.m. Donations are appreciated. Everyone is welcome. Come for any portion of the program. Contact Marta at (248) 202-3102, email [jissojizen@gmail.com](mailto:jissojizen@gmail.com), or visit [jissojizen.org](http://jissojizen.org), and find us on MeetUp!

**Healing and Compassion Meditations with Hartmut Sagolla** • *Mondays, January 9 through April • Noon to 1 p.m.* • Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. Free / Donations welcome. For more information, and to register, visit the Jewel Heart website at [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387, or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Open Meditation and Discussion of techniques and sharing experiences with Larry Gazda** • *Wednesdays, March 8 • 7:30 to 8:30 p.m.* • An Open Meditation for beginners to advanced meditators. Following a group meditation, we are open to discussing techniques and sharing and/or helping with meditation experiences. By donation. For more information call (734) 808-1335.

**Introductory Zen Meditation Course with Zen Buddhist Temple Ordained Dharma Teachers** • *Thursday, March 23 • 6:30 to 8:30 p.m.* • Five-week course. The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not as the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. Cost is \$160/\$120 unwaged. For more information contact the Zen Buddhist Temple, [zenbuddhisttemple@gmail.com](mailto:zenbuddhisttemple@gmail.com), or call (734) 761-6520.

**Myriad of Meditations with Karen Greenberg** • *Sunday, March 5 • 10 a.m. to 12:30 p.m.* • This is a seven-class series. Meditation is an essential component to spiritual evolution. Learn a myriad of meditation techniques, to discover which resonate for you (possibly dissolving years of resistance to mediation). Learn meditations with fire, water, air, earth, with the Four Worlds, with different breathing, with Holy Geometry, sacred letters, powerful Archetypes, spiritual beings, qualities of G-D, with movement, music, toning, colors, scents, gemstones, and trees, including several guided meditations through the Tree of Life. \$25 per class. For more information contact Karen Greenberg at (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Awakening and Living Awake—Grounding the Earth in Unconditional Love via Zoom with Barbara Brodsky, Aaron, and John Orr** • *Tuesdays March 14 and 28, April 11 and 25 • 6 to 9 p.m.* • Waking up! We are all already awake, but most people have forgotten this truth. It was necessary that we arrive sleeping; now it is vital we awaken. We chase that elusive awakens, forgetting who we are. We practice on both levels, the ultimate one (where everything is connected, awake and present), and the relative level where we move through awakening as a gradual process. Suggested donation. For more information call (734) 477-5848, email [om@deepspring.org](mailto:om@deepspring.org) or visit [deepspring.org](http://deepspring.org).

**Overnight Introductory Meditation Course with Ordained Dharma Teachers** • *March 24 and 25 • 7 p.m. Friday through noon on Saturday* • The viewpoint of Zen is that life lived fully in

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each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course, or who prefer the overnight retreat, are also welcome. Cost is \$160/\$120 students or unwaged and includes accommodation and a vegetarian breakfast. For more information contact the Zen Buddhist Temple, zenbuddhistemple@gmail.com, or call (734) 761-6520.

**Peace Generator on Zoom with Interfaith Center for Spiritual Growth** • *Fridays, March 17, and April 21 • 7 to 9 p.m.* • Join the circle of silence of inner and outer harmony. Stay for a few minutes or for the entire time to create world peace. Free, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Virtual Mindfulness-Based Stress Reduction with Libby Robinson** • *Saturdays, March 4, 11, 18, 25, and April 1 • 2 to 4:30 p.m.* • MBSR is the mindfulness class developed by Jon Kabat-Zinn which has been extensively researched and found helpful in coping with stress, pain, depression, anxiety, and chronic unhappiness, starting the current wave of interest in mindfulness as a strategy for coping with a wide-range of human problems. The class focuses on practicing mindfulness (compassionate present moment awareness) in and between classes. Meeting weekly, participants learn through guided meditations, discussions, daily mindfulness practices, and a half-day retreat. \$300 (scholarships available); includes recordings of guided meditations, handouts, and the retreat. For more information email [libbyrobinson7@gmail.com](mailto:libbyrobinson7@gmail.com) or visit [libbyrobinsonmindfulness.com](http://libbyrobinsonmindfulness.com).

**Path to the Awakened Heart: The Yoga Sutras of Pantanjali with Robert Jacobs** • *Thursdays, March 9 and 23, April 6 and 20 • 7 to 8:30 p.m.* • The Yoga Sutras of Patanjali is an ancient text that is a guidebook for walking the spiritual path. The course considers the Sutras from the point of view of Tantric Yoga, particularly the North Indian school of Kashmir Shaivism. Along with studying the text, we will practice tantric forms of meditation to help us understand the Sutras, focusing on mantra, the breath, visualizations, the opening of the central channel, and the chakras. Suggested donation. For more information call (734) 477-5848, email [om@deepspring.org](mailto:om@deepspring.org) or visit [deepspring.org](http://deepspring.org).

**Meditation Getaway with Rob Meyer-Kukan** • *Saturday, February 18 or April 15 • 9 a.m. to 5 p.m.* • You are invited to join Rob at 7 Notes Natural Health for a chance to get away and meditate. This day long retreat will be your oasis of peace and calm, a chance to connect to nature, to spirit, to your higher self. Walking/hiking meditation opens our day at one of Ann Arbor's many local parks. We continue with various forms of meditation, yoga nidra, journal writing, breath work, sound and aroma experience, and more. Ample time for sharing and reflection will be provided. \$125. For more information contact Rob Meyer-Kukan at (248) 962-5475 or visit [facebook.com/events/3462262873993362](https://facebook.com/events/3462262873993362).

**One-Day Zen Meditation Retreat with Ordained Dharma Teachers** • *Sunday, March 12 • 9 a.m. to 5 p.m.* • Sitting and walking meditation, simple manual work, vegetarian meals, and rest – an interval of deepening, of slowing down, silence, and mindfulness. \$60. For more information call Zen Buddhist Temple at (734) 761-6520, email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com). Register at <https://forms.gle/EfprF84sEak8LvNu9>.

**ReFresh Your Mind and Body with Master Wasentha Young** • *Thursdays, March 2 through March 16 • 11:30 to 12:30 p.m.* • Take a break and refresh your mind and body with basic stand, moving and sitting mindful meditation. (Hybrid class. In-person limit 10, Zoom unlimited). \$60. For more information or to register, contact Peaceful Dragon School at [info@peacefuldragonschool.com](mailto:info@peacefuldragonschool.com), call (734) 741-0695, or visit [peacefuldragonschool.com](http://peacefuldragonschool.com).

**How to Do a Daily Practice: Mantras and Dedication (Applied Meditation Technology Series) with Jewel Heart Instructors** • *Saturday, March 4 • 10 to 11:30 a.m.* • With so many meditation topics available, knowing how to begin a personal daily practice can be confusing. This is the second of three workshops offering clear guidance for a complete Tibetan Buddhist daily practice, combining prayer, visualization and mantras, as well as concentrated and analytical meditations. \$15 Jewel Heart member / \$20 Non-member. Pay what you can - no one turned away. To register, visit [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387 or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**A Day of Mindfulness Meditation ~ Relieving Suffering with Esther Kennedy, OP** • *Saturday, March 11 • 10:30 a.m. to 2:30 p.m.* • It comes quite naturally to aspire to bring tenderness and care into situations of suffering. Yet, one might ask who are these 'others'? As you look around your world see if there is anyone you dislike, detest, anyone you fear or just plain resent. Notice any habitual response that rises when you see, hear, think of this person. With patience and tenderness examine your behavior and open to unfolding and transforming awareness. \$35.00 lunch included. For more information contact the Weber Center at (517) 266-4000.

**Spring Equinox Ritual Celebration with Esther Kennedy, OP** • *Sunday, March 19 • 3:30 to 4:40 p.m.* • At the edge of spring we gather to welcome new growth rising within the dark soil of Earth; and rising within your heart and soul. Bless us with a poem, a prayer, or a treat to share. FREE. For more information contact the Weber Center at (517) 266-4000.

**Daylong Meditation Retreat with Carol Blotter** • *Saturday, March 25 • 9 a.m. to 4 p.m.* • A quiet day in a wooded natural setting for sitting and walking meditation. Instruction available. A short talk given for contemplation. Donation only for Michigan Friends Center. For more information call (734) 475-0942 or email [cb.meditate@gmail.com](mailto:cb.meditate@gmail.com).

**A Day of Mindfulness Meditation ~ Cultivating Mindfulness with Esther Kennedy, OP** • *Saturday, April 15 • 10 a.m. to 2:30 p.m.* • Why do we practice? What value does meditation

have? The effort to pursue meditation is a commitment not written in stone but perhaps found in the heart. There is an eagerness in many of us to become aware of what we sense is closed, fearful or shut down in us; what is out of balance manifested in our reactivity; and what is the deeper truth of our experience hidden within. We may simply desire to more fully realize who we are and to live in the growing freedom of that awareness. \$35 includes lunch. For more information contact the Weber Center at (517) 266-4000.

**Weekly Silent Meditation via Zoom with Celeste Zygmunt • Sundays and Tuesdays • Sundays • 11 a.m. to Noon • Tuesday 9 - 9:30 a.m.** • We will have a brief period of chanting, then mute ourselves, and begin silent vipassana meditation. After the time is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions. Suggested donation. For more information call (734) 477-5848, email [om@deepspring.org](mailto:om@deepspring.org) or visit [deepspring.org](https://deepspring.org).

## SHAMANISM

**Journeying Circle with Judy Liu Ramsey • First and third Thursdays of each month • 7 - 8:30 p.m.** • The circle meets twice a month to explore issues, ideas and feelings deeply through shamanic journeying. Shamanism addresses the spiritual aspects of healing and gives us a very different perspective that often includes personal healing and empowerment. One person's journey is everyone's journey. Come join a supportive, nurturing group experience for your own empowerment. Prerequisite: shamanic journeying skills. Circle is on ZOOM. You must register prior to attending. \$25 per session or \$40 per month. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit <https://JudyRamsey.net>.

**Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey via Zoom • April 22 and 23 • 9 a.m. to 3 p.m.** • The shamanic journey is an easy and powerful tool we can use to access spiritual information. In this class you will begin to develop a relationship with a compassionate spirit or power animal who wants to help you at this time in your life. Learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies. \$160 per person/\$75 for repeat students. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net), or visit <https://JudyRamsey.net>.

**Medicine For the Earth/Healing with Spiritual Light via Zoom with Judy Liu Ramsey • March 11-12 and 25-26 • 9 a.m. to 4 p.m.** • Explore the depth of your own inner light and its connection with All That Is. Learn how to transform the energy behind toxic thoughts and achieve balance in yourself and harmony in your world. You will connect with nature, spirit allies, and the elements to learn how to transform and heal yourself, your community and your environment. Suggested reading: *Medicine for the Earth: How to Transform Personal and Environmental Toxins* by Sandra Ingerman. Journeying skills not necessary. All levels and traditions are welcome. \$375 per person/\$125 for repeating students. \$160 per person/\$75 for repeat students. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit <https://JudyRamsey.net>.

**Zoom Shamanic Journeying Circle with Judy Liu Ramsey • Thursdays, March 16, and April 6 and 20 • 7 to 8:30 p.m.** • Join us for shamanic journeying with a focus on healing yourself, your community and the world. Each session will have an intention to journey on, revealing your own inner wisdom combined with group sharing. Experience the incredible beauty and revelation of journeying within a group setting that supports your path. Knowledge of shamanic journeying required. Registration is required. \$25 per session or \$40 per month. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit <https://JudyRamsey.net>.

**Shamanic Healing for Animals I via Zoom with Judy Liu Ramsey • Wednesdays, March 1, 8, 15, 22, 29 and April 5 • 7 to 9 p.m.** • Working with animals of all species, explore unique perspectives for animal healing that draw upon core shamanic practices. Students will develop a toolkit of techniques within a supportive, interactive, and experiential learning framework of instruction from a professional animal communicator who also practices shamanism. Prerequisite: shamanic journeying. Knowledge of telepathic animal communication not necessary. \$360 per person/\$125 for repeating students. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit <https://JudyRamsey.net>.

## SPIRITUAL DEVELOPMENT

**Interfaith Sunday Service on Zoom with Interfaith Center for Spiritual Growth • January 1 through April 30 • 10:45 a.m. to 12:15 p.m.** • Join us as we explore our spiritual nature and how it connects to all aspects of our human lives. Free, but donations gratefully accepted. For more information visit [interfaithspirit.org](https://interfaithspirit.org).

**Sufi Chanting Meditation and Discussion on Zoom with Imam Kamau Ayubbi • Tuesdays, January 3 through April 25 • 7 to 8:00 p.m.** • An exploration of Sufism. \$5-10 per class. For more information visit [interfaithspirit.org](https://interfaithspirit.org).

**MONTHLY Midrash Study with Karen Greenberg • March 26, and April 9 • 9:30 a.m. to 12:30 p.m.** • The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. \$180 per month for the monthly study (one 3-hour session per month); \$180 per month for the bi-monthly study (two 1½-hour sessions per month); \$180 per month for the weekly study (approximately three 1-hour sessions per month). For more information contact Karen Greenberg at (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](https://clair-ascension.com).

**Level One Akashic Record Practitioner Certification with the Linda Howe Center for Akashic Studies and Shellie Powers • March 10 and 11 OR April 15, 22, 29 • Become a Certified Practitioner of the Akashic Records.** See website for details [powers365.com/events](https://powers365.com/events). \$360. For more information email [info@thepowersof.com](mailto:info@thepowersof.com).

**Zen Meditation, Noon service, and Lunch with Rev. Marta Dabis • Sundays, March 5, 19, 26, and April 2, 16, 23, 30 • Join us for a period of sitting meditation in the lineage of Shrunyu Suzuki of**

# THE BIWEEKLY COMMUNITY CALENDAR

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the San Francisco Zen Center, starting from 11:00a.m., followed by noon service and informal check-in. Donations are appreciated. Everyone is welcome. You may choose to come for any portion of the program. Contact Marta at (248) 202-3102, email [jissojizen@gmail.com](mailto:jissojizen@gmail.com), or visit [jissojizen.org](http://jissojizen.org), and find us on MeetUp!

**Akashic Records Advanced Practitioner Certification with Shellie Powers • March 18 and 19 • Level Two:** Become an Advanced Certified Practitioner with Linda Howe's Center for Akashic Studies. 9-hour class. Please see website for more details. \$430. For more information visit [powers365.com/events](http://powers365.com/events), call (734) 926-5378, or email [info@thepowersof.com](mailto:info@thepowersof.com).

**Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg • Sundays, March 5, 12, and 19 • 5 to 9:30 p.m.** • Learn how to create a sacred, protected space to astral travel safely to the planets associated with the Sephiroth (Spheres) in the Tree of Life, to become more deeply acquainted with different aspects of G-D. Learn how to connect to the energy of different aspects of G-D, and the special qualities that they represent. You may receive invaluable messages and/or answers to compelling questions. \$777. For more information contact Karen Greenberg at (734) 417-9511, email [krngnrbg@gmail.com](mailto:krngnrbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Rites of Passage: Hindu, Christian, Muslim, Native American with Susan VanBaalén • Thursdays, March 9, 16, and 23 • 1:30 to 3:30 p.m.** • This program will introduce the similarities and differences of the rites of passage and spiritual journeys of Hindus, Christian, Muslims and Native Americans. The program will help participants recognize the universality of a life-long journey of searching for God-ness and goodness as it is expressed across time, geography and religious traditions. Participants will understand and appreciate the sacred rites of acceptance and growth in oneness with God that emerges from experiences of retreat from the world whether in the form of Hajj, Vision Quest, Holy Land Pilgrimage or Wandering Asceticism. We will explore rites related to initiation, penitence, mature acceptance of responsibility for self and the universe, grieving, suffering and death. \$45. For more information contact the Weber Center at (517) 266-4000.

**ST101: Qigong Meditation Basics 1 Online with Steven Sy • Saturday to Sunday, March 25 and 26, and April 1 and 2 • 9:30 a.m. to 4:30 p.m.** • Qigong Meditation Basics 1 is a set of meditations designed to release inner tension, increase self-acceptance, open the heart, detoxify negative emotions, balance one's inner energy, and rejuvenate the body. These meditations are combined with soft physical body movements (qigong) to promote health and well-being. No Prerequisites. \$195. For more information contact (517) 295-3477, [steven@spiritualtao.com](mailto:steven@spiritualtao.com), or visit [spiritualtaoworkshops.com](http://spiritualtaoworkshops.com).

**Cultivating a Personal Relationship with G-D with Karen Greenberg • Sundays, April 23 and 30 • 6:30 to 9:30 p.m.** • Create a Sacred Space in which to compose and ask questions of your Higher Power. Decipher if you are receiving "Yes," "No," or "Essay" answers in your head, body, or spirit. Ask G-D how

you can serve (working through resistance to trusting and surrendering to G-D); express gratitude, awe, and allow yourself to be comforted and healed by G-D). Compose prayers, feeling close to G-D, as though G-D were a close friend: HE/SHE IS! \$90. For more information contact Karen Greenberg at (734) 417-9511, email [krngnrbg@gmail.com](mailto:krngnrbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Claiming Your Indigenous Self: An Apprenticeship Program with Bronwen 'Wildflower' Gates, Ph.D. • Date and time by arrangement** • In this program you are apprenticing with your indigenous self, that self that is at home in the universe. My role is to help you identify and use skillfully the power of your choice. There are many different points of entry into this program depending on what calls you and your chosen level of participation. For more information contact Bronwen Gates at (734) 330-8099, email [bronwild@gmail.com](mailto:bronwild@gmail.com), or visit [BronwenGates.com](http://BronwenGates.com).

## SUSTAINABLE CONSTRUCTION

**April Worktrade/Sustainable Skills Program with Deanne Bednar • April 1 through April 30 • 9 a.m. to 5 p.m.** • Enjoy an enriching month of living on-site at Strawbale Studio on lovely wooded rural land with natural buildings while contributing to the grounds and program. Help 20 hours a week (garden, grounds, maintenance/repairs, office) in exchange for room, board, and sustainable skill-building classes: mushroom log inoculation, Rocket Stove cooker build, cording, lashing, spoon carving, tool sharpening, earth oven pizza, and foraging! [Strawbalestudio.org](http://Strawbalestudio.org) for details. For more information contact Deanne Bednar (248) 496-4088 email [ecoartdb@gmail.com](mailto:ecoartdb@gmail.com) or visit [strawbalestudio.org](http://strawbalestudio.org).

**Rocket Stove Outdoor Cooker with Deanne Bednar • Saturday, April 29 • 1 p.m. to 5 p.m. followed by supper** • Enjoy a day on the land at Strawbale Studio! Tour the Rocket Mass Heater and Earth Oven on-site, then experience the hands-on building and lighting of a Rocket Stove outdoor cooker. This is a very useful, do-able project! Stay on for a vegetarian stew cooked on our "new stove"! \$40 one month in advance or \$50 thereafter. For more information contact Deanne Bednar (248) 496-4088 email [ecoartdb@gmail.com](mailto:ecoartdb@gmail.com) or visit [strawbalestudio.org](http://strawbalestudio.org).

**Sculpting With Earth with Deanne Bednar • Saturday, March 11 • 1 p.m. to 5 p.m.** • This hands-on workshop is perfect for artists, homeowners, or anyone who would like to learn the techniques of using local subsoil to sculpt. Learn how to identify, locally source, test, and mix subsoil that can be used to make artwork, practical projects, earth ovens, and more! Take home your projects and an understanding of this delightful local resource: Earth! \$35 one month in advance or \$45 thereafter.

**Strawbale Studio Learning Tour • Saturdays, March 11, April 8 and 29 • 10 a.m. to 12p.m.** • See the enchanting buildings with thatched and living roofs, earth oven, rocket stove, and rumford fireplace. Structures include the Strawbale Studio, Hobbit Sauna, and Middle Earth house. On lovely rural land just one hour North of Detroit. Questions invited. Each tour has a workshop scheduled for the afternoon that you might also want to register for and attend! \$20.

## STRESS MANAGEMENT

**Stop Sabotaging Your Self-Care with Christy DeBurton, RYT** • *Ongoing and Self-Paced* • In this compact but powerful self-paced course you will gain insight into yourself and see your way out of your self-sabotaging habits, learn tools to cultivate greater awareness of your self-care needs, and explore the healing qualities of nature, movement, nutrition, sleep, gratitude, self-compassion, and more. \$79. Contact Christy at [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com)

**Stop Sabotaging Your Self-Care with Cristy Deburton** • *Self-Paced* • This compact but powerful self-paced course is the accountability partner you need to power through obstacles and overcome beliefs that hold you back from creating the life you want and deserve. It will help you gain insight into yourself and see your way out of your self-sabotaging habits; teach you tools to cultivate greater awareness of your self-care needs; and guide you in exploring the healing qualities of nature, movement, nutrition, sleep, gratitude, self-compassion and more. \$79 introductory pricing for a limited time. For more information contact Christy at [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

**Meet the Mind-Body Connection (Webinar) with Robin Goldberg** • *Wednesday, March 29 • 6 to 8 p.m.* • Discover how our thoughts, beliefs and emotions can affect our muscles, bones and organs. As you explore these inner lines of communication, you will also learn relaxation techniques that draw inspiration from healing modalities, like yoga and reflexology. These simple stress-relieving tools can enable you to reconnect with your inner sources of strength, joy and well-being. \$25 or FREE for ages 65+ with WCC Emeritus Scholarship - visit [wccnet.edu](http://wccnet.edu) and search "Emeritus" to learn more. Visit [washtenawaugusoft.net](http://washtenawaugusoft.net) and search "40489" to register. Contact [robinlily@outlook.com](mailto:robinlily@outlook.com) with questions.

## TAI CHI, MARTIAL ARTS, AND SELF DEFENSE

**Chen Tai Chi Chuan with Joe Walters** • *On-going Monday and Thursday • 5 – 6:15 p.m. • Saturday 9:30 - 10:45 a.m.* • Instruction in Chen tai chi chuan, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Free. For more information contact Joe Walters at [annarbortaiichi@gmail.com](mailto:annarbortaiichi@gmail.com) or visit [annarbortaiichi.com](http://annarbortaiichi.com).

**Yang and Chen - Qigong and Tai Chi with Karla Groesbeck** • *Monday through Friday, Various times* • Qigong and Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside and zoom. Yang Short and Long Forms, Chen Laojia Yilu. Various qigong sets and Zhan Zhuang. Free (Seniors); Low Fee. For more information contact Karla Groesbeck at 734-276-3059 or [info@taichilove.com](mailto:info@taichilove.com); or visit [TaiChiLove.com](http://TaiChiLove.com).

**Tai Chi for Beginners with Master Wasentha Young** • *Mondays, January 9 through April 13 • 10 to 11:15 a.m. or Thursdays 6 to 7:15 p.m.* • Tai Chi, often characterized as a moving meditation, is a series of postures linked together in a continuous, fluid manner. As a practice, it integrates the mind and body, promotes relaxation, as well increases balance. Register for one class and you can attend both sessions – whatever your schedule allows – at no extra cost! Hybrid class taught in-person (limit 10) and on Zoom (your choice). \$195.

**ST101: Qigong Meditation Basics 1 Online with Steven Sy** • *Saturday to Sunday, March 25 and 26, and April 1 and 2 •*

*9:30 a.m. to 4:30 p.m.* • Qigong Meditation Basics 1 is a set of meditations designed to release inner tension, increase self-acceptance, open the heart, detoxify negative emotions, balance one's inner energy, and rejuvenate the body. These meditations are combined with soft physical body movements (qigong) to promote health and well-being. No Prerequisites. \$195. For more information contact (517) 295-3477, [steven@spiritualtao.com](mailto:steven@spiritualtao.com), or visit [spiritualtaoworkshops.com](http://spiritualtaoworkshops.com).

**Chen Tai Chi Chuan with Joe Walters** • *Every Monday, Thursday, and Saturday • Monday and Thursday 4 to 5 p.m., Saturday 3 to 4 p.m.* • Instruction in Chen Tai Chi Chuan, a unique art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. FREE. [annarbortaiichi@gmail.com](mailto:annarbortaiichi@gmail.com), [annarbortaiichi.com](http://annarbortaiichi.com).

**Yang and Chen - Qigong and Tai Chi Karla Groesbeck** • *Monday through Friday • 1-hour classes • Various times* • Yang and Chen - Qigong and Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside and zoom. Yang Long Form 108, Chen Laojia Yilu, Xinjia Yilu. Various qigong sets and Zhan Zhuang. Staff, Bang, Ruler, Tuishou, Push Hands. Low fee, free for seniors. For more information call (734) 276-3059, [info@taichilove.com](mailto:info@taichilove.com), or visit [TaiChiLove.com](http://TaiChiLove.com)

## THEATER

**Staged Reading of Lee's Grand Tiki with Neighborhood Theater Group** • *Friday, March 3 through Sunday, March 5 • 7:30 p.m. • Sunday at 2 p.m.* • When Leo needs twenty grand to save the family business, he does the only thing he can, turn to his former criminal associate Eddie "The Fish" Cohen. But Eddie has his own plans for the Grand Tiki, and if Leo, his sister Pheenie, and bartender and aspiring luchador Manny "El Chupa-cobra" Santini can't get the money back, all while dodging Leo's P.O., it's all going to go up in smoke. An original play written by Greg Pizzino and directed by Meg McNamee. FREE. For more information visit <https://ntgypsi.org>.

**Prose, Poetry, and Potpourri with John MacNaughton** • *Thursday, April 27 • 1:30 to 2:30 p.m.* • John MacNaughton will headline the program with the story of his career as Creative Director of the Croswell Opera House, actor, author, graphic artist and more. Enjoy prose, poetry, music and song presented by a variety of talented friends and neighbors. Feel free to bring your own creations. FREE. For more information contact the Weber Center at (517) 266-4000.

## WOMEN'S HEALTH

**Creating Your Perimenopause Plan with Christy DeBurton, RYT** • *Self-Paced* • Perimenopause can start as early as your mid-30s, and lifestyle habits such as diet, exercise, stress, and sleep can play a huge factor in symptoms. In Creating Your Perimenopause Plan, you will learn about the stages of perimenopause, the most common symptoms, important hormones to know about, tips for a hormone-balancing diet, beneficial supplements and herbs, exercise, sleep, self-care advice, and more. Journal prompts with thoughtful questions help you create your own Perimenopause Plan. \$59. Contact Christy at [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

**ReVillaging for Modern Mothers: a day-long retreat with Miriam Dowd-Eller and Emily Adama** • *Sunday, April 16 • 9:30 a.m. to 4:30 p.m.* • This retreat is for mothers of all ages and

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stages looking to fill their cup with self-connection, community-building, and normalizing the challenges of motherhood. Through Yoga, Movement, Story, Stillness and Song, these day-long retreats in nature (with an optional overnight add-on) will explore different themes in this season retreat. \$45 For more information contact [Miriam.EarthWell@gmail.com](mailto:Miriam.EarthWell@gmail.com).

## Creating Your Perimenopause Plan with Christy DeBurton

• *Self-Paced* • Creating Your Perimenopause Plan combines science and personal experience, so you feel like you're going on a self-guided journey with a knowledgeable friend. In this e-Guide Christy shares everything she learned during her own perimenopause journey, and then helps you create a plan to support your body—pro-actively—through nutrition, supplements, exercise, stress relief and more. \$59 introductory pricing for a limited time. For more information contact Christy at [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

## WORK AND RIGHT LIVELIHOOD

**“Become a Spiritual Entrepreneur” Master Class with Susan McGraw** • *Tuesday, March 21 and 28 • 7 to 9 p.m.* • In this 2-part Master Class, you will identify the elements of “spiritual entrepreneurship” and explore ways to blend spiritual practices with traditional business approaches. You will learn techniques to call on Divine Inspiration to build and expand your business. By partnering with Spirit and taking “inspired action,” you will experience a more fulfilling and rewarding business. \$39. For more information contact Susan McGraw (734) 415-4006, email [Susan@DivineInspirationAtWork.com](mailto:Susan@DivineInspirationAtWork.com), or visit [DivineInspirationAtWork.com/classes](http://DivineInspirationAtWork.com/classes).

## WRITING AND POETRY

**Hoping to Thaw: A hybrid writing workshop—in person or by Zoom with Tarianne DeYonker** • *Saturday, March 11 • 1 to 4:00 p.m.* • Whether just beginning to write or starting to write again after a length of time, it's important to exercise your creative “muscles” for writing. This afternoon will give writers a chance not only to write but to read their just-written work and receive feedback on its strengths. The workshop is appropriate for beginning and experienced writers. You may join in person at Weber Center or by zoom. A zoom link will be sent closer to the workshop date. Cost: \$35 Registration is necessary through Weber Center. For more information contact the Weber Center at (517) 266-4000.

**Sit. Stop. Write. Zen and Poetry with Dmitry Berenson** • *Sundays, February 26, March 26, April 23 • 1:15 p.m. to 3 p.m.* • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We'll do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Donations are appreciated. For more information email [jissojizen@gmail.com](mailto:jissojizen@gmail.com), or call (248) 202-3102, or visit [jissojizen.org](http://jissojizen.org).

**Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin** • *Wednesdays, February 22, March 8 and 22, April*

*12 and 26 • 7 to 9 p.m.* • Second Wednesdays, Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Fourth Wednesdays, Featured Reader(s) for 50 minutes. Open Mic reading for one hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. All sessions are virtual and accessible through Zoom. Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link. For more information contact Edward Morin (734) 668-7523, email [eacmorso@sbcglobal.net](mailto:eacmorso@sbcglobal.net) or visit <https://cwcircle.poetry.blog>.

• Featured Reader on March 22 – Linda Nemec Foster is author of twelve poetry collections including *The Blue Divide* and *The Lake Michigan Mermaid* (a Michigan Notable Book). *Bone Country* is her forthcoming collection of prose poems and flash fiction. Linda was the first Poet Laureate of Grand Rapids and founder of the Contemporary Writers Series at Aquinas College.

• Featured Reader on April 26 – Dan Bellm (Berkeley, CA) has published five books of poems, including *Counting* (2023), *Deep Well* (2017), and *Practice* (2008). His recent translations include *Central American Book of the Dead*, by Balam Rodrigo (2023), *Speaking in Song*, by Pura López Colomé (2017), and *The Song of the Dead*, by Pierre Reverdy (2016).

## YOGA

**Yoga + Wellness Virtual and In-Person Classes with Christy DeBurton** • *Ongoing* • In-person and virtual yoga and wellness courses: Hatha, Vinyasa, Yin, Yoga for HSPs, Aqua Yoga, Self-Care and more. For more information contact Christy at [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

**Sivananda Yoga with David Black** • *Beginning Tuesday, March 21* • Six-week courses for beginning and experienced students learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Classes fill up quickly, so early registration is necessary. \$60. For more information contact the Zen Buddhist Temple at (734) 761-6520, email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com). Register at <https://forms.gle/EfprF84sEak8LvNu9>.

**Yoga and Sound with Rob Meyer-Kukan and Paul Barr** • *Sunday, March 19 • 6:00 to 7:30 p.m.* • Join Sound Healer, Rob Meyer-Kukan and Yoga Instructor, Paul Barr for this seasonal series of Yoga + Sound at 7 Notes Natural Health. Paul will lead a mindful yoga practice that focuses on themes tied to each of the seasons. Rob will support with gentle sounds of singing bowls, gongs, and more. An extended time of savasana will allow you to deeply rest into the new season while being immersed in sacred sound. \$40. For more information call (248) 962-5475 or visit [facebook.com/even](https://facebook.com/even) [ts/477866034321889/477866047655221](https://t.me/even).

**Word of the week:**

**Foofaraw**

/fooferô/

*adjective*

1. a great deal of fuss or attention given to a minor matter.
2. showy frills added unnecessarily.

**Gentle Online Yoga in the Iyengar Style with Elizabeth Brauer**

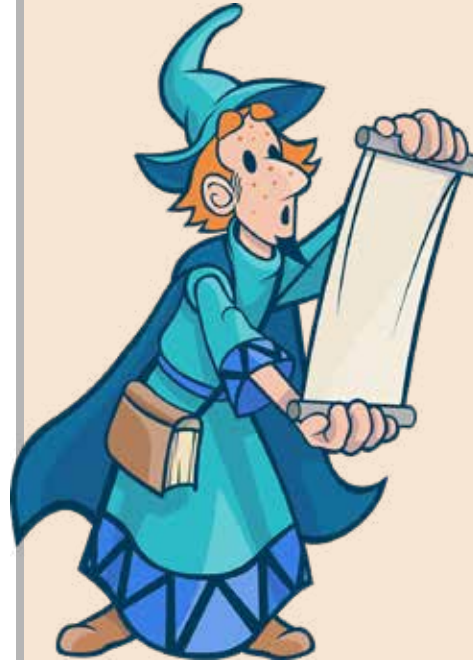
• Fridays, January 13 through March 31 • No class February 24 or March 10 • 10 to 11:30 a.m. • This class is geared to anyone with decreased mobility, but participants at any level will benefit from joining. Iyengar style yoga uses equipment to help participants manage the poses safely and effectively. Together we will practice yoga poses and study our breath. For this class, you will need at a minimum a yoga mat, a 10-foot yoga strap, 2 yoga blocks, and 3 thick blankets. A small plastic stool, a few more blankets, a round bolster and a second yoga mat may also be useful. \$249 or FREE for ages 65+ with WCC Emeritus Scholarship - visit [wccnet.edu](http://wccnet.edu) and search "Emeritus" to learn more. Visit [washtenaw.augusoft.net](http://washtenaw.augusoft.net) and search "gentle" to register. Contact [ebrauer@wccnet.edu](mailto:ebrauer@wccnet.edu) with questions.

**Compassionate Yoga with Mary Seibert • Wednesdays • 4:15 to 5:30 p.m.** • Kripalu yoga is great for beginners and seasoned students. Classes are gentle and slower paced. Emphasis is on mindfulness, breath, postures, strength and balance. Sliding scale fee. For more information call (734) 323-2520, email [compassionateyoga@outlook.com](mailto:compassionateyoga@outlook.com), or visit [compassionateyoga.info](http://compassionateyoga.info).

**Iyengar Yoga with David Rosenberg • Mondays, Thursdays, Saturdays • January 9 through March 23 • Mondays 6 to 7:30 p.m. • Thursdays 7 to 8:30 p.m. • Saturdays 10 to 11:30 a.m.** • Experience invigorating yoga postures using the methods of BKS Iyengar to strengthen the body, create a feeling of well-being, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes the use of props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. Ten classes for \$129. For more information contact David Rosenberg at (734) 646-4195 or visit [aarecedonline.com](http://aarecedonline.com).

**Embody • Wednesdays, 1/18/23-3/8/23 • 6-7:15 p.m.** • An 8 week yoga, energy, and voice series at One Tribe Yoga in Brooklyn, MI. For more information visit <https://www.onetribebrooklyn.com/> classes or email [freeyourvoice@singingforyoursoul.com](mailto:freeyourvoice@singingforyoursoul.com).

Get your event listed in the CW Biweekly calendar for **FREE**.



Submit your listing two weeks in advance.

[Submit your listing here.](#)

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**Biweekly Divination**  
**"Sample Spread Video"**  
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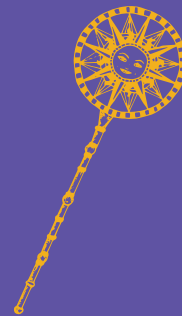
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