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A GREEN ISSUE

February 2017 | New Orleans Edition | NALAmag.com

letter from the editor



In New Orleans Christmas is not the end of the holiday season but the beginning. *Laissez les bon temps rouler* is on everyone's lips between New Year's and the end of festival season. It makes those New Year's resolutions we set last month seem almost impossible with all of the indulgent fun around us. In my mind it is always a constant battleground of balance versus focus. One voice, in typical angel/devil diatribe, will say "It's Mardi Gras. Have a piece of King Cake" while the other voice begs "We resolved to have things be different this year." It is a constant battle in my mind around when it's ok and what is ok to indulge in. It feels like a constantly revolving door between things that make life fun and celebratory and the things that I put in the way of achieving my goals for the year.

We all know that we are our harshest critics. If a friend or family member was asking my opinion on this same predicament, I know I would answer in a way to help lift them up to be their best selves. "Oh let's split a few bites so we can have

a taste without the guilt." However it is nearly impossible for me to treat myself with as much compassion. I spend so much energy trying to train my body to be fit. I'm kind to my skin, hair, and muscles. I buy them expensive products, soak them when they are sore, and ensure that I am setting aside time to attend to them. I rarely, if ever, give this same love and attention to my mental fitness.

If the mind is a muscle, how do I work it out so that muscle memory kicks in and I can stop this vicious cycle of endless thoughts that usually ends with me either 1) feeling guilty for indulging or 2) lamenting over the fact that I didn't get to enjoy a tradition of the season? Our issue this month is focused on fitness. I challenge you all to consider this word has 3 parts of a whole: Mind, Body, and Soul. For me, it is the ramifications of the choices on my mind which truly impact my whole body's fitness.

As we look forward to a fun festival season and a year filled with accomplishments, let us all try to practice some mental fitness. Be kind to your mind the way that you are to your body. Just as your body needs to rest in order to be restored and ready to continue to reach your physical fitness goals, so does your mind. Feed your mind the same love and attention you give your physical self. Easier said than done I know. Whether it is daily meditation, yoga, or just a really great bubble bath, take the time to do your mental exercises. This month of love is a great time to start giving that back to your mind.

Happy Mardi Gras Y'all!

Coco



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Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.

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KNOW YOUR NOLA
NEIGHBORHOODS

Broadmoor

by Julie Holman

Broadmoor has been instrumental for leading the way in community activism, diverse architecture and restoration, in addition to gem eateries in the city.



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Boundaries

The City Planning Commission defines the boundaries of Broadmoor as these streets: Eve Street, Washington Avenue, Toledano Street, South Claiborne Avenue, Jefferson Avenue, South Rocheblave Street, Nashville Avenue, and Octavia Street.

History

The heart of New Orleans was originally a marsh and lake fishing spot for local residents that connected to Bayou St. John by a stream. In the early twentieth century, canals and pump stations drained the swamps, creating opportunity for housing development.

Architecture

Due to this area being the lowest point in NOLA, the “raised basement” was designed to deal with flooding. The neighborhood has always been architecturally rich including Mission and Spanish style bungalows, double shotgun and revival homes.

Activism

In 1973 the BIA, (Broadmoor Improvement Association, founded in 1969) stepped in and won a lawsuit petitioned after Real Estate mongers were encouraging residents to sell their homes cheaply as people of color moved in. They shamefully increased prices to a higher dollar when selling to people of color.

Restoration

Both the BIA (www.broadmoorimprovement.com) and the Annunciation Mission (formed post-Katrina), have spearheaded developments including, “Save our neighborhood” after being designated a “Green Dot” site. Initiating proactive neighborhood engagement, the BIA boasts that over 76 percent of the homes have been repaired in addition to launching Innovative business hubs, eateries,

Broadmoor Arts & Wellness Center, a library, schools, and more.

Mind-Body & Belly

Stay Local Broadmoor Neighborhood Guide

www.staylocal.org/Broadmoor.

Eight Chakras Yoga

www.eightchakrasyoga.com.

El Pavo Real-Mexican

www.elpavorealnola.com.

Laurel Street Bakery

www.laurelstreetbakery.com.

Green Dot Café by Liberty

(temp. closed for renovation)
www.libertyskitchen.org/greendot.

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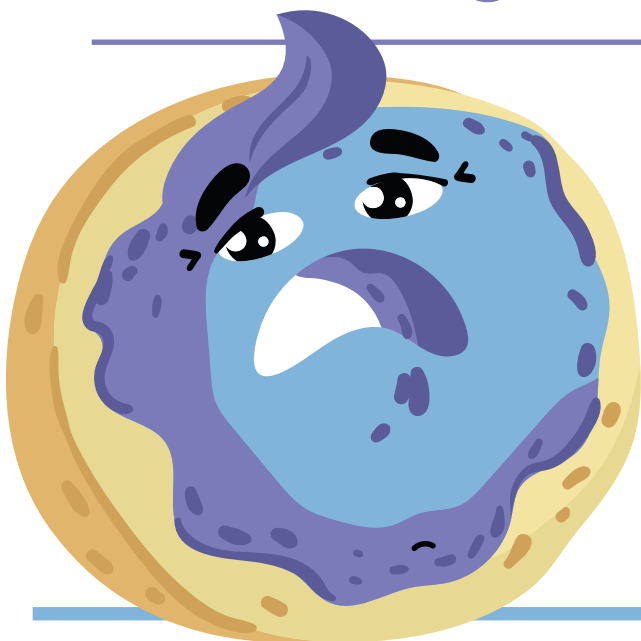
**Special Events Each Week In February to
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JACK FOWLER,
SPIRITUAL DIRECTOR

unity
of Metairie

Beneath the Weight-Free Workshops to Aid in Ending “Emotional & Stress Eating”

by Dash Rivers



What is emotional eating and stress eating? Are there triggers? Why is emotional and stress eating prevalent in our community and what can I do to combat this safely? It’s what’s beneath the weight: the stress, the emotions. We run to comfort food to ease stress and quiet emotions.

“Beneath the Weight” is designed to help you end emotional and stress eating. The program is free. The participants engage in paired and group discussions to help each other to overcome eating excess amounts of comfort food to ease stress and quiet emotions. The activities are designed by a doctor of psychology and a certified nutritionist.

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WHY WAS BENEATH THE WEIGHT (BTW) DEVELOPED?

When we feel stressed, when we have a “bad day,” and when we are upset, comfort food is often the answer. High calorie, high carbohydrate comfort food comes with the high price of restricted activity and what can turn into high blood pressure, strokes, diabetes, heart disease, and other illnesses. BTW addresses emotional causes of weight gain in order to overcome the use of food to ease stress and quiet emotions.

WHAT ARE THE OBJECTIVES? 1) for each participant to understand the reasons why, “I just can’t lose weight,” 2) for each participant to discover their own road to becoming the weight that the participant decides is their right weight, and 3) for each participant to become empowered to make that right weight happen.

HOW DOES BENEATH THE WEIGHT WORK? Seven activities help participants overcome stress eating. There are three parts to each activity. Part 1: the participant does the first part of an activity alone, either at home or at one of the three meetings. Part 2: participants pair off to share their experiences and reactions from the first part and give positive support. Part 3: participants meet as one group. The participants share their experiences and reactions from the first two parts and give each other positive support.

WHAT IS THE COST TO PARTICIPATE? There is no cost to participate. No products are sold, no services are offered, and no solicitations are made. The program is presented by SelfCare Health Initiatives, a Louisiana chartered non-profit organization whose purpose is to help individuals lead healthier lives. SelfCare Health Initiatives sponsors another program, Journey to My Right Weight. “Journey” is a free two-hour program open to graduates of Beneath the Weight and to the public.

Contact Paul Waldman via email: manager@beneaththeweight.org or call 504-220-2576.



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Cherry Panna Cotta

Recipe by: Dick & Jenny's

MAKES APPROXIMATELY 10, 3-OZ. SERVINGS

1 tablespoon gelatin
3 tablespoons water
1 5/8 cup coconut milk
1/3 cup heavy cream
1 1/2 cups pitted cherries
1/2 teaspoon agave
1/4 cup sugar
2 tablespoons cherry liqueur
2 tablespoons white wine
 Juice of **1 lemon**

Mix gelatin with water allowing the gelatin to bloom. Set aside.

Mix coconut milk, heavy cream, cherries, agave, sugar, cherry liqueur, white wine, and lemon juice in a saucepan. Bring to a boil and then simmer for 10 minutes.

Place mixture into blender and blend until smooth.

Strain mixture into mixing bowl. Add bloomed gelatin to mixing bowl and gently whisk for 2-3 minutes until ingredients are incorporated. Pour into 3-oz. ramekins and chill for 12-16 hours.

Per serving: 150 calories, 9 grams fat, 8 grams saturated fat, 0 trans fat, 5 milligrams cholesterol, 8 milligrams sodium, 14 grams carbohydrate, 1 gram dietary fiber, 11 grams sugar (5 grams of added sugar), 2 grams protein



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HEY MISTER— THROW ME SOME KALE!

by Dodge Prescott

Call it Carnival, Fat Tuesday, Shrove Tuesday, or as it's most widely known, Mardi Gras! A time for friends, family, and visitors to imbibe in fun, frolic, and feast upon the fabulous cuisine in a frenzy leading up to Fat Tuesday—the last day of indulgence before Lent.

The key to enjoying the parades, food, parties, and revelry is simply finding balance and injecting a few healthy modifications so that the excess and decadence doesn't leave you so depleted you forget to attend mass—whether you celebrate Lent or not, it all ends at the stroke of midnight.

Non-natives may ponder, why such a big deal? Personal routines are disrupted, everyone is running around catching or *avoiding* parades, what's with the purple, green, and gold and my personal favorite, "I didn't know Martin Luther has a cake named after him?"

Well NALA is here to give you the lowdown on healthy ways to indulge this carnival season... including where you can find Vegan-friendly foods or Gluten-Free King Cake!



HEALTHY INDULGENCE DURING MARDI GRAS

MARDI GRAS 101—Fat Tuesday has been celebrated in Europe since the Middle Ages, known as “Shrove Tuesday,” a last chance to consume rich, fatty foods before the austerity of Lent, the season before Easter. French explorer Jean-Baptiste Le Moyne, Sieur de Bienville arrived 60 miles from present day New Orleans in 1699. As it turns out the next day was Mardi Gras and so the Louisiana tradition began. The King Cake’s roots are European, from France about 1870, where the tradition was to bake a cake (King Cake) in honor of the three kings and a figurine was baked inside (representing baby Jesus). The person who finds the baby

Continued on page 12

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Healthy Indulgence during Mardi Gras, continued from page 11

has the privilege and obligation of sharing the next King Cake. The official colors of Mardi Gras were created in 1872 by the Krewe of Rex—purple for justice, green for faith, and gold for power.

PARADES, PARTIES AND POWER OF PREPARATION—We all love our Zapp’s, but pack fresh or dried fruits, easy-to-nibble carrots/celery & hummus, trail mix, popcorn, or Kale chips when heading out to Parades.

HYDRATE—stock up on coconut water, Kombucha, green or jasmine tea with maple syrup. Add fresh fruit or mint to your flat or sparkling water.

STICK TO YOUR FITNESS ROUTINE if you want to catch those beads! Walk that parade route, do some Yoga on the neutral ground. Get your 10 mins of Zen in before you leave the house by taking the time to do some creative visualization or meditation.

ALCOHOL HAS TONS OF SUGAR—consume in moderation and drink a glass of water for every adult brew you take in.

ARE THOSE BAGS UNDER YOUR EYES or is that your *masque*! Don’t forget to get plenty of sleep. Studies show inadequate sleep leads to compromised immune system.

BOEUF GRAS (BOOF GRAH)—French for fatted bull. No surprise here, New Orleans’ fare is typically heavy with meat, yet due to the rich soil, there are plenty of local farms, farmer’s markets, nuts and citrus providing options for plant-based lifestyles. Like a gumbo, the flavors from many cultures come together and with a little modification, ANY meal can still have that N’awlins flavor by simply substituting dairy, meat, or fish for plant/nut-based products. Additionally, the NOLA Eat Fit campaign partners with many restaurants & pop-ups promoting healthier choices. (see sidebar)

ONE MORE THING—The population of New Orleans more than doubles during the five days before Mardi Gras Day—keep in mind you can still indulge and *laissez les bons temps rouler*, but with healthy options.

See you on the neutral ground. 🌱

FOR HEALTHY PLANT-BASED ALTERNATIVES HERE’S MY “KREWE OF GREEN GRUB” PICKS FOR DINING IN OR ON THE GEAX.

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GETTING TO THE SOURCE

SUPPORT LOCAL PURVEYORS

by Julie Holman



In the not so distant past when I was proud to label myself a “Foodie,” the trend included gathering information on all things food related. My path led me to an L.A. film screening and Q&A with the director of the 2008 documentary, “Food Inc.” about Corporate Farming and Agribusiness producing food that was unhealthy and harmful to employees, consumers and the environment. The movie changed my life and my relationship with food! Fast forward nearly 10 years later and as a society we have gone from it being trendy to actually creating a substantial shift regarding our relationship with food.

Whether your dietary choices are due to environmental, ethical, or health reasons, more people are embracing the importance of knowing where our food is sourced, whether from a grocery store, local farm or farmer’s market and even dining out.

Hudson Riehle, senior vice president of the Research and Knowledge Group

for the National Restaurant Association shared, “If you look at where the consumer is regarding the sourcing of food and the production of food, they have become much more riveted on learning about where their food comes from as well as the different production methods for that food. “As a response to the growing demand for this sourcing knowledge, two significant trends emerged within the restaurant industry: the use of local ingredients and the use of organic ingredients. Restaurants—and increasingly quick serves—are clamoring to include these ingredients in menu items to satisfy customers who are willing to pay the cost.”

We all benefit when restaurants list the “sourced” product(s) origin and I feel good knowing that, if I choose to eat out, that I am contributing to local purveyors. I prefer to purchase my food directly from the farmer, yet there are times I need to shop at my local- or family-owned grocery store, and I choose local, such as Rouses or Langenstein’s.

When it comes to the bulk of my shopping I have the choice to vote with my dollar, and YES, I am willing to pay a few pennies more to purchase items from a local (150 miles) purveyor. I among many others enjoy engaging directly to the source and actually talking to the farmer about their prod-

uct. This type of engagement is enriching and nourishing both physically and mentally as the money goes right back into the local economy.

A few things to keep in mind next time you’re ready to shop for your food—buy things in season, stick to local as much as you can, frequent local Farms, Seafood Markets or Butchers who treat their animals humanely, ask questions and support plant-centric Farmers Markets & Co-ops.

Below are a few resources that may empower your local sourcing exploration:

Buy/participate with a CSA (Community-Supported Agriculture) share, www.knowwhereyourfoodcomesfrom.com

Take part in the EAT LOCAL challenge, www.nololocavore.org/agri-tourism

Support and educate yourself on restaurants whose chefs buy locally. Check out GoGreen Nola for listings on farms at www.gogreennola.org/farms


New Orleans East has Veggie Co-op www.veggifarmcoop.com—heirloom and specialty crops, the best tofu and other soy based products used by GNO restaurants.

Since 2009 Covey Rise Farms at www.coveyrisefarms.com supplies over 40 restaurants in the New Orleans area.

Go to www.seafoodwatch.org/ resources for all your seafood buying needs.

For local/domestic seafood, check out www.louisianaseafood.com/ why-domestic, there is also a link to www.oceana.org, which reveals a study about the National Seafood Fraud that shares data from consumers being misled about the origin of their seafood.

ALL things Louisiana!! Tabasco, Zapp's, Community Coffee, Luzianne Tea and MORE!! www.neworleanscvb.com/visit/about/local-products

Seed to table, hand to mouth, Local VS Organic, our food can make us sick or it can heal us, which is why it's so important to pause and be mindful consumers regarding our food and where it comes from. The benefits of eating locally sourced food & products outweigh the cost in many ways. 



Claire Bigley

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GREEN BUSINESS TIP OF THE MONTH:

GET RID OF THE PLASTIC!

Plastic water bottles have adverse effects on both your body and the environment. Making an easy behavioral change in your home and office can: decrease your exposure to toxins found in plastic materials, reduce the amount of plastic funneled into landfills and our oceans (which ultimately gets ingested by sea life and thus impacts our seafood because plastic does not biodegrade), and save you money!

GoodWood NOLA, a custom woodworking design firm, is a great example of a local company that embraced the change from using 5-gallon plastic water jugs to installing a filtration system from Pure Water Technology, a bottle-less water cooler supplier. **By making the switch, GoodWood NOLA saves:**

2,820 GALLONS OF WATER annually used in creating plastic bottles.

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CARBON FOOTPRINT by eliminating truck delivery of water to their workspace.

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This isn't just good for the environment, but also the bottom line! As you stay fit this month, forget those plastic water bottles and rehydrate with a water filter!

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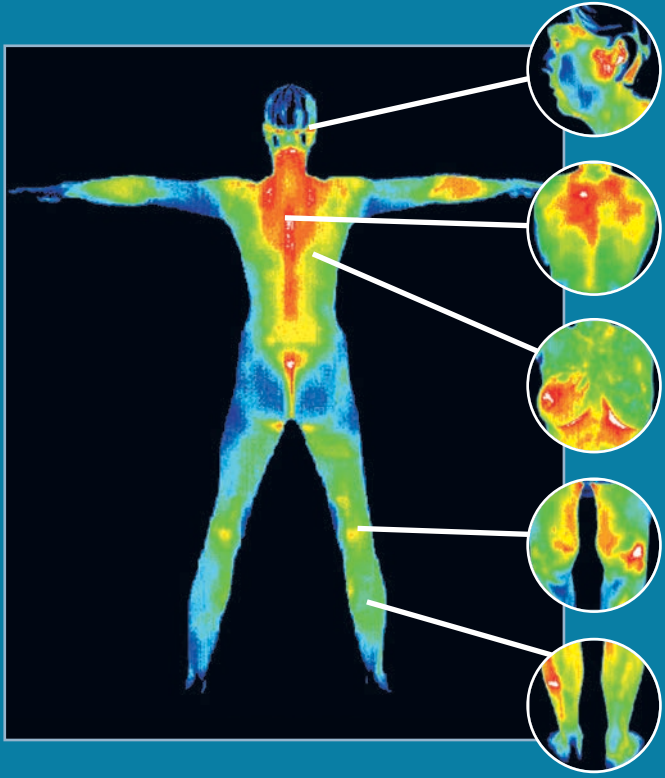
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ASK THE LIFE COACH

with Carla Robertson

In this new feature, master life coach Carla Robertson offers practical guidance about everyday challenges. This month readers asked about fitness challenges.

How do I overcome the intimidation factor in the gym or in a new class?

Rachel

How do I find a workout buddy without it being awkward?

Nina

These questions stem from the same basic fear of being judged or rejected and there's often an old memory that triggers this. I was the kid picked last in gym class and I remember not understanding the rules of the games that everyone else knew.

If entering a gym or new class gives you a case of “middle school flashback,” solve this fear by remembering that you're an adult now and it's fine to look silly. What would be the worst thing that happens if you use the machine backwards or do the wrong moves in dance class? Run these scenarios in your head and realize it will be ok. Give yourself permission to be a beginner and to do things incorrectly. Most gyms offer a free session with a trainer who will happily teach you proper use of equipment and even give you specific exercises tailored to your needs.

If others seem to be giving off judgmental vibes, let that be about them. Allow yourself to feel loose and comfortable and like you belong. Smile and enjoy yourself. You don't need special clothes or a special look. No one is really paying attention—they're busy with their own workouts. What a relief!

To find a workout buddy, first ask yourself, why should it be awkward? Think about why you'd make a great buddy, then realize that others are in the same situation, looking for someone exactly like you. Social media is a great place to share your goals and see if someone you already know has similar ones. Be clear about what you are looking for—your pace, when you want to work out, and what activities you like, then ask, ask, ask! There's someone within one or two degrees of separation from you who will be a perfect fit. Once you've found a workout partner, keep your communication clear and open. Be honest if your needs change or something isn't right. Telling the truth will keep your workout buddy relationship easy and happy. 🌱

Carla is a master certified life coach in New Orleans. Have a question for Carla or want to learn more about her programs, events, or services? Contact her at carla@livingwildandprecious.com or 504-507-0687.

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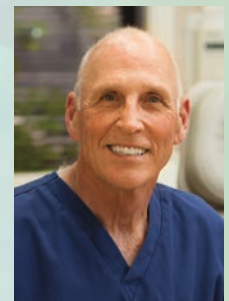
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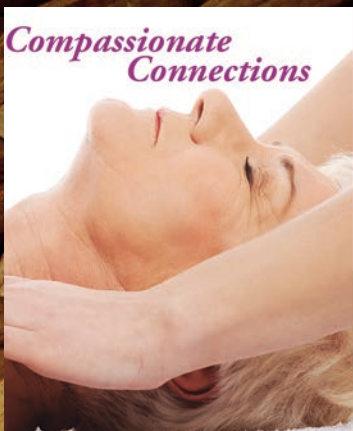


Mike Robichaux, DDS

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All submissions must be received by FEBRUARY 7th for the March issue.
For more information contact publisher@NALAmag.com.



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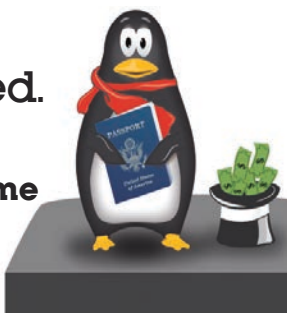
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February 4, 2017
10-11:30 am

Freeing the Hips & Lower Back

March 4, 2017
10-11:30 am

Finding Balance: On and Off the Mat

April 8, 2017
10-11:30 am

Refining Your Yoga Poses

Contact Rachel@yogaflowandgo.com
www.yogaflowandgo.com
504-442-9632

SATURDAY, FEBRUARY 4

Qi Gong Workshop – 1pm-4pm. \$35. Wild Lotus, 4842 Perrier St, New Orleans. 504-899-0047. WildLotusYoga.com

TUESDAY, FEBRUARY 7

Ideal Protein Weight Loss Program – 12:30pm. Dr Debbi Hannan presents: The Ideal Protein Weight Loss Program at Chiropractic Health Center. Free. 101 Clearview Pkwy at Airline Dr, New Orleans. 504-454-2000

C.G. Jung Society Presents What's Your Type? – 6pm to take and score test. 7:30pm lecture. \$15. Students \$10, Members Free. Parker UMC, 1130 Nashville, New Orleans. JungNewOrleans.org

Drumming Circle – 7pm. \$10 Suggested Donation. Unity of Metairie, 3939 Veterans Blvd, 504-885-7575. UnityOfMetairie.com

WEDNESDAY, FEBRUARY 8

Swedish Massage Clinic – 12:45pm & 2:15pm. \$30. Blue Cliff College, Clearview Mall, across from food court, Metairie. Info or appointment: 504-293-0972.

FRIDAY, FEBRUARY 10

Women's Full Moon Drum Circle – 7pm-8:30pm. Donations appreciated. Women's Center for Healing & Transformation, 71667 Leveson St, Abita Springs. 985-892-8111. WomensCenterForHealing.org

Meditative Indian Music Concert – 7:30pm-9pm. \$15 Advance Tickets. Wild Lotus Yoga, 2372 St Claude Ave, New Orleans. 504-899-0047. WildLotusYoga.com

SATURDAY, FEBRUARY 11

Saturday Morning Massage Clinic – 9:15am, 10:45am, & 12:45pm. \$30. Blue Cliff College, Clearview Mall, across from food court, Metairie. Info or appointment: 504-293-0972

Feel the Frequency of Love – 1pm-2:30pm. \$25/Pay As You're Able. Women's Center for Healing & Transformation, 71667 Leveson St, Abita Springs. 985-892-8111. WomensCenterForHealing.org

SUNDAY, FEBRUARY 12

Gong Bath – 4pm-5:15pm. \$25. Wild Lotus Yoga, 2372 St Claude Ave, New Orleans. 504-899-0047. WildLotusYoga.com

MONDAY, FEBRUARY 13

Supplement Sampling – 10am-6pm. Free. Majoria Drugs, 888 Terry Pkwy, Terrytown. 504-392-1551. Majoria.com

Let's Make Something! – 6pm-7:30pm. \$40. Women's Center for Healing & Transformation, 71667 Leveson St, Abita Springs. 985-892-8111. WomensCenterForHealing.org

TUESDAY, FEBRUARY 14

Ideal Protein Weight Loss Program – 5:30pm. Dr Debbi Hannan presents: The Ideal Protein Weight Loss Program at Chiropractic Health Center. Free. 101 Clearview Pkwy at Airline Dr, New Orleans. 504-454-2000

Neuromuscular Therapy Clinic – 6:15pm & 7:45pm. \$30. Blue Cliff College, Clearview Mall, across from food court, Metairie. Info or appointment: 504-293-0972

Metaphysical "Unity" Bible Study – 7pm. \$10 Suggested Donation. Unity of Metairie, 3939 Veterans Blvd, 504-885-7575. UnityOfMetairie.com

WEDNESDAY, FEBRUARY 15

Mediumship Student Gallery – 7pm-9pm. Donations accepted. Metaphysical Resource Center, 1708 Lake Ave, Metairie. 504-708-8353. MetaphysicalResourceCenter.com

FRIDAY, FEBRUARY 17

Spiritual Cinema: 2001: A Space Odyssey – 7pm. \$5 Suggested Donation. Unity of Metairie, 3939 Veterans Blvd, 504-885-7575. UnityOfMetairie.com

SATURDAY, FEBRUARY 18

Slim Down Saturday featuring Ideal Protein Weight Loss Method – 9:30am-10:30am. Free. Majoria Drugs, 888 Terry Pkwy, Terrytown. 504-392-1551. Majoria.com

Psychic Fair – 12pm-6pm. Free Admission. Metaphysical Resource Center, 1708 Lake Ave, Metairie. 504-708-8353. MetaphysicalResourceCenter.com

TUESDAY, FEBRUARY 21

Ideal Protein Weight Loss Program – 12:30pm. Dr Debbi Hannan presents: The Ideal Protein Weight Loss Program at Chiropractic Health Center. Free. 101 Clearview Pkwy at Airline Dr, New Orleans. 504-454-2000

The Spiritual Significance of Mardi Gras Class – 7pm. \$10 Suggested Donation. Unity of Metairie, 3939 Veterans Blvd, 504-885-7575. UnityOfMetairie.com

FRIDAY, FEBRUARY 24

Swedish Massage Clinic – 12:45 & 2:15 PM Also February 24. \$30- Blue Cliff College, Clearview Mall, across from food court, Metairie. Info or appointment: 504-293-0972

SATURDAY, FEBRUARY 25

A Night of Mediums and Messages – 6:30pm-9pm. \$30 Advance, \$35 at the door. Osceola Country Club, 300 Tonawanda Dr, Pensacola. 850-941-4321. WishfulTreasures.com

mark your calendar

Blue Cliff College Massage Dept. Continuing Education

February 3-5, 2017

Geriatric Massage
Dr. Sharon Puszek
DayBreak Instructor

March 18-19, 2017

Hot Stone Massage
Derrie Bergeron, LMT

March 25 & 26, 2017

Reiki I & II
Sunny Robichaux, Reiki
Master Teacher

August 18 & 20, 2017

Atoning Chakra Massage
Toshii Cooper

October 21-23, 2017

Synergetic Myofascial Therapy
Level 1 Certification
Magnus Eklund

ongoing events

NOTE: All calendar events must be received via email by the 10th of the month and adhere to our guidelines. Email calendar@nalamag.com for guidelines and to submit entries. No phone calls or faxes, please.



sunday

Clearwater Meditation Community – Daily Meditations. Free for members, \$10 suggested donation for nonmembers. Clearwater Sanctuary, Covington. 985-630-1009.

Clearwater Yoga Sangha – Daily yoga classes. Classes free for members, \$15 nonmembers. Clearwater Sanctuary, Covington. 985-639-1009.

Basic Meditation – 8am-10am. Vietnamese Buddhist Temple, 13152 Chef Mentour Hwy, New Orleans East. ZenAndMind@gmail.com

Sunday Morning Meditation – 9am. Unity of New Orleans Spiritual Center, 3722 St Charles Ave, New Orleans. 504-899-3390. UnityNewOrleans.org

A Course in Miracles – 9:30am. Unity of New Orleans Spiritual Center, 3722 St Charles Ave, New Orleans. 504-899-3390. UnityNewOrleans.org

Science of Being – 9:30am. Unity of New Orleans Spiritual Center, 3722 St Charles Ave, New Orleans. 504-899-3390. UnityNewOrleans.org

Unity of New Orleans Spiritual Center Sunday Service – 11am. 3722 St Charles Ave, New Orleans. 504-899-3390. UnityNewOrleans.org

Sunday Celebration Service – 11am. Unity of Metairie. 3939 Veterans Memorial Blvd, 504-885-7575. UnityOfMetairie.com

monday

Clearwater Meditation Community – Daily Meditations. Free for members, \$10 suggested donation for nonmembers. Clearwater Sanctuary, Covington. 985-630-1009.

Clearwater Yoga Sangha – Daily yoga classes. Classes free for members, \$15 nonmembers. Clearwater Sanctuary, Covington. 985-639-1009.

Nia Expressive Dance – 8:45am-9:45am. 8 classes/\$60 or \$10 drop-in. Women's Center for Healing & Transformation, 71667 Leveson St, Abita Springs. 985-892-8111. WomensCenterForHealing.org

Zen Meditation – Noon. With Patricia Stout. Donations appreciated. Women's Center for Healing & Transformation, 71667 Leveson St, Abita Springs. 985-892-8111. WomensCenterForHealing.org

Yoga with Hatha Ashtanga Yoga Instructor Gwendel Booth – 1:30pm-2:30pm. \$15. Women's Center for Healing & Transformation, 71667 Leveson St., Abita Springs. 985-892-8111. WomensCenterForHealing.org

MELting Into Yoga with Sadani – 4pm-5pm. \$40/month, \$12 drop-in. Women's Center for Healing & Transformation, 71667 Leveson St, Abita Springs. 985-892-8111.

Stronger, Leaner, Longer – 5:30pm. Transform NOLA, 8422 Oak St, New Orleans. 985-640-2648.

Basic/Beginners Aikido Class – 6:15pm-7:15pm. First class free. NOLA Aikido, 3909 Bienville St, Ste 103 in Mid-City, New Orleans. 504-208-4861. Info@NOLAAikido.com

Aerial Yoga: Flexibility – 7:45pm-8:45pm. \$15 Drop-in. Transform NOLA 8422 Oak St, New Orleans. 985-640-2648. TransformNOLA.com

Yoga Nidra & New Year's Intensions Course – 7:45pm-9pm. 4 week course/\$65. Wild Lotus Yoga, 4842 Perrier St., New Orleans. 504-899-0047. WildLotusYoga.com

tuesday

Clearwater Meditation Community – Daily Meditations. Free for members, \$10 suggested donation for nonmembers. Clearwater Sanctuary, Covington. 985-630-1009.

Clearwater Yoga Sangha – Daily yoga classes. Classes free for members, \$15 nonmembers. Clearwater Sanctuary, Covington. 985-639-1009.

Gentle Yoga – 8:30am. \$15 drop-in. Transform NOLA, 8422 Oak St., New Orleans. 985-640-2648. TransformNOLA.com, Mia@TransformNOLA.com

Therapeutic Exercise – 8:30am. \$40/month, \$12/drop-in. Women's Center for Healing & Transformation, 71667 Leveson St, Abita Springs. 985-892-8111. WomensCenterForHealing.org

Qigong/Dao-In – Noon. Tues & Thurs. \$5/class. New Orleans Healing Center, 2372 St Claude Ave, 4th flr, New Orleans. 985-467-0900 or dc@affordablehealingarts.com

Okinawan Karate Weapons Class – 6pm-7pm. Tamashii Karate & Tai Chi Center, 8132 Willow St, New Orleans. Info: Sensei King Lam: 504-866-2241.

wednesday

Clearwater Meditation Community – Daily Meditations. \$10 suggested donation for nonmembers. Clearwater Sanctuary, Covington. 985-630-1009.

Clearwater Yoga Sangha – Daily yoga classes. Classes free for members, \$15 nonmembers. Clearwater Sanctuary, Covington. 985-639-1009.

Qigong Class – 9:30am. \$90/six-week seminar. Tamashii Karate & Tai Chi Center, 8132 Willow St, New Orleans. Register: 504-886-2241.

Prayer and Healing – 11am. Facilitated by Harriet Stafford. Unity of New Orleans Spiritual Center, 3722 St Charles Ave. 504-899-3390. UnityNewOrleans.org

Deep Tissue Massage Clinic – 12:45pm & 2:15pm. February 1st, 15th, & 22nd. \$30. Blue Cliff College, Clearview Mall, across from food court, Metairie. Info or appointment: 504-293-0972

Beginner Children's Karate Class – 5pm-5:45pm. Tamashii Karate & Tai Chi Center, 8132 Willow St, New Orleans. Info: Sensei King Lam: 504-866-2241.

Community Meditation – 6pm. Unity of Metairie, 3939 Veterans Memorial Blvd, Metairie. 504-885-7575. UnityOfMetairie.com

Gumbo Flow – 6pm-7pm. \$15 Drop-in. Transform NOLA, 8422 Oak St, New Orleans. 985-640-2648. TransformNOLA.com

Basic/Beginners Aikido Class – 6:15pm-7:15pm. First class free. NOLA Aikido, 3909 Bienville St, Ste 103, in Mid-City, New Orleans. 504-208-4861. Info@NOLAAikido.com

A Course in Miracles – 6:30pm. Unity of New Orleans Spiritual Center, 3722 St Charles Ave, New Orleans. 504-899-3390. UnityNewOrleans.org

A Course in Miracles Discussion – 7pm. Unity of Metairie, 3939 Veterans Memorial Blvd, Metairie. 504-885-7575. UnityOfMetairie.com

Beginner Tai Chi Class – 7pm-8pm. Reduce stress, better balance, mind, body. Tamashii Karate & Tai Chi Center, 8132 Willow St, New Orleans. Info: Sensei King Lam: 504-866-2241.

thursday

Clearwater Meditation Community – Daily Meditations. Free for members, \$10 suggested donation for nonmembers. Clearwater Sanctuary, Covington. 985-630-1009.

Clearwater Yoga Sangha – Daily yoga classes. Classes free for members, \$15 nonmembers. Clearwater Sanctuary, Covington. 985-639-1009.

Nia Gentle for Women – 10:30am-11:15am. \$60/8 classes, \$10 drop-in. Women's Center for Healing & Transformation, 71667 Leveson St, Abita Springs. 985-892-8111. WomensCenterForHealing.org

Qigong/Dao-In – Noon. Tues & Thurs. \$5/class. New Orleans Healing Center, 2372 St Claude Ave, 4th flr, New Orleans. 985-467-0900 or dc@affordablehealingarts.com

friday

Clearwater Meditation Community – Daily Meditations. Free for members, \$10 suggested donation for nonmembers. Clearwater Sanctuary, Covington. 985-630-1009.

Clearwater Yoga Sangha – Daily yoga classes. Classes free for members, \$15 nonmembers. Clearwater Sanctuary, Covington. 985-639-1009.

Tai Chi for Everyone Course – 10am-11:30am. 6 week course/\$75. Wild Lotus Yoga, 4842 Perrier St, New Orleans. 504-899-0047. WildLotusYoga.com

Deep Tissue Massage Clinic – 12:45pm & 2:15 PM. February 3rd, 10th & 17th. \$30. Blue Cliff College, Clearview Mall, across from food court, Metairie. Info or appointment: 504-293-0972

Hatha Ashtanga Yoga with Gwendel Booth – 1:30pm-2:30pm. \$15. Womens Center for Healing & Transformation, 71667 Leveson St, Abita Springs. 985-892-8111.

Vegan Pop-Up – 5pm-7pm. Kitchen Witch's Sip & Shop Fridays, 1452 North Broad St, New Orleans. 504-528-8382.

saturday

Clearwater Meditation Community – Daily Meditations. Instruction for beginners. Free for members, \$10 suggested donation for nonmembers. Clearwater Sanctuary, Covington. 985-630-1009.

Clearwater Yoga Sangha – Daily yoga classes. Classes free for members, \$15 nonmembers. Clearwater Sanctuary, Covington. 985-639-1009.

Alcohol and Drug Education Program – 10am. \$40/session. GLO Therapeutics, 4134 Florida Ave, Ste 204, Kenner. Register: 504-466-2266. GloTherapeuticsllc.com

Kids Yoga Class – 10am-11am. \$80/6 weeks. Tamashii Karate & Tai Chi Center, 8132 Willow St, New Orleans. Register: 504-886-2241.

Sitting Meditation Group – 10am-11am. 3909 Bienville St, Ste 103, in Mid-City, New Orleans. 504-644-7351. Brian: xernaut2@gmail.com

Yoga and Guided Meditation – 10am-11:30am. Yoga nidra with Katrina Zech. Unity of New Orleans Spiritual Center, 3722 St Charles Ave, New Orleans. UnityNewOrleans.org

Qigong and Tai Chi for Mental and Physical Wellness, Stress Relief and Heightened Immune Function – 1pm-2pm. Drop-in rate: \$16. 5- and 10-class package rates also available which include the Yoga classes. Nola Yoga Loft, 2042 Magazine St, New Orleans. 504-931-6725. NolaYogaLoft.com

Psychic Saturdays – 12pm-6pm. Except the 3rd Saturday. Featured psychic readings: \$30/30 min and \$50/60 min. Metaphysical Resource Center, 1708 Lake Ave, Metairie. 504-708-8353. MetaphysicalResourceCenter.com

Basic Meditation – 6pm-8pm. Basic meditation classes with Zen Teacher Monk Thich Thien Tri. Tibetan House, 4900 Tchoupitoulas St, New Orleans. ZenAndMind@gmail.com

plan ahead

March

Metaphysical Madness – 7pm-9pm. \$30 advance, \$40 at door. The Four Columns, 3711 Westbank Expy, Harvey. 504-517-2386. Spiritual6.com

Anodea Judith Workshop: Creating on Purpose – March 31-April 3. Manifestation of your goals and dreams through the chakra system. Ashtanga Yoga Room, 2521 Jena St, New Orleans. Early Bird \$425 through February 1st. 504-813-3738. AshtangaYogaRoom.com

Lagniappe

FEB 2017

NEW ORLEANS HEALTH & FITNESS EXPO

is a free 2-day event being held from 3rd February to the 4th February 2017 at the New Orleans Morial Convention Center. This event showcases products from Medical & Pharmaceutical, Sporting Goods, Toys & Games, Business Services, Ayurvedic & Herbal industries. The event concludes with 4 runs ranging from 5k to full marathon. Work off that King Cake early and sign up today!

HUMANA ROCK 'N' ROLL NEW ORLEANS 5K

Sat / 02-04-17

7:30 AM

Start & Finish Location:
Roosevelt Mall in City Park

HUMANA ROCK 'N' ROLL NEW ORLEANS 10K

Sun / 02-05-17

7:00 AM – 9:00 AM

Start Line: St. Charles Ave.
& S. Maestri St.

Finish Line: Roosevelt Mall
in City Park

HUMANA ROCK 'N' ROLL NEW ORLEANS 1/2 MARATHON

Sun / 02-05-17

7:30 AM – 12:00 PM

Start Line: Poydras St. at Camp St.
Finish Line: Roosevelt Mall in City Park

HUMANA ROCK 'N' ROLL NEW ORLEANS MARATHON

Sun / 02-05-17

7:30 AM – 2:30 PM

Start Line: Poydras St. at Camp St.
Finish Line: Roosevelt Mall in City Park



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