

Saturday, May 4th

Unlock the Power of Your Intuition.

12:30-3:45pm \$50. Intuition is our internal GPS, helping us to navigate our lessons and bring our gifts to Light. In this enlightening, fun, and highly interactive class you will learn how Heaven speaks to you; how to fine tune the intuitive sense you were born with, how to be a clear receiver, and how to overcome blocks. Flourish-Arts as Sacred Healing, 140 Main St. Suite 105, Biddeford, ME. Register at flourishmaine@gmail.com or call 508.728.4985.

Joel Cage. 8-11pm. \$10. Treat yourself to award-winning veteran singer/songwriter from Boston. Transcend the ordinary and hectic world with a masterful and soulful musician in the magic listening room that is Flourish! Flourish-Arts as Sacred Healing, 140 Main St. Suite 105, Biddeford, ME. Register at flourishmaine@gmail.com or call 508.728.4985..

Friday, May 10th

Mystical Soiree. Also June 14th. 6-10pm. An enchanted evening of divination and interactive fun. Readings such as Tarot, Runes, Mediumship, and wellness. Flourish-Arts as Sacred Healing, 140 Main St. Suite 105, Biddeford, ME. Register at flourishmaine@gmail.com or call 508.728.4985.

Saturday, May 11th

Muse of Healing Wisdom-Nature with Cindy Taylor Clark of Threads of Light.

9:30-3:30pm. \$125. A guided visualization painting workshop to connect with your Divine Feminine Spirit. www.flourishme.life for more info and for other events. Flourish-Arts as Sacred Healing, 140 Main St. Suite 105, Biddeford, ME. Register at flourishmaine@gmail.com or call 508.728.4985.

Saturday, May 18th

Peace Concert with Todd Glacy.

8-9:30pm. \$15 reservations. Through readings, music and meditative awareness we will first tune into and empower peace within ourselves, and then consciously share our peace with the rest of the world during a guided Gong Meditation. Flourish-Arts as Sacred Healing, 140 Main St. Suite 105, Biddeford, ME. Register at flourishmaine@gmail.com or call 508.728.4985.

Thursday, May 23rd

Meditation on Twin Hearts and Pranic

Healing demonstration. 6-7pm. FREE. Join Tierney McCarver for a guided meditation followed by Pranic Healing demos for those interested. Drawing for a free one-hour Pranic Healing session. Come to send blessings to our planet and promote self-healing. Visibility 1041 Washington Ave, Portland, Maine. Please RSVP to Tierneymccarver@gmail.com

Friday, May 24th

Whiskey Duo. 8-10pm. \$5 in advance, \$8 at the door. Kevin Conway and Chuck Kuenzler have been playing music together since 2016. Enjoy their acoustic folk and rock style in the magical listening room that is Flourish! Flourish-Arts as Sacred Healing, 140 Main St. Suite 105, Biddeford, ME. Register at flourishmaine@gmail.com or call 508.728.4985.

Sunday, June 2nd

Hands-on Health the Maya Way/ Christine Lee RNCS, LAc \$125. (early bird by 5/2 \$100.) During this introductory class, you will learn why congestion in the abdomen, or organs that are out of balance can have a profound impact on your digestive, urinary, reproductive and emotional health. Maya Abdominal Therapy combines self-care massage that provides relief for various menstrual and hormonal symptoms in women, common digestive disorders, benign prostate enlargement in men, urinary complaints and improves overall health. flourishme.life for more info and for other events

Friday, June 7th

Sound Healing Journeywork/Ben Carroll. 7-9pm. \$35 in advance/\$40 door. We will use the power of the sound and the energy of the group coming together to work on releasing all blockages, reconnecting & strengthening intuition, and moving forward in connected alignment towards the direction that will give us the most profound & positive forward movement in our life, in line with our souls path, and in deeper connection to our higher self. www.flourishme.life for more info and for other events. Flourish-Arts as Sacred Healing, 140 Main St. Suite 105, Biddeford, ME. Register at flourishmaine@gmail.com or call 508.728.4985.

Saturday, June 21st

Spirit Dance with Brenda Colfer. 6:30-8:30pm. \$40. SpiritDance is a mix of breathwork, movement and sound healing. If you have ever been to Soundings LifeBreath and wanted to dance thru part of the evening, this class is for you! People can rest on the mat to breathe any time they are ready. Flourish-Arts as Sacred Healing, 140 Main St. Suite 105, Biddeford, ME. Register at flourishmaine@gmail.com or call 508.728.4985.

Ongoing

Tuesdays

Drum workshops and Drumming Circles. 2nd and 4th Tuesdays. 6:30-7:30 pm. \$20 for workshop, \$10 drumming circle. Visit www.flourishme.life for more info and for other events. Flourish-Arts as Sacred Healing, 140 Main St. Suite 105, Biddeford, ME. Register at flourishmaine@gmail.com or call 508.728.4985.

Wednesdays

Beginner Belly Dancing Class with Joie Grandbois, 6:30 - 7:30pm. \$15 drop in/\$60 for six class card. You'll learn the foundational movements of the dance, how to combine the movements to create improvised, flowing dances, and be introduced to the music and rhythms that surround this beautiful dance form. Joie teaches dance from an embodiment perspective, students will learn not only how a movement should look, but how it feels in the body. Belly dance is suitable for all body types and the class is open to all genders. No prior dance experience is required. visit flourishme.life for more info and for other events

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 for list of more support group meetings.

Thursdays

Performers Showcase. 1st and 3rd Thursday of each month. 7-10pm. All genres-music, acting monologues/scenes, comedy, song & spoken word! visit www.flourishme.life for more info and for other events. Flourish-Arts as Sacred Healing, 140 Main St. Suite 105, Biddeford, ME. Register at flourishmaine@gmail.com or call 508.728.4985.

Healing Salon. 4th Thursday of each month. 6:30-9:30pm. Relax and experience the power of Healing Arts. Choose from an array of evolving mini-sessions such as Reflexology, Reiki, Massage and Flower Essence Healing. Flourish-Arts as Sacred Healing, 140 Main St. Suite 105, Biddeford, ME. Register at flourishmaine@gmail.com or call 508.728.4985.