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A Natural Path

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2009 2nd Quarter Events

Blessings to everyone! The first quarter of the year has been intense and is giving way to the budding energies of Spring. In line with that there is a full schedule of events including herbology, reiki, and yoga. The following is a chronological list of all events that will be happening related to A Natural Path. Details for any yoga events can be found at www.kashiatlanta.org while Reiki events can be found at www.anaturalpath.org.

- 04/8/2009-Yoga and the Chakras-ongoing Yoga class on Wednesday nights at 6pm. A beginning to intermediate class for breathwork, asana, meditations, and mudras for connecting and managing the Chakras.
- 04/16/2009-Reiki Level One Class- This is the beginning of the eight week course that meets once a week on Thursday nights. This class is the first of the levels for Reiki and covers history, technique, chakras, and much more. Participants are certified in Level One once complete. Thursday nights from 6:45pm to 8:45pm, April 16th to June 11th. Cost is \$200 which can be paid in portion for each class. Books are not included.
- 04/18/2009-Ten Herbs of Spring from Western Herbology- The “Ten Herbs to Know” from Western herbology is the first in an ongoing series of seasonal workshops that highlights ten herbs from different herb cultures and philosophies. This three-hour workshop will include lecture, tasting, and showcasing of ten Western herbs that are ideal to deal with common imbalances and health issues arising from the spring season. This lecture will also include a discussion of detoxification and allergies. A short plant walk will be conducted towards the end of the workshop, time and weather permitting so we may meet some of these plant allies face to face. Saturday, April 18, 1-4 p.m. Cost is \$25 to drop-in and \$20 to register by April 17th.

- [04/26/2009-Reiki Field Trip](#)- The first in a series, this class is open to anyone who has been attuned to any Reiki level. Come get re-attuned in a setting conducive to the Earth or Root Chakra. We will be conducting a short teaching on the Root Chakra as well as a meditation on that chakra. After the meditation, re-attunements will be given to those who wish it. A great way to connect with the Earth element as well as jumpstart your Reiki energy.
Sunday, April 26th from 9am to @11am at [Mulberry Fields community garden](#). Cost is \$15. Only currently attuned attendees will be attuned. Please write michael@anaturalpath.org with any questions.
- [04/26/2009-Monthly Reiki Circle/Reiki Share](#)- This is a monthly Reiki Share open to all Reiki Levels and types. In this gathering, each person is both client and practitioner with each person both receiving and giving. Typically we start with a short meditation to gather our energies and then spend the next ninety minutes working on each other. Please bring a massage table if you have one.
Cost is free and only requires that you be willing to give and receive.
Held at Kashi Atlanta Ashram from 4pm to 6pm.
- [05/05/2009-Reiki Level Two Class](#)- This is the middle tier of the Reiki courses and lasts for four weeks. Adepts of this class are exposed to symbols, distance healing, and the Medicine Wheel of Integrity.
Tuesdays from 6:30pm to 8:30pm from 5/05 to 5/26. Cost is \$200 total and can be paid per class.
- [05/09/2009-Chakra Experience Workshop](#)- This is a free workshop offering a range of poses, breathwork, and exercises that allow one to experience the individual attributes and characteristics of the Chakra system. This workshop aims to give one tools to balance both excesses and deficiencies in the Chakras as well understand your own sacred landscape.
Saturday, May 9 from 1 - 4 pm, FREE. Please bring yoga clothes
- [05/10/2009-Reiki Field Trip](#)- The second in a series, this class is open to anyone who has been attuned to any Reiki level. Come get re-attuned in a setting conducive to the Water or Second Chakra. We will be

conducting a short teaching on the 2nd Chakra as well as a meditation on that chakra. After the meditation, re-attunements will be given to those who wish it. A great way to connect with the Water element as well as jumpstart your Reiki energy.

Sunday, May 10th from 9am to @11am at [Avondale Lake](#). Cost is \$15. Only currently attuned attendees will be attuned. Please write michael@anaturalpath.org with any questions.

- [5/10/2009-Monthly Reiki Circle/Reiki Share](#)- This is a monthly Reiki Share open to all Reiki Levels and types. In this gathering, each person is both client and practitioner with each person both receiving and giving. Typically we start with a short meditation to gather our energies and then spend the next ninety minutes working on each other. Please bring a massage table if you have one.

Cost is free and only requires that you be willing to give and receive. Held at Kashi Atlanta Ashram from 4pm to 6pm.

- [05/23/2009-Ten Spring Herbs from Ayurveda](#)- The second in the "Ten Herbs to know" series covers ten herbs from Ayurveda that are appropriate for the spring season. This class will include hands-on preparation of common spice herbs as well as some food practices appropriate for the season. A brief overview of Ayurveda will be provided at the beginning of class and different dosha/herb combinations will be addressed within the context of spring.

Saturday, May 23, 1-4 p.m. Cost is \$25 to drop-in and \$20 with registration by May 22.

- [05/23/2009-Reiki Field Trip](#)- The third in a series, this class is open to anyone who has been attuned to any Reiki level. Come get re-attuned in a setting conducive to the Fire or Third Chakra. We will be conducting a short teaching on the 3rd Chakra as well as a meditation on that chakra with a fire present. After the meditation, re-attunements will be given to those who wish it. A great way to connect with the Fire element as well as jumpstart your Reiki energy. Saturday May 23rd from 7pm to @9pm at [Mulberry Fields community garden](#). Cost is \$15. Only currently attuned attendees will be attuned. Please write michael@anaturalpath.org with any questions.

- [06/07/2009-Reiki Field Trip](#)- The fourth in a series, this class is open to anyone who has been attuned to any Reiki level. Come get re-attuned in a setting conducive to the Air or Fourth Chakra. We will be conducting a short teaching on the 4th Chakra as well as a meditation on that chakra. After the meditation, re-attunements will be given to those who wish it. A great way to connect with the Air element as well as jumpstart your Reiki energy.
Sunday, June 7th from 9am to @11am at Stone Mountain. Cost is \$15 plus park fee. We will carpool from Kashi @ 8am for those interested. Only currently attuned attendees will be attuned. Please write michael@anaturalpath.org with any questions.
- [06/07/2009-Monthly Reiki Circle/Reiki Share](#)- This is a monthly Reiki Share open to all Reiki Levels and types. In this gathering, each person is both client and practitioner with each person both receiving and giving. Typically we start with a short meditation to gather our energies and then spend the next ninety minutes working on each other. Please bring a massage table if you have one.
Cost is free and only requires that you be willing to give and receive. Held at Kashi Atlanta Ashram from 4pm to 6pm.
- [06/13/2009-Ten Spring Herbs from Chinese Medicine](#)- The last in the spring series for "Ten Herbs to know", this workshop covers the herbs appropriate for the Spring/Wood energy in Traditional Chinese Medicine. An overview of Five Element theory and the cycles within will be discussed for those new to TCM. Chinese herbs will be showcased that address common issues for Spring as well as the energy of Wood.
Saturday, June 13, 1-4 p.m. Cost is \$25 to drop-in and \$20 with registration by June 12.
- [06/21/2009-Reiki Field Trip](#)- The fifth in a series, this class is open to anyone who has been attuned to any Reiki level. Come get re-attuned in a setting conducive to the Sound or 5th Chakra. We will be conducting a short teaching on the 5th Chakra as well as a meditation on that chakra. After the meditation, re-attunements will be given to those who wish it while sacred healing Tibetan sound bowls are played around you. A great

way to connect with the Sound element as well as jumpstart your Reiki energy.

Sunday, June 21st from 9am to @11am at Kashi Atlanta Ashram. Cost is \$15. Only currently attuned attendees will be attuned. Please write michael@anaturalpath.org with any questions.

- July we will offer Reiki Level III as well as our Reiki Service program and Prayer Circle. Look for that event listing in June!

Please contact us at michael@anaturalpath.org if there are any questions.

-Michael Rishi Forrester