

## Friday, March 1st

**Jeanette at Flourish Music Café.** 8-10pm \$8. Indie Folk/Pop Maine Artist, Jeanette took her love of music and turned it into her passion. Jeanette has traveled all over from New York to Nashville where she recorded her first EP. Flourish-Arts as Sacred Healing, 140 Main St, Suite 105, Biddeford, ME 04005. Register at: [flourishmaine@gmail.com](mailto:flourishmaine@gmail.com) or call 508.728.4984.

## Saturday, March 2nd

**Karen McDine at Flourish Music Café.** 8-10pm \$8. Karen is a folk rock singer/songwriter with an awesome voice and beautiful melodies & lyrics. She will take you on a sweet musical journey in the magical listening room that is Flourish. Flourish-Arts as Sacred Healing, 140 Main St, Suite 105, Biddeford, ME 04005. Register at: [flourishmaine@gmail.com](mailto:flourishmaine@gmail.com) or call 508.728.4984.

## Sunday, March 3rd

**Exploring Your Inner Gardens & Clearing the Path, Teachings & Guided Crystal Bowl Journey.** 4-6pm. \$35 per person. FREE for BASECAMP Members. You are invited to join us in a cozy space for a guided journey with Jaclyn Ouillette using crystal singing bowls, crystal singing pyramid and other sound. No experience necessary. Meadow Wind, 100 Gray Road, Falmouth. FMI & to Register, visit: [wildernesswisdomjourneys.com](http://wildernesswisdomjourneys.com) or email [Jaclyn@JaclynAOuillette.com](mailto:Jaclyn@JaclynAOuillette.com).

## Thursday, March 7th

**Gut Health Series Week 1: In One End and Out the Other.** 6-7:30pm. \$15. Learn the anatomy of your digestive tract, how your gut processes the food you eat, and why those little bugs called your microbiota are so important. Scarborough Adult Ed, Scarborough High School, 11 Municipal Dr., Scarborough. Stephanie Walsh: [swalsh@theholistichealthapproach.com](mailto:swalsh@theholistichealthapproach.com), <https://scarborough.coursestorm.com/course/in-one-end-and-out-the-other-the-what-s-of-guts>.

## Saturday, March 9th

**Oliver's Family Band at Flourish Music Café.** 8-10 pm \$8. Inspired by the likes of Johnny Cash, Bob Dylan, The Band and Peter, Paul and Mary, these three perform a mixture of originals and classic folk tunes. Flourish-Arts as Sacred Healing, 140 Main St, Suite 105, Biddeford, ME 04005. Register at: [flourishmaine@gmail.com](mailto:flourishmaine@gmail.com) or call 508.728.4984.

## Wednesday, March 13th

**Parent's Night Out: Physical and Financial Wellness for Parenthood.** 5:30-7:30pm. Free Admission. Enjoy a parent's night out with food and beverages while learning about pelvic health, returning to exercise postpartum, and financial changes as a new parent. 49 Dartmouth Street in Portland at Greenlight Studio. Contact Danielle at [danielle@startinglinephysicaltherapy.com](mailto:danielle@startinglinephysicaltherapy.com) with any questions.

## Thursday, March 14th

**Wine and Wellness Night.** 5:30-7pm. Join Kelly Flagg (@kellyflagglifestyle) and the Maine Cryospa and Therapy team while we talk about the benefits of a healthy diet, how to reduce inflammation within the body using cryotherapy and proper nutrition, and of course, WINE! Maine Cryospa and Therapy, 202 US Route 1, Suite 205, Falmouth, ME 04105.

## Wednesday, March 20th

**Mastering This Life Program: Evolving Into Your Light.** March 20th, March 23rd, April 17th, April 20th. 9am - 3pm. Tuition: \$500. This event is divinely guided by Mother Mary to expand your energy, release what you no longer need, flow in your spirit and connect with your divine self. Cheryl Banfield, LoveLight Illuminations at The LoveLight Center, 2089 Post Rd Wells, ME 04090. 207.216.9584.

## Thursday, March 21st

**Gut Health Series Week 2: Eat Your Greens and Gasoline.** 6-7:30pm. \$15. Learn where artificial foods come from (hint: think of your car's gas tank), how pesticides and other toxins affect your overall health and why gut health is important in protecting you from these insults. Scarborough Adult Ed, Scarborough High School, 11 Municipal Dr., Scarborough. Stephanie Walsh: [swalsh@theholistichealthapproach.com](mailto:swalsh@theholistichealthapproach.com), <https://scarborough.coursestorm.com/course/eat-your-greens-and-gasoline-what-you-don-t-know-you-re-eating>.

**Healthy Veins, Healthy Legs.** 6-7:30pm. FREE. Dr. Cindy Asbjornsen will discuss vein health and treatment options, with plenty of time available for your specific questions. Coastal Pharmacy + Wellness, 29 Marginal Way, Portland. Go to: [www.coastalpharmacyandwellness.com/resources/events](http://www.coastalpharmacyandwellness.com/resources/events) to learn more.

**Spring Equinox Yoga Nidra, QiGong & Acupuncture.** 7:30-9pm. \$30 non-members, \$25 members. Space is limited to 10 people. In this workshop we will talk about the significance of Spring in Traditional East Asian Medicine and learn acupuncture points and Qi Gong movements to keep healthy as we transition through the seasons. Six Branches Family Acupuncture and Off the Mat Yoga. See [rosemontwellness.com/events](http://rosemontwellness.com/events) for more details.

## Friday, March 22nd

**Spring Equinox Yin Yoga & Thai Bodywork Workshop.** 5:45-8:15pm. \$30/individual, \$25 for members or for individual when 2 people register together. Space is limited to 8 students. Join Aleksandra Townsend of Spiral Tree Yoga for this blissful and relaxing workshop integrating Yin Yoga, Reiki & Thai bodywork. Rosemont Wellness Center, 619 Brighton Avenue, Portland, ME. See [rosemontwellness.com/events](http://rosemontwellness.com/events) for more details.

## Saturday, March 23rd

**Spring Equinox Sound Healing Journey Work with Ben Carroll.** 4-6 pm \$35 in advance \$40 at the door. Flourish-Arts as Sacred Healing, 140 Main St, Suite 105, Biddeford, ME 04005. RSVP: [flourishme.life](mailto:flourishme.life) or call 508.728.4984 for tickets.

## Thursday, March 28th

**Gut Health Series Week 3: Fatigue, Fogginess, Fear and Food.** 6-7:30pm. \$15. Learn about the gut-brain connection, how stress and depression or anxiety affect your gut health, and what foods or supplements are vital for optimal gut and brain health. Scarborough Adult Ed, Scarborough High School, 11 Municipal Dr., Scarborough. Stephanie Walsh: [swalsh@theholistichealthapproach.com](mailto:swalsh@theholistichealthapproach.com), <https://scarborough.coursestorm.com/course/fatigue-fogginess-fear-and-food-what-your-brain-may-be-telling-you>.

## Friday, March 29th

**Kevin Reams at Flourish Music Café.** 8-10 pm \$8. Kevin performs on various World Flutes, including Native American, Irish Whistles, Renaissance Recorder and the Shakurhaachi. Flourish-Arts as Sacred Healing, 140 Main St, Suite 105, Biddeford, ME 04005. RSVP: [flourishme.life](mailto:flourishme.life) or call 508.728.4984 for tickets.

## Saturday, March 30th

**Rosemont Wellness Center Open House.** 10:30am - 3pm. FREE. With donation-based yoga, face painting, kids art activities, raffle and chair massage. Rosemont Wellness Center, 619 Brighton Avenue, Portland, ME. See [rosemontwellness.com/events](http://rosemontwellness.com/events) for more details.

## Thursday, April 4th

**Gut Health Series Week 4: Don't Worry, I've Got This.** 6-7:30pm. \$15. Learn several lifestyle steps you can take to support your digestive tract, improve your gut health and live a happier, healthier life! Scarborough Adult Ed, Scarborough High School, 11 Municipal Dr., Scarborough. Stephanie Walsh: [swalsh@theholistichealthapproach.com](mailto:swalsh@theholistichealthapproach.com), <https://scarborough.coursestorm.com/course/don-t-worry-you-ve-gut-this-your-road-to-a-healthy-gut>.

**“Moving Through Grief and Loss “ residential workshop.** Based on the original workshops of Elisabeth Kubler-Ross this workshop offers the opportunity to work through the deep feelings resulting from grief, loss and trauma in a safe, supportive and confidential environment. Notre Dame Spiritual Center, Alfred, Maine. Please contact: Edgebrook, Paul K. Matteson MS.Ed., L.C.P.C. at: 207.753-0135, email: paul@edgebrook.org or visit: www.edgebrook.org for more information.

### **Saturday, April 6th**

**Andy Lightning.** 8 pm \$10. Experience this singer/songwriter in our special listening room. Flourish-Arts as Sacred Healing, 140 Main St, Suite 105, Biddeford, ME 04005. Register at: flourishmaine@gmail.com or call 508.728.4984.

### **Tuesday, April 9th**

**Exploring The Crystal Caves Within, Teachings & Guided Crystal Bowl Journey.** 6-8pm. \$35 per person / FREE for BASECAMP Members. You are invited to join us in a cozy space for a guided journey with Jaclyn Ouillette using crystal singing bowls, crystal singing pyramid and other sound. No experience necessary. Meadow Wind, 100 Gray Road, Falmouth. FMI & to Register, visit: wildernesswisdomjourneys.com or email Jaclyn@JaclynAOuillette.com.

### **Wednesday, April 10th**

**Hypothyroidism and Hashimoto's disease.** 5:50 - 7pm. Are you feeling tired, Sluggish, and Overweight? It Could be Your Thyroid! We will discuss simple lifestyle strategies to get you on the road to recovery and feeling more like yourself. Instructor, Mary Moskowitz is a board-certified Integrative Health Coach at Mainely Health & Nutrition. She specializes in autoimmune thyroid disease, digestive health and weight loss. Southern Maine Integrative Health Center, 69 York Street, Suite 4, Kennebunk, ME 04043. To Register: Call Gloria Open at: 978.996.7281. Space is limited!

### **Friday, April 12th**

**NES Health Q&A.** April 12th: 4:30pm and April 20th: 11am. FREE. NES Health offers an accurate, bio-energetic assessment and targeted therapy protocol. If you've suffered with chronic complaints for years or even decades, this talk is for you. Come find out about this bio-energetic technology that's been used successfully, world-wide, for more than 15 years. Space is limited to 7 people per session. It's vital you call to confirm at: 207.781.6060. Feel free to bring a friend. Inner Image, 5 Fundy Rd., Falmouth, first floor.

### **Thursday, April 25th**

**The Link Between Stress, Dysbiosis and Irritable Bowel Syndrome (IBS).** 6-7:30pm. \$15. Learn how the body responds to stress, the role stress plays in IBS and gut dysbiosis, and the nutrition and lifestyle changes that

may help reduce IBS symptoms. Old Orchard Beach / Saco Adult Ed, Old Orchard Beach High School, 40 East Emerson Cummings Blvd., Old Orchard Beach. Stephanie Walsh: swalsh@theholistichealthapproach.com, <https://oobsaco.coursestorm.com/course/managing-ibs>.

### **Friday, April 26th**

**5th Annual Midcoast Lyme Disease Support & Education Conference, “Empowering the Patient”.** 8am – 5pm (doors open at 7am for registration). FREE. Augusta Civic Center, 76 Community Drive, Augusta, ME. For more information: Conference2019.mldse.org.

### **Saturday, April 27th**

**An Evening with Swan Kirtan at Flourish Music Café.** 7:30-8:30 pm \$15. Swan Kirtan is a devotional chanting group of musicians who play a fusion of Eastern and Western music. They offer chants from multiple faiths. Flourish-Arts as Sacred Healing, 140 Main St, Suite 105, Biddeford, ME 04005.

**Yoga Tune Up: Happy Hips and Strong Spines.** 3-5pm. \$30. During this class, Mae Corwin will guide us in the use of Roll Model Therapy Balls- similar to receiving a deep tissue massage. This will help to re-hydrate tissues and create a feeling of warmth and release. Discover an easy approach to releasing tension and maintaining health and balance all Spring long! Creating Space Yoga, 1717 Congress Street, Portland. For more information or to sign up visit: [www.creating-spaceyoga.com](http://www.creating-spaceyoga.com) or call: 207.808.0857.

---

## **Ongoing**

### **Tuesdays**

**Woman's Martial Arts: Inner Strength: Intro to Women's Sho-Kai.** 11am-12:30pm weekly. \$20 per person drop in, or less for 9 week pass. These foundational teachings explore the physical practice, breath work, & ancient chants to build inner & outer strength. Open to Women ages 12 and up, beginners new to Martial Arts, or those who want to explore and learn this style. Sho-kai (The Energy of Water) emphasizes the philosophy and spiritual aspects of the practice, and is physically demanding. Strength Studio, Westbrook. For more info email: Jaclyn@JaclynAOuillette.com

### **Wednesdays**

**Martial Arts Class with Master Sanipass and the College of Sho-Kai.** 7-9pm weekly. Enter into the Ancient Martial Art of Sho-Kai. Unique Opportunity to Learn from Master David Lonebear Sanipass who has been teaching for 42 years. A blend of Native American and Japanese Philosophy and a non-violent practice of the energy of water in Martial Form. This practice is physically demanding. Strength Studio, Westbrook. FMI email: Jaclyn@JaclynAOuillette.com or visit: [www.facebook.com/collegeofshokai](http://www.facebook.com/collegeofshokai).

**Midcoast Lyme Disease Support & Education Support Group, 1st Wednesday of each month,** 6-8pm, Mid Coast Hospital (conf rms 1&2), 123 Medical Center Dr, Brunswick. FMI: Paula Jackson Jones at 207.446.6447 or Angele Rice at 207.841.8757 or Email: info@mldse.org. Visit [www.mldse.org](http://www.mldse.org) for list of more support group meetings.

### **Thursdays**

**Performers Showcase.** March 7th, March 21st, April 18th. 7-10 pm. All genres-music, acting monologue w/ scenes, comedy, song & spoken! Flourish-Arts as Sacred Healing, 140 Main St, Suite 105, Biddeford, ME 04005. For more information visit: [www.flourishme.life](http://www.flourishme.life).

**EFT for Anxiety and Stress.** March 27th. 6:30-8pm. \$25. Learn the basics of EFT (the Emotional Freedom Technique/Tapping) and how to use it in your life to create emotional stability, reduce stress and pain, and quiet your fears and inner critic to experience more balance, peace and joy. Oasis Wellness Center in Scarborough, Maine. Call Leah Wentworth to Pre-Register: 207.205.5518 or [www.innerwisdomhealth.net](http://www.innerwisdomhealth.net)

**EFT for Digestive Issues.** April 24th. 6:30-8pm. \$25. Learn the basics of EFT (the Emotional Freedom Technique/Tapping) and how to use it in your life to create emotional stability, calm and heal your digestive issues, and quiet your fears and inner critic to experience more balance, peace and joy. Oasis Wellness Center in Scarborough, Maine. Call Leah Wentworth to Pre-Register: 207-205-5518 or [www.innerwisdomhealth.net](http://www.innerwisdomhealth.net)

**Veterans Reiki Project, 1st Thursday each month,** 4-8pm, 62 Portland Rd., Suite 42, Kennebunk. Reiki is provided to veterans and their family members free of charge. Visit [veteransreikiproject.org](http://veteransreikiproject.org) for more info.

**Wellness Salon.** March 28th, April 25th. 6:30-9:30 pm. \$2 at the door includes refreshments. Admission is FREE with group of 4 or more. Individual fees for services. Choose from an array of evolving mini-sessions of Energy healing such as Reflexology, Reiki, massage, Flower essence healing. Flourish-Arts as Sacred Healing, 140 Main St, Suite 105, Biddeford, ME 04005. Visit: [www.flourishme.life](http://www.flourishme.life) for more info and for other events.

### **Fridays**

**Mystical Soiree.** March 8th, April 12th. 6- 10 pm. \$5 at the door includes refreshments and Live music. Individual fees for services. Stop in for an enchanted evening of refreshments and readings such as tarot, Runes, Flower Essence, mediumship and wellness. Flourish-Arts as Sacred Healing, 140 Main St, Suite 105, Biddeford, ME 04005. For more information, visit: [www.flourishme.life](http://www.flourishme.life).