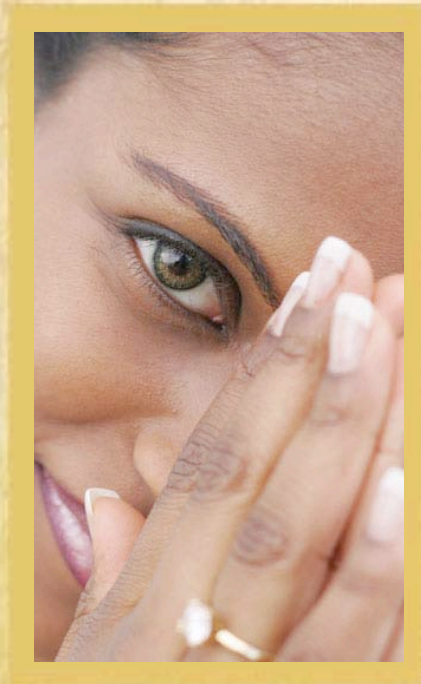


# THE OPEN MIND CENTER

## New Beginnings!



Spring is here! Sunshine and new growth abound. If you have been hibernating all winter, like many of us, then it is time to wake up and stretch your legs. Go for a walk, enjoy nature and celebrate rejuvenation and new energy.

At The Open Mind Center, we have been busy planning some exciting things for the spring season. We have some special events like a book signing, a workshop on actor's secrets to effective speaking and a resumé writing workshop. Check out these and more exciting upcoming events in this newsletter and browse our class catalog and monthly calendar (attached to this email). Follow nature's lead during spring and look for new ways to feed your soul, sow seeds of intention and sprout new beginnings!

Some of our new beginnings are featured in this newsletter. For starters, our newsletter has a new look. Over the next few months we may be testing different designs and look forward to hearing feedback from you. We are also starting a new book club discussion group and dream group.

In this first issue of OM, we have a feature article, upcoming events, reminders and specials for the month. We also have begun posting book reviews in the "What's on your nightstand?" section of our website. You can read the first review in this newsletter.

We hope you enjoy this first edition of OM!

## Don't miss the events going on in the NEXT FEW WEEKS!

**Saturday, 3/28- EXERCISE YOUR MIND AND BODY- A HEALTHY FAMILY WELLNESS EVENT:** Need a free way to spend a Saturday with your family? The Open Mind Center is hosting "Exercise Your Mind and Body- A Healthy Family Wellness Event" on Saturday, March 28th from 11:00am-3:00pm and it's free for everyone!

This event will feature local businesses promoting family wellness. At the event, vendors will be on hand to discuss healthy living for the entire family. A discussion on living in balance and eliminating stress and demonstrations in storytelling, Yoga, Qigong, Pilates and self-defense for women will be scheduled throughout the event. The first 100 families and guests will receive a gift bag filled with coupons and samples from participating vendors!

(Continued on page 2)

**The Open Mind Center: A  
place to be, a way to be.**

678.243.5074

1575 Old Alabama Road, Suite 213,  
Roswell GA 30076

[WWW.THEOPENMINDCENTER.COM](http://WWW.THEOPENMINDCENTER.COM)

*THE OPEN MIND CENTER is a  
comprehensive holistic center offering  
programs intended to heal the body, nourish  
the soul, and awaken the spirit.*

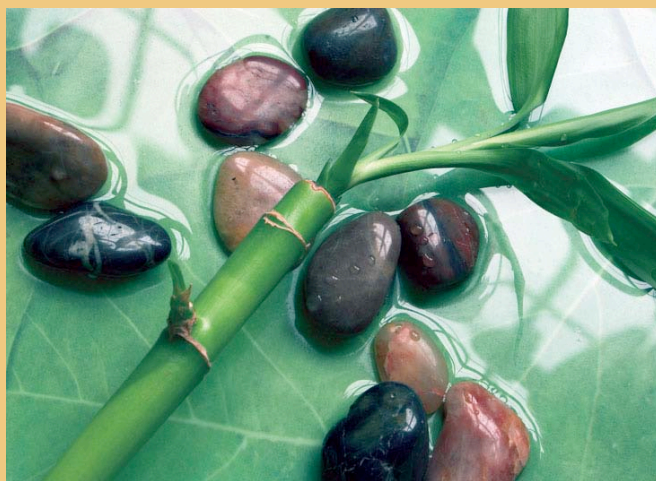
## Don't miss the events going on in the NEXT FEW WEEKS! (Cont'd)

**Saturday, 3/28- PEACE CEREMONY:** Join us for our Peace Across the Planet Ceremony on March 28th at 5:30 pm. The purpose of our local ceremony, in conjunction with ceremonies being held around the world at the various Shiva locations, is to generate the energy of peace. By doing this, we all then support a continual linking of the communities for one common goal. If you are unable to attend, you can pray for or meditate on peace from wherever you are. Your prayers will add to the energy we create on March 28<sup>th</sup>. Admission is FREE- donations in kind will be accepted.

**Sunday, 3/29- CLOTHING SWAP:** 12:00pm-4:00pm; Ladies, sort and bring your unwanted damage-free and stain-free clothes and leave with new-to-you clothing that fits just right. Everything from blouses, shoes and jeans to purses, jewelry and maternity are acceptable. Admission is \$10 and an *RSVP is required 24 hours in advance-* (678) 243-5074.

**Friday, 4/3- BOOK SIGNING: WAKE UP TO YOUR WEIGHT LOSS BY ALYSON MEAD:** 7:00pm-8:30pm; Alyson will be leading a half-hour workshop and meditation followed by a book signing session. *Wake Up to Your Weight Loss* combines meditation, follow up exercises and instruction on how to identify and redirect the internal stories we tell ourselves all the time, usually without knowing it. This book can help you identify emotional problems beneath overeating, help provide motivation for exercise, and even help you completely rewrite the story of your life. Admission to the workshop is \$5.

**Saturday, 4/4- PRESENTATION POWER: ACTORS' SECRETS TO EFFECTIVE SPEAKING:** 9:00am-1:00pm; Learn effective communication techniques from a professional actor with years of experience giving powerful presentations. Admission is \$99.



*We have heard so many  
great comments from many  
of you, here's just one example:*

*"I feel like finding this place is  
going to change my life. I am  
seeking a mind body connection  
that other practitioners cannot  
give me. Look forward to  
"Opening my Mind" to new ideas  
& strategies to improve my overall  
health."*

*L.B.*

## Writing a Resumé that Resonates

Attend The Open Mind Center's exclusive workshop:

In this workshop you will learn the "Secrets" of resumé writing, release your fears about career transitions, take steps to attract the job you really want, and infuse your resumé with intention and power- let it speak for you and tell your story.

April 18, 2009 beginning at 11:00 am; Cost \$10  
(\*preregistration is required; space is limited!)

You will also have the opportunity to speak directly with a Prosperity Coach and a Life Coach who will be on hand to answer questions and offer guidance.

*Our greatest glory is not in never  
falling, but in getting up every  
time we do.*

*Confucius*

**Discussion Group**

Do you crave deep discussions? Are you always looking for more ways to have engaging conversations with those around you? The Open Mind Center will be having its first Discussion Group on Tuesday, April 14th from 7:00-8:00pm. The topic will be **“Is there a spiritual purpose behind the current economic state?”** If this peaks your interest, you are invited to join the discussion on the evening of April 14th. Preregistration is requested, but walk-ins are welcome.

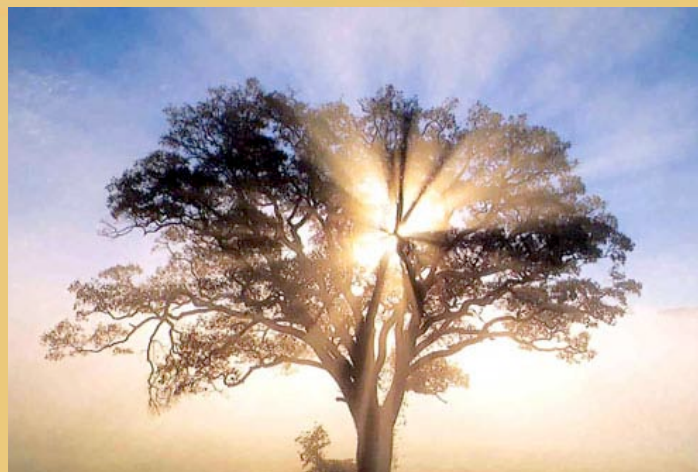
**Book Club**

We are beginning a Book Club! If you're an avid reader who loves discussing books, or if you love The Open Mind Center's collection of holistic and spiritual books, then we invite you to participate in our Book Club. The first book that will be discussed is Many Lives, Many Masters by Brian L. Weiss, M.D. Many Lives, Many Masters is a profound account of a prominent psychiatrist and the case history of one patient substantiating the effectiveness of past-life therapy. It can be purchased at The Open Mind Center. Please plan to read this extraordinary book and to join us for the first Open Mind Book Club meeting on Tuesday, April 21st at 7:00pm. Preregistration is requested.

**Dream Study Group**

The Open Mind Center has formed a Dream Study Group. The group will meet monthly to discuss dreams and their significance. We will also delve into dream-related topics like archetypes and synchronicities.

The cost of the group is \$15 for the first meeting, and then \$5 per meeting attended after that. The first meeting will be held on April 16<sup>th</sup> at 7:00pm. Preregistration is requested.




---

**Managing Stress**

**Today our world is full of stressors**—the state of the economy or personal finances, work issues or lack of work, relationships, or even stubbing your toe on the way out the door. Stress can be found in every nook and cranny of our day. So, how do you get relief? We offer these helpful tips to help you unwind and enjoy your day.

**Take a breath**—Breathing techniques are perhaps the simplest means to relieve stress. When you sleep, your breathing is effortless and relaxed. However, when you are under stress your breathing patterns change and often contribute to that stressed out feeling. Learn to control your breath and reduce your stress by taking a class like Yoga, Breath Empowerment, Qigong or Meditation.

**Let it out**—Stress that is repressed can build up very quickly and put your mental, physical and emotional self into a state of dis-ease. When you take on stress, you need to release it. In order to let it out, you have to first get comfortable, let any negative feelings or thoughts surface and then let them out in the form of words, pictures, dreams, etc. Try taking a class that offers a creative outlet for your feelings like Thriving in Times of Change, Creative Writing, Introduction to Dream Interpretation, Finding True Balance, or Mirror, Mirror: Living In Balance.

(Continued on page 4)

***Never doubt that a small group of committed people can change the world. It is the only thing that ever has.***

—Margaret Mead

## Managing Stress (Cont'd)

**Take a look and make a plan**— What you resist persists. It's true that those negative things you try to deny are the very things that will increase in their power and strength. Instead of resisting the stress in your life, try giving yourself time to look at your stressors with patience and purpose. It may be helpful to allow someone to help you examine the things in your life that are stressful, and to make a plan to deal with stress head-on. Services like Life Coaching, Life Support, Healing Touch, Heart-Centered Therapy, Prosperity Coaching, or even attending a Circle of Healing can be helpful.

**Have fun**— Finally, the best way to eliminate the bad is to focus on the good. Joy manifests more joy! So, join in some fun activities that will allow you to learn and laugh and get in touch with your authentic joy! Try Belly Dancing or attend a Girl's or Guy's Night Out.

Don't let stress consume you. Rather than living with your stress, find a way to begin eliminating it.

## Attention Moms To Be

Let healing, wellness and self care be a part of this special time as you prepare for motherhood. Take advantage of these prenatal services that are just for you:

**Nurturing Mommy & Me: Conscious Parenting**- This 12-week pre- and post-natal course is designed to help you prepare to become a parent. Attending classes before and after giving birth will ensure a complete and supported transition into parenthood!

**Prenatal Yoga**- This class is designed for women at all stages of pregnancy to safely stretch and strengthen the body. Yoga can help ease common discomforts of pregnancy while preparing the body for delivery.

**Prenatal Massage**- Enjoy the relaxing benefits of a massage designed specifically for pregnant women. Lying on your side, this gentle massage can help ease tension, reduce swelling and increase circulation.

**SHOUT OUT! - Did you happen to see us on CBS Better Mornings Atlanta? We were featured in a live broadcast on Thursday, March 26th between 5am and 7am. Thank you to everyone who was able to attend and be a class participant!**

*The Open Mind Center: A place to be, a way to be!*

*The Open Mind Center seeks volunteers- We are looking for volunteers to help us grow. If you are interested in volunteering to support our customers' health and wellbeing, please contact us at (678) 243-5074.*

## Tea and Wi-Fi

**Take advantage of our Tea Room-** Come alone or bring a group to our peaceful tea room and enjoy the music, the atmosphere and the soothing benefits of hot herbal tea. We invite you to enjoy your time reading a book, socializing with friends or using our free wi-fi network to get some work done.

**Girl's Night Out!** - Ok ladies, it is time to get out and socialize! Join us in the Tea Room for a Girl's Night Out on Thursday, April 30<sup>th</sup> from 7:00pm-9:00pm. Enjoy the food, the festivities and the company of women. We will have a Qigong demonstration, discounted intuitive consultations, free dream interpretations, and a brief introduction of numerology. Come alone or bring a gaggle of girlfriends to our gathering- all are welcome. We need a minimum of 15 people to attend, so if you are interested, RSVP early. The cost is \$25.



## April Specials and Services

**Unlimited Yoga Classes**—\$50 for unlimited Yoga attendance during the month of April.

**Fitness Package**—\$110 (\$143 value) Unlimited Yoga classes, and 4-Belly Dancing or Qigong classes

**Prosperity Special-** The first 5 people who register for the Prosperity Formula Class Series, will receive a complimentary one-hour prosperity coaching assessment!

**Life Coaching Special-** We are giving away a free half-hour life coaching session to the first 10 people who schedule an appointment. One free session per person.

**Wellness and Holistic Therapy Services-** We have a variety of personal wellness and holistic therapy services to suit your needs. Take advantage of our talented practitioners that are here to serve you. We have Massage, Reflexology, Energy Work, Healing Touch, Reiki, Heart-Centered Therapy, Intuitive Consultations, Dream Interpretation, Life Coaching and Prosperity Coaching.

*The Open Mind Center: A place to be, a way to be!*

**The Open Mind Center**

1575 Old Alabama Road  
Roswell, GA 30076

678-243-5074

[WWW.THEOPENMINDCENTER.COM](http://WWW.THEOPENMINDCENTER.COM)