

## YOGA CLASSES

Monday 9:45 am L.A. Fitness, Buckhead/Lenox  
Tuesday 8pm L.A. Fitness, Peachtree Corners/Norcross  
Wednesday 9:45 am L.A. Fitness, Northlake/Tucker  
Thursday 8pm L.A. Fitness, Ansley Mall  
Friday 8:30 am L.A. Fitness, Northlake/Tucker  
Saturday 9:45 am L.A. Fitness, Northlake/Tucker

## SOUND TREATMENTS

Atlantis Natural Foods in Dunwoody, on the first Saturday of the month from 2:00pm until 4:00pm. For directions go to [www.atlantisnaturalfoods.com](http://www.atlantisnaturalfoods.com)

Harmony Learning Center in Decatur, on the first Wednesday of the month from 7:30pm until 9:00pm. For directions go to [www.harmonylearningcenter.org](http://www.harmonylearningcenter.org)

Decatur Healing Arts, on the second Saturday of the month from 2:00pm until 4pm. For directions go to [www.decaturrealingarts.com](http://www.decaturrealingarts.com)

Meditating Mantis Bookstore and Giftshop in Roswell, on the third, fourth and fifth Saturday of the month from 2:00pm until 5:00pm. For directions go to [www.meditatingmantis.com](http://www.meditatingmantis.com)

## CREATING HEALTH WORKSHOP

Atlantis Natural Foods in Dunwoody, next class TBA

## DIVINE OM TRIO

Check out our Facebook page for event schedule