

calendarofevents

All Calendar and Ongoing Events must be received by 12th of the month prior to publication. For calendar submission enter on our website: www.naturalawakeningstriangle.com.
Calendar submissions for non advertisers are limited to space availability

THURSDAY, JULY 1

Employment Support and Prayer Group. 5pm-6pm. July 1-August 26. An 8-week event to support those who are unemployed or in career transitions. Our time will be anchored in affirmative prayer, shifting our attitudes and points of view so that the perfect path and opportunities are welcomed in consciousness. No registrations; join us. The Center for Spiritual Living, 4900 Waters Edge Drive Raleigh. 919-859-2249, csrlraleigh@gmail.com, or www.csrlraleigh.com

Marriage Enrichment Support Group. 7:00-8:00pm. Monthly Marriage Enrichment Support Group. Meets at The Hope Café 1st Thursday of each Month. Hope Café, 201 Tryon Road, Raleigh. www.hopecaferaleigh.com

FRIDAY, JULY 2

Emotional Brain Training (EBT)-The Solution Method. July 2-4. Join Cynthia Cinmayi Moore for EBT training called "Wired for Joy." Get tools to assess your state (from stress to joy) and to intervene to allow greater balance. Satchidananda Ashram, Yogaville, Buckingham, VA. 800-858-9642 or www.yogaville.org

Concert at the Depot, Apex. 7pm-9pm. Kick start your 4th of July festivities with the Triangle Brass Band at the Chamber of Commerce. Bring your lawn chairs, blankets and snacks and enjoy an outdoor evening of festive music in historic downtown Apex! (No alcohol or pets allowed). Downtown Apex. www.apexnc.org

SATURDAY, JULY 3

31st Annual Festival for The Eno. More than 90 performers, sustainable home & garden expo, 95 craft artisans, kids activities, food from around town & the world, canoe & kayak rentals. 95% Trash-free festival! \$13advance/\$15 at the gate, 3-day pass \$30/\$35. Free for 12 & under. West Point on the Eno, Durham City Park. For info & tickets visit: www.enoriver.org

1st Annual 5k Freedom Run. 8am. All proceeds go to support veterans past, present, and active military. American Legion Post 187, 225 E. Holding Ave., Wake Forest

Denny's Challenge 5K Race. 8am. Followed by a kids' fun run at 9:15 a.m. On-site registration and packet pick-up begins at 7:00 a.m. Proceeds benefit the Melanoma Research Foundation. Wake Med Soccer Park, Cary. Register online: www.active.com/running/cary-nc/dennys-challenge-5k-runwalk-2010

Emotional Brain Training (EBT)-The Solution Method. July 2-4. See July 2 listing for details.

Olde Fashioned 4th of July. 9am-1pm. FREE Games, Inflatables, Music, Parade & Much More. There will be carnival games, a cake walk, inflatable's, a climbing wall, giant slide, clowns, jugglers, karaoke and much more. Follow that up with Uncle Sam's Parade of Wheels at noon then cool down with the Apex Fire Department's Splash Down!. Downtown Apex. www.apexnc.org

SUNDAY, JULY 4

31st Annual Festival for The Eno. See July 3

listing for details.

Emotional Brain Training (EBT)-The Solution Method. July 2-4. See July 2 listing for details.

Community Parking Lot Barbeque and Block Party! Immediately following service. The Center for Spiritual Living, 4900 Waters Edge Drive, Raleigh. 919-859-2249, csrlraleigh@gmail.com, or www.csrlraleigh.com

State Capitol Independence Day Festival. 12:00 noon-4:00pm. Enjoy a family-oriented Independence Day celebration with a patriotic concert and picnic. Wander over to the Capitol's "Old Fashioned 4th" area and see how people in North Carolina celebrated the 4th long ago. Musical performances, food and historic demonstrators round out this patriotic day of fun. Free. NC State Capitol, 1 E. Edenton St., Raleigh. 919-733-4994

MONDAY, JULY 5

Fourth of July Children's Parade. 10am. Wear your red, white and blue and come march in the parade. Lineup begins at 10 am at the intersection of N. Main St. and W. Juniper Ave. The parade route extends along N. Main St. and ends at Holding Park where Art-in-the Park & Games-in-the-Park will take place starting at 11 am. All activities are free. For more information contact Rhonda Alderman at (919) 556-4436. N. Main St., Wake Forest.

Fourth of July Art-in-the-Park & Games-in-the-Park. 11am. Free children's activities. Organized by the Wake Forest Fourth of July Planning Committee and funded in part by the generous contributions of area businesses and the Town of Wake Forest. Holding Park, 133 W. Owen Ave., Wake Forest.

31st Annual Festival for The Eno. See July 3 listing for details.

TUESDAY, JULY 6

DivorceCare. 6:30pm to 8:30pm. Help for those separated or divorced. 13 week program. Christ Baptist Church, 400 Newton Road, Raleigh. 919-573-5454.

WEDNESDAY, JULY 7

YWCA Breast Health Awareness. July 7 and 21. The YWCA of the Greater Triangle is offering FREE Mammograms and FREE Clinical Breast Exams for women age 40 to 64 who have NO insurance coverage and low-financial resources. YOU MUST CALL TO REGISTER. The YWCA of the Greater Triangle, 554 E. Hargett Street, Raleigh. 919-863-9064 or 919-256-8102 or www.ymcatriangle.org

Irritable Bowel Syndrome (IBS) & Keys to Healthy Digestion with Acupuncture. 6:30pm-7:30pm. The symptoms of IBS and other digestive disorders can be significantly improved with acupuncture and the right supplements. If you or someone you know is suffering with diarrhea, constipation, irritable bowel syndrome, gas, bloating, acid reflux, nausea, or any other digestive disorder, do not miss this class! Presented by Quinn Akira Takei, L.Ac. Earth Fare Brier Creek, 10341 Moncrieffe Rd., Raleigh. Free. 919-848-0200 or www.TheCenterNHS.com

Open Bible Study at the Hope Café. 6:30-8:00pm. Bible Study meets every Wed. night to discuss vari-

ous topics. Hope Café, 201 Tryon Road, Raleigh. Contact Jack Watson for more details - jack@hopecaferaleigh.com, or visit: www.hopecaferaleigh.com

THURSDAY, JULY 8

Employment Support and Prayer Group. 5pm-6pm. July 1-August 26. See July 1 listing for more details.

Green Drinks. 6pm-8pm. The focus this month will be how distinct types of "All-American food" establishments are evolving to become more sustainable. We will gather at the Meat House specialty grocery in the Saltbox Village, 1225 Kildaire Farm Road, Cary. From there we will tour the LEED Gold certified Green McDonald's, just down the street. For more details: www.triangle-usgbc.org/greendrinks

Transcending Fear, Anger & Depression. Thursday 7:30pm-Sunday 12:00pm. Swami Vidyananda. Transform the emotions by calming and balancing the body through Yoga postures and breathing. Tuition: \$185, plus accommodation. Satchidananda Ashram- Yogaville, Buckingham, VA 1-800-858-9642

Free Sleep Apnea Support Group. 5:30pm-7pm. Active Healthcare is holding a meeting to provide information on sleep apnea at the Clayton Center (Rotary Room), 111 East Second St, Clayton. Meal Provided. RSVP. 919-870-8600, ext 250 or sleep@activehealthcare.com

FRIDAY, JULY 9

Spiritual Movie Night: The Matrix Reloaded. 7pm-9pm The second of the Matrix trilogy continues the journey from darkness into light. What is clouding our light? What do we discover when the veil is lifted? Love Offering. Unity Church of the Triangle, 118 S. Person St, Raleigh. Enter through the iron gates at the front and to the left of the church and go downstairs, 1880 hall. larrywhenson@gmail.com or www.unitytriangle.org

Laugh-a Yoga Leader Certification. Friday 3pm-Sunday 12pm. Bharata Wingham. Laugh, play and meditate while laughing while you receive certification to lead Laughter Yoga Sessions. Tuition: \$210, plus accommodation. Registration at 1:30 pm. Program begins at 3 pm.

Satchidananda Ashram- Yogaville, Buckingham, VA 1-800-858-9642

Transcending Fear, Anger & Depression. Thursday 7:30pm-Sunday 12:00pm. See July 8 listing for details.

SATURDAY, JULY 10

Blackfoot Indian Medicine Wheel Summer Workshop. 12noon-6pm. Experience ritual. Medicine of drum and rattle. See how animal ally, plant, and element of summer manifest in your life. Led by Blackfoot Metis, Chuck Skelton. Fee: \$80. Black Patch Farm, 2401 Grigsby Avenue, Holly Springs. 919-720-0783, egabbrielli@earthlink.net or www.bearspiritmedicinelodge.org

Women's Spiritual Support Group. 9am-10:30am. New support group, second Saturday of the month. A Prayerful and supportive environment for women of all ages to connect, engage with what is sacred and embrace a more spiritually balanced life. The Center for Spiritual Living, 4900 Waters Edge Drive, Raleigh. 919-859-2249, csrlraleigh@gmail.com, or www.csrlraleigh.com

Cree Habitat Bull Moon Ride. 6:30pm rider check in. Benefits Habitat of Durham and sponsored by

Cree. This 18-mile (or 10-mile) ride for cyclists of all abilities starts at 8 PM at the Durham Bulls Athletic Park. \$30 pre-registration adult/ \$15 child (10-18). Includes Free T-shirt. Downtown Durham. Durham Bulls Athletic Park, 409 Blackwell St., Durham. <http://www.durhamhabitat.org/bike/index.php>

Transcending Fear, Anger & Depression. Thursday 7:30pm–Sunday 12:00pm. See July 8 listing for details.

Laugh-a Yoga Leader Certification. Friday 3pm–Sunday 12pm. See July 9 listing for details.

SUNDAY, JULY 11

Kundalini Yoga and Meditation Mini Workshop. 2pm-4:30pm. One of the elements of excellence is to have the knowledge to accomplish your goals. This will be the focus as we practice yoga kriyas and meditations. Fee: \$30 pre-registered, \$40 after July 7. Wake Forest Yoga, 103 South White Street, Wake Forest. 919-623-5410 or www.wakeforestyoga.com

Transcending Fear, Anger & Depression. Thursday 7:30pm–Sunday 12:00pm. See July 8 listing for details.

Laugh-a Yoga Leader Certification. Friday 3pm–Sunday 12pm. See July 9 listing for details.

TUESDAY, JULY 13

The Work of Byron Katie. 7pm-8:30pm every 2nd Tuesday. The Work is a simple yet powerful process of inquiry that teaches you to identify and question your stressful thoughts. The Work, very simply, consists of four questions and turnarounds. Byron Katie, author of the book *Loving What Is*, experienced a life-changing realization. As a result, she developed this method of inquiry called The Work. Love Offering. Unity Church of the Triangle, 118 S. Person, St., Raleigh. Enter through the back door. terry.fitzgerald@att.com

Getting Your Bearings: Cancer Series at Cornucopia. 6pm-8pm. July 13-August 3. Join Cornucopia Cancer Support Center for a four-part program: Mind, Body & Soul. Sequential classes: Mind/body; Self-expression; Nutrition; Life-coaching. 5517 Durham Chapel Hill Blvd., Suite 1000, Durham. 919-401-9333, lboynnton@email.unc.edu or www.cancersupport4u.org

WEDNESDAY, JULY 14

Weight Loss & Detox Seminar. 6:30pm. Got belly fat? Get Belly Flat! The secret to losing weight in the belly, hips, and thighs begins by knowing your body type. Learn some of the secrets to why you can't lose weight! Remember, you don't lose weight to GET healthy - you get healthy so you CAN lose weight. Free. RSVP by July 13th. Advanced Health Care Solutions, 8351 Standonshire Way, Suite 101, Raleigh. 919-846-2239, ginny@advancedhealthcaresolutions.org or www.advancedhealthcaresolutions.org

Don't Be a Chicken...Neck! Smooth and Lift the Neck Naturally. 7:30am-9pm. Do you hate to wear anything but a turtleneck in fear of being mistaken for a chicken? Would you love that nice, tight neck you used to exhibit? Learn how you can tighten and smooth most of it quickly WITHOUT the need for painful and expensive surgery. Be comfortable wearing open necklines again! Fran Ammons, L.Ac. will demonstrate this proven technology & explain science behind the procedure. Acupuncture and Skin Rejuvenation Center, 121 Edinburgh South Drive, Suite 202, Cary. 919-481-6777, info@acupuncturenc.com or www.acupuncturenc.com

THURSDAY, JULY 15

Parenting Support Group. 7:00pm. 3rd Thursdays. Monthly Parenting Support Group. Hope Café, 201 Tryon Road, Raleigh. www.hopecaferaleigh.com

Employment Support and Prayer Group. 5pm-6pm. July 1-August 26. See July 1 listing for more details.

FRIDAY, JULY 16

Deepening Compassion, Awakening Happiness. Friday 7:30pm-Sunday 12pm. Debra Premashakti Alvis, Ph.D., R.Y.T. Learn how the practice of compassion supports greater emotional resiliency, more peaceful relationships with self and others, and increased happiness. Tuition: \$195, plus accommodation. Satchidananda Ashram- Yogaville, Buckingham, VA 1-800-858-9642

SATURDAY, JULY 17

Kundalini Yoga and Meditation Mini Workshop. 2pm-4:30pm. One of the elements of excellence is to have the knowledge to accomplish your goals. This will be our focus as we practice yoga kriyas and meditations. Fee: \$30 pre-registered, \$40 after July 7. Hillsborough Yoga and Healing Arts Center, 1812 Becketts Ridge Drive, Hillsborough. www.hillsboroughyoga.com

Deepening Compassion, Awakening Happiness. Friday 7:30pm-Sunday 12pm. See July 16 listing for details.

SUNDAY, JULY 18

The Four Agreements Workshop. 12noon-2:30pm. Join Rev. Denise to study the transformational teachings of Don Miguel Ruiz's book, *The Four Agreements*. This workshop will conclude our month on this amazing work by allowing us to make the "agreements" personal. Love Offering: \$25 suggested but everyone and all offerings welcomed, no one turned away. The Center for Spiritual Living, 4900 Waters Edge Drive, Raleigh. 919-859-2249, csraleigh@gmail.com or www.csraleigh.com

Deepening Compassion, Awakening Happiness. Friday 7:30pm-Sunday 12pm. See July 16 listing for details.

MONDAY, JULY 19

Healing with Acupressure: New Patient Workshop. 6:30pm. Marc Cutler, D.O.M., (N.M.), Dipl. Ac, L.Ac. will teach at-home Shiatsu (acupressure) techniques that will increase your health and decrease your healing time. Join us to learn how holistic healthcare can improve your health and prevent future ailments. Bring a partner to help perform the techniques. Light refreshments. RSVP by July 19th at Noon. Advanced Healthcare Solutions, 8351 Standonshire Way, Suite 101, Raleigh. 919-846-2239, ginny@advancedhealthcaresolutions.org or www.advancedhealthcaresolutions.org

Book Discussion: Devotion by Dani Shipiro. 10am-11:30am. This discussion would be helpful to anyone who is wondering if the religious tradition in which you were raised is the one that is right for you now, the one to support your life and pass on to your children. Added Treat: Dani will join us via speaker phone during our discussion. Free-will donation. Presented by Sister Mary Margaret Weber. A Place for Women to Gather, 8380 Six Forks Road, Suite 201, Raleigh. 919-846-3601. www.womengather.org

BPI Building Analyst / Energy Auditor Training. 8:00am-5:00pm. July 19-23. - Raleigh. This BPI Energy Auditor training course provides home con-

tractors, home inspectors, and more with a professional certification from the nation's leading home performance standard – the Building Performance Institute (BPI). Energy Auditor Certification. Fee. Everblue Training Institute, 1101 Gorman Street, Raleigh. Call 1-888-204-8735 for details.

TUESDAY, JULY 20

Beauty Routine Detox Workshop. 6:00pm-8:30pm. This summer, focus on greening your makeup routine with Afterglow's exciting workshop where you'll receive \$250 of FREE Afterglow products, exclusive makeup application tips, a customized color matching session, and the truth about what may be in your cosmetic products. Limited seating available. To reserve your \$49 spot in this workshop call 866-630-4569, or email: Sales@AfterglowCosmetics.com today. www.Afterglow-Cosmetics.com

Supplement Overload! 12:00noon- 1:00pm. So much information! So many products! Cut through the chatter, the obnoxious marketing, and the overload quickly and easily by learning a few simple tips for recognizing a quality product. This class covers how to read a supplement label, what to watch out for, recommendations for trusted sources, the difference between "natural", synthetic, and fractionated vitamins, regulations and where to get valid reports. Presented by Monique Smith, L.Ac. North Regional Library, 7009 Harp's Mills Rd., Raleigh, NC 27615, RSVP 870-4000 August 3, 6:30-7:30 pm. www.TheCenterNHS.com

Getting Your Bearings: Cancer Series at Cornucopia. 6pm-8pm. July 13-August 3. See July 13 listing for details.

Your Unique Biochemistry & How to Optimize Your Supplements Choices. 7pm-8pm. Overwhelmed by many supplement choices? You are not alone. Learn about nutritional and metabolic tests that can provide a complete picture of your individual biochemistry and how specific supplements can impact your energy and endurance, cardiovascular function, antioxidant level, liver detoxification, inflammatory response, mental and emotional function and digestive disorders. Carolina Center for Integrative Medicine, 4504 Fair Meadow Lane, Ste 111, Raleigh. register@carolinacenter.com or www.carolinacenter.com

The Baffling, Boring Bible. 9:30am-11:30am. With due respect to this revered Scripture, parts of it can be a "stumbling block." Join us to explore how it CAN be "A Meeting Place with God." Through this approach to the Bible, God can encounter us where we are and lead us forward in our faith. Be assured that you will be comfortable with this session regardless of your level of experience with the Bible. Suggested donation \$20. A Place for Women to Gather, 8380 Six Forks Road, Suite 201, Raleigh. 919-846-3601. www.womengather.org

Introduction to Emotional Freedom Technique (EFT). 1:30pm -3:30pm. Are you ready to be FREE from emotional and physical pain and stress? This program aims to do just that by showing you simple EFT techniques — light tapping on acupressure points on the body and the repetition of specific phrases related to your issue — to effect rapid emotional and behavioral changes. No drugs or equipment are involved and there are no known negative side effects, but quite a few positive ones. Come and see! Presented by Sandy Concar. Suggested donation \$50. A Place for Women to Gather, 8380 Six Forks Road, Suite 201, Raleigh. 919-846-3601. www.womengather.org

And the Beat Goes on...Drumming for Stress

Relief. 7pm-8:30pm. This program will offer the opportunity for genuine stress relief by helping you find and meld your rhythm with the One Rhythm, using guided meditation and drumming. Drums will be provided or, if you want, bring your own. Presented by Stacy Grove. Suggested donation \$20. A Place for Women to Gather, 8380 Six Forks Road, Suite 201, Raleigh. 919-846-3601. www.womengather.org

Credit In-Depth Seminar. 6:00pm-7:30pm. This presentation goes into great detail on credit issues. It covers credit reporting, the structure and content of credit reports, impact of negative credit, how credit scoring works, and how to repair and rebuild bad credit or no credit. Triangle Family Services, 3937 Western Blvd, Raleigh, NC 27606. 919-821-0790.

WEDNESDAY, JULY 21

YWCA Breast Health Awareness. July 7 and 21. See July 7 listing for details.

Supplement Overload! So much information! So many products! 6:30pm-7:30pm. Cut through the chatter, the obnoxious marketing, and the overload quickly and easily by learning a few simple tips for recognizing a quality product. This class covers how to read a supplement label, what to watch out for, recommendations for trusted sources, the difference between "natural", synthetic, and fractionated vitamins, regulations and where to get valid reports. Presented by Monique Smith, L.Ac. Free. Earth Fare Brier Creek, 10341 Moncreiffe Rd., Raleigh. 919-848-0200 or www.TheCenterNHS.com

THURSDAY, JULY 22

Legends, Myths and Lost Legacy of Mary Magdalene. 9:30am-11:30am. Mary Magdalene's Day is celebrated on July 22. She is often referred to as the apostle to the apostles. In the Gnostic Christian tradition, she is believed to be the consort of Jesus, and ancient scriptures say that she was the one to whom he revealed the fullness of his teaching. In this program, we will take a visual and revealing journey through sacred imagery, symbology, art and artifacts associated with Mary Magdalene. Reclaiming her may bring a greater balance of co-equality between men and women. Presented by Judy Homer. Suggested donation \$20. A Place for Women to Gather, 8380 Six Forks Road, Suite 201, Raleigh. 919-846-3601. www.womengather.org

Employment Support and Prayer Group. 5pm-6pm. July 1-August 26. See July 1 listing for more details.

SATURDAY, JULY 24

Weight Loss & Detox Seminar. 10:00am. Got belly fat? Get Belly Flat! The secret to losing weight in the belly, hips, and thighs begins by knowing your body type. Learn some of the secrets to why you can't lose weight! Remember, you don't lose weight to GET healthy - you get healthy so you CAN lose weight. Free. RSVP by July 23rd. Advanced Health Care Solutions, 8351 Standonshire Way, Suite 101, Raleigh. 919-846-2239, ginny@advancedhealthcaresolutions.org or www.advanced-healthcaresolutions.org

MONDAY JULY 26

DVD Viewing: Praying with Images with Meinrad Craighead. 7pm-8:30pm. Meinrad Craighead is a contemporary artist and mystic whose experience of the Divine Feminine has been expressed in her art work. Through this DVD, produced by Resource Center for Women in Ministry in the South, you will have the opportunity to get to know

Meinrad as well as her very insightful art — which will surely nourish your feminine spirit! Facilitator: Sister Mary Margaret Weber. Free will donation. A Place for Women to Gather, 8380 Six Forks Road, Suite 201, Raleigh. 919-846-3601. www.womengather.org

TUESDAY, JULY 27

Helping Men Age Well: Clinically Tested Antidotes to Andropause. 7pm-8pm. Work, stress and poor eating habits contribute to a loss in male vitality and performance. Feeling old at 25 or young at 55 is up to you. By applying an integrative approach, many symptoms related to hormone deficiencies can be reversed — with men experiencing optimal physical and sexual health well into advanced age. Sponsored by Slate Pharmaceuticals. Carolina Center for Integrative Medicine, 4505 Fair Meadow Lane, Ste 111, Raleigh. register@carolinacenter.com or www.carolinacenter.com

Getting Your Bearings: Cancer Series at Cornucopia. 6pm-8pm. July 13-August 3. See July 13 listing for details.

The Work of Byron Katie. 7pm-8:30pm - every 2nd Tuesday. See July 13 listing for details.

Introduction to Emotional Freedom Technique (EFT). 1:30pm-3:30pm. See July 20 listing for details.

THURSDAY, JULY 29

Employment Support and Prayer Group. 5pm-6pm. July 1-August 26. See July 1 listing for more details.

FREE WEBINAR: Acupuncture Explained! 12noon. Have you heard about the benefits of acupuncture and might like to try it, but you aren't sure how it works and what it can treat? Fran Ammons, L.Ac., will explain this centuries-old practice, demonstrate its administration, and share exactly how it helps a multitude of ailments. If you or someone you know has been curious about whether acupuncture is something to try, come to this workshop! Acupuncture and Skin Rejuvenation Center, 121 Edinburgh South Drive, Suite 202, Cary. 919-481-6777, info@acupuncturenc.com or www.acupuncturenc.com

The Truth About Estate Planning Workshop. 6:30pm.-8:30pm. Learn why most wills and trusts don't work and what you can do about it. Free. Hope Community Church, 821 Buck Jones Road, Raleigh. 919- 532-0620. Visit www.TAEPworkshop.com or call 919-443-3035 to register.

DVD Viewing: Praying with Images with Meinrad Craighead. 10am-11:30am. See July 26 listing for details.

FRIDAY, JULY 30

Spiritual Cinema: Rumie-Poet of the Heart. 7pm. A documentary introducing us to the work of Persian poet, Jelaluddin Rumi. The work features the narration of Debra Winger and observations by scholars such as Huston Smith, Robert Bly, Simone Fattal, Deepak Chopra, and the Sufi mystic Sheikh Jelaluddin Loras. Join Rev. Denise for a discussion following the movie. Love Offering. The Center for Spiritual Living, 4900 Waters Edge Drive, Raleigh. 919-859-2249, csraleigh@gmail.com or www.csraleigh.com

Seven Techniques for Mastering Stress and Enhancing Wellbeing. Friday 7:30pm-Sunday 12pm. July 30 thru August 1. Meenakshi Angel Honig. Experience 7 life-transformational techniques to replace stress with greater clarity, ease

and grace. Tuition: \$195, plus accommodation. Satchidananda Ashram- Yogaville, Buckingham, VA 1-800-858-9642

Introduction to Thai Yoga Massage. Friday 7:30pm-Sunday 12pm. July 30 thru August 1. Jyothi Watanabe. Learn how to give a complete, full-body, one-hour Thai Yoga massage session including flowing transitions between postures, energy balance through acupressure, and Thai energy lines. Tuition: \$220, plus accommodation. Satchidananda Ashram- Yogaville, Buckingham, VA 1-800-858-9642

SATURDAY, JULY 31

Seven Techniques for Mastering Stress and Enhancing Wellbeing. Friday 7:30pm-Sunday 12pm. July 30 thru August 1. See July 30 listing for details.

Introduction to Thai Yoga Massage. Friday 7:30pm-Sunday 12pm. July 30 thru August 1. See July 30 listing for details.

Second Chance Pet Adoptions Auction. 7:00pm. 10th Annual Auction for the Animals. Theme is 'Make our Dreams Come True'. Join us for a wonderful evening of fun! We will be having live, silent and chance auctions. A fantastic raffle, great food, music and fun! Delightful Inspirations, 5511 Avent Ferry Rd., Raleigh. For more information: visit: www.auctionfortheanimals.com, or email: auction@secondchancenc.org

ongoing events

Cornucopia House Cancer Support Center. CHCSC offers free weekly and monthly services to all cancer patients, their families and caregivers. Weekly: Acupuncture, Compassionate Touch/Massage, Feldenkrais, Restorative Yoga, Estate Planning. Monthly: Polarity, Reiki, Touch for Health. CHCS, 5517 Durham-Chapel Hill Blvd, Suite 1000, Durham. 27707. For appointment call 919-401-9333 or www.cornucopiahouse.org.

Yoga Garden. 101 E. Chatham St. Suite OM, Apex. 919-267-9264. For daily classes visit: www.yogagardennc.com

Yoga Studio 3-5-7-8, 2209 Upper Valley St., Cary. 919-306-3568. For daily classes visit: www.studio3578.com

Daily Meditation/Silent Prayer 12:15-12:45pm Monday-Friday. Unity Church of the Triangle, 118 S. Person St., Raleigh 919-832-8324. www.unitytriangle.org

State Farmers Market. Mondays Saturdays, 5am-6pm; Sundays, 8am-6pm. 1201 Agriculture Street at I-40 & Lake Wheeler Rd, Raleigh. 919-733-7417. www.ncagr.com/markets/facilities/markets/raleigh/index.htm

sunday

JOURNEYS- A Spiritual Community. 10:30 am. Spiritual Dir., Rev. Bill Turner. Children's Minister, Mary Pat Turner. Music Director, Tim Smith. Coordinator, Jinny Freeman. July theme: Learn to Live Your Best Life: Find True Purpose, Meaning and Passion. 3209 Gresham Lake Road, Ste. 131, Raleigh, 27615. 919-803-8854. www.journeywithus.org

Unity Church of the Triangle Sunday Celebration Services. 9am and 11am. Unity Church of the Triangle is a spiritual community joined by love, and committed to celebrate God in everything. Inspiring music is a big part of our Sunday Celebration and varies weekly. Silent Meditation in the Meditation Hall, 10:20-10:45am. Meditative Singing 2nd & 4th Sunday. 10:15-10:45am, in the Choir Room Youth education and child care are provided at both services. 118 South Person Street, Raleigh, 27601. 919-832-8324. www.unitytriangle.org

Sundays at Unity Church of Raleigh. Come enjoy engaging and uplifting practical positive Christianity with a spirited and spirit-filled family community at Unity Church of Raleigh. Located on Amran Temple Drive off: 919-870-7364, or visit: Creedmoor Road North. Call www.unitychurchofraleigh.org

Unity Spiritual Life Center, Durham Celebration Service. 10:30am. Revs. Bil & Cher Holton share Truth principles helping you Master the Art of Living by walking the spiritual path on practical feet! We're an inclusive community, practicing positive, practical, progressive Christianity. 9:30am meditation. 10:30am inspiring celebration service. Upbeat music, active youth programs, classes, and opportunities to be involved through our 12 Strategic Ministries. Childcare during 10:30 service. Our door is open to you! 2604 Carver Street, Durham. 919.471.3504 or www.UnitySpiritualLifeCenter.org

Sundays at the Center for Spiritual Living-Raleigh: 10:00 Centering Meditation; 10:30 – Spiritual Celebration; 11:45 – Social hour. July's theme: The Four Agreements. July 4 – Rev. Denise Schubert,

“Impeccable With Your Word”, July 11 – Rev. Denise Schubert, “Don't Take It Personally” July 18- Rev. Denise Schubert, “Don't Make Assumptions”, July 25 – Rev. Denise Schubert, “Always Do Your Best”. The Center for Spiritual Living Raleigh, 4900 Waters Edge Drive Raleigh, NC, 919 859 2249 csraleigh@gmail.com, www.csraleigh.com/.

Eckankar, Religion of the Light and Sound of God. 1st & 3rd Sundays. Worship Service, 11 am. Watch us on Cable channel 22, Tuesdays at 7:30 pm. 919-852-1550 or www.eckankar-nc.org; Triangle Eckankar Center, 6001 Chapel Hill Road, Ste 103, Raleigh.

Unity Center of Peace, Chapel Hill. Sundays: 9:30-10:40am Adult Forum (Chapel), 10:45-11:00am Silent Meditation (Chapel), 11:00-12:15 Worship Service (Sanctuary), Youth program begins @ 11:00am in the upstairs classrooms. 8800 Seawell School Road, Chapel Hill 27516. Contact 919-968-1854 or office@unitychapelhill.org. Visit: www.unitychapelhill.org

Law of Attraction Meeting. 12:30pm. 1st and 3rd Sundays. Join Jerome Perry in a small group discussion based on the Law of Attraction as presented through the works of Abraham Hicks for the purpose of personal spiritual growth in order to help create the life you desire. Love offering basis. See calendar on website. Journeys- A Spiritual Community, 3209 Gresham Lake Road, Suite 130, Raleigh. 27615 call: 919-803-8854, or visit: www.journeywithus.org

Yoga at Shelley Lake. 7:30am-8:30am. (Weather Permitting) Yoga at Shelley Lake is offered by the teachers associated with the Yoga Teachers of the Triangle organization. May 2-Sept. 26. Parking at smaller lot off of Millbrook, and the yoga area is on the east side of the dam. Shelly Lake Park, 1400 West Millbrook Rd., Raleigh.

Heartbeats Drum Circle. 3:00pm-4:30pm. 4th Sunday. Gifts with a Heart, 2867 Jones Franklin Rd., Raleigh. Swift Creek Shopping Center. Use back door to store. 919-854-0040. Suggested Donation \$1. www.giftswithaheart.us

monday

Integrative Healing Experience. 7:00am-8:30pm Join our Sacred Healing Circle for a brief healing discussion followed by prayer requests and a healing meditation, including energy work by the USLC Spiritual Healers. Following that, certified healers are available to provide one-on-one healing therapy on a love offering basis. Private healing services creating intimate, powerful experiences. Unity Spiritual Life Center, 2604 Carver Street, Durham. 919.471-3504 or www.UnitySpiritualLifeCenter.org

Tai Chi Beginning Classes. 9:30-10:30 am, Eno River Unitarian Universalist Fellowship, 4907 Garrett Road, Durham, NC. 5:45-6:45 pm, Durham Friends Meeting House, 404 Alexander Avenue, Durham, NC. 9:30-10:30 am or 7-8 pm, Oak Park Shopping Center, 5218 Hollyridge Drive, Raleigh, NC. The Taoist Tai Chi internal art of Tai Chi Chaun incorporates stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation and balance and increases strength and flexibility. Call: 787-9600, northcarolina@taoist.org, visit: [\[carolina.usa.taoist.org\]\(http://carolina.usa.taoist.org\)](http://www.north-</p></div><div data-bbox=)

Food Addicts in Recovery Anonymous. 7-8:30 pm. Food Addicts in Recovery Anonymous is a 12-Step Program for individuals suffering from food obsession, overeating, under-eating, and bulimia. Free. Greenwood Forest Baptist Church, 110 SE Maynard Road, Cary, NC 27511; 919-841-1698, www.foodaddicts.org

Caregivers Support Group. 2nd Mondays, 4:30-6pm. Designed for spouses, partners, family and friends of people with cancer. New participants always welcome. CHCS, 5517 Durham-Chapel Hill Blvd, Suite 1000, Durham.27707. Call: 919-401-9333, or visit: www.cornucopiahouse.org.

Wake Forest A.R.E. Spiritual Growth Study Group. 7-9 p.m. Call: Ann Marie at 919-562-1621.

A Course in Miracles, (intro). 7-8 pm, Unity Church of the Triangle, 118 S. Person St., Raleigh. Love offering. Contact David at 919-271-6605 or mindsmagic@nc.rr.com

A Course in Miracles. (requires 1 yr. commitment), 8-9 pm, Unity Church of the Triangle, 118 S. Person St., Raleigh. Love offering. Contact David at 919-271-6605 or mindsmagic@nc.rr.com

Free Meditation Circle. 6:30-7:30pm. Meditation can help to reduce stress and increase relaxation. Calm and Sense, at 2603 Glenwood Avenue Raleigh. Call 919-787-1799 for more information.

Yoga for Everyone. 11am-12:30pm. FREE class to expand your strength, stamina, flexibility, and learn breathing techniques to calm the mind. All levels are welcome. UNC Comprehensive Cancer Support Program, 6013 Farrington Road, Chapel Hill, NC; 919-966-3494.

tuesday

The Work of Byron Katie 7-9pm. 2nd Tuesday. The Work is a simple yet powerful process of inquiry that teaches you to identify and question your stressful thoughts. The Work, very simply, consists of four questions and turnarounds. Join Terry Fitzgerald terry.fitzgerald@att.com 961-3089, and Pam Trotman, pamika7@gmail.com, 395-8861 as they guide you through this process. Cost: love-offering. Location: Unity Church of the Triangle, 118 S. Person St. Raleigh. www.unitytriangle.org/directions.html, or more info: www.thework.com

Breast Cancer Support Group. 7-8pm. 2nd Tuesday. St Francis United Methodist Church, 2965 Kildare Farm Rd., Cary. 27518. 919-362-1666, ext. 30. email: SFUMCancersupportgroup@gmail.com

Tai Chi Beginning Classes. 9:30-10:15 am, North Forest Hills Park, Chapel Hill; 12:15-1 pm, Market Pavilion, Margaret Street, Hillsborough, NC; 12:15-1:15 pm or 6-7 pm, Oak Park Shopping Center, 5218 Hollyridge Drive, Raleigh, NC. The Taoist Tai Chi internal art of Tai Chi Chaun incorporates stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation and balance and increases strength and flexibility. Call: 787-9600, northcarolina@taoist.org, visit: www.northcarolina.usa.taoist.org

Therapeutic Foster Parents Orientation. 1-2pm. Learn how to become a therapeutic foster parent. Caring people who open their homes to children and adolescents with challenges. Make a difference. NC Mentor, 3125 Poplarwood Court, #300, Raleigh, Patricia Johnson 919-790-8580 x7132.

www.nc-mentor.com

Minority Prostate Health and Education. 6:30-8:30pm, 2nd Tuesdays, for prostate cancer patients. Free/Dropin. Sponsored by Cornucopia House Cancer Support Center. Info, Call Toni Davis, 919-956-4025. Lincoln Community Health Center, Durham.

Breast Cancer Support Groups. 11am, 4pm, 6:30pm. 2nd Tuesdays. Patients receive counseling, guidance, and information from our professional counselors and from other patients during these sessions. Duke Cancer Patient Support Program. Call 919-684-4497 for more information. www.cancer.duke.edu/support.

Grief Support Group. 7-9pm. 1st Tuesday. In the Bookstore. Unity Church of the Triangle, 118 S. Person St., Raleigh.

Chapel Hill A.R.E. Spiritual Growth study group. 4-6 p.m. Call: Lou at 919-960-9580.

Raleigh A.R.E. Spiritual Growth study group. 7:30-9:30 p.m. Call: Wayne at 919-783-6045.

Dances of Universal Peace. 4th Tuesdays, 7:30-9:00pm @ Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill, NC 27516. Cost: Love Offering. Come experience the awe of living & the love of the Universe in this total-body method of prayer! Contact Shirin: forjuls@aol.com, or Mark Smith: mgeesmith@juno.com

Ferrington Village Farmers' Market. 4pm-early evening. (April-November). 8 miles south of Chapel Hill on U.S. 15-501, Pittsboro 923-6262, chatham.ces.ncsu.edu/growingsmall-farms/ferrington.html

Cary Farmers' Market. 3-6pm. (April-November) Chatham Square, 744 E. Chatham St. 919-616-7728, www.caryfarmersmarket.com

South Estes Farmers' Market. 3-6pm. (April-November). University Mall, Chapel Hill. southestesfarmersmarket.org, www.farmersoforange.org

Midtown Farmers' Market, Raleigh. 8am-12noon. May11-Sept 28 2-6pm. www.northhillsfarmersmarket.com

wednesday

Noon Meditation & Prayer Service. 12noon-12:30pm. Join us in the Fillmore Chapel for a time of guided meditation and prayer and give your spirit a mid-week boost. The Chapel is located in the Unity Spiritual Life Center off the sanctuary. USLC, 2604 Carver Street, Durham. 919.471-3504 or www.UnitySpiritualLifeCenter.org

Wednesdays at The Center for Spiritual Living-Raleigh. 7-8:15pm. The Wednesday Evening Meditation Service is a time for meditation and peace in the company of like minded people. Everyone is welcome. Come as you are and leave your burdens, sorrows, fear, doubt and worries at the altar. In addition to meditation, an opportunity to receive personal affirmative prayer from our Minister, Licensed Practitioners and Practitioner Students. The Center for Spiritual Living Raleigh, 4900 Waters Edge Drive Raleigh, NC, 919 859 2249, www.cslraleigh.com/. Kundalini Yoga and Meditation in Chapel Hill with HarDarshan. 6:15 - 7:45 pm. Location is 305 Glenwood Drive, Chapel Hill, NC 27514. (919) 929-7278, www.sacredlistener.com, hardarshankhalsa@hotmail.com. Fee is \$14 drop in or \$9 per class when paying for multiple classes.

Tai Chi Beginning Classes. 9:30-10:30 am, Eno

River Unitarian Universalist Fellowship, 4907 Garrett Road, Durham, NC. 5:45-6:45 pm, Durham Friends Meeting House, 404 Alexander Avenue, Durham, NC 9:30-10:30 am or 7-8 pm, Oak Park Shopping Center, 5218 Hollyridge Drive, Raleigh, NC. See Monday listing for details.

Noon Meditation & Prayer Service, 12-12:30 p.m., Unity Spiritual Life Center Fillmore Chapel. A time of guided meditation and prayer, to give your spirit a mid-week boost. The Fillmore Chapel is located in the Unity Spiritual Life Center, off the sanctuary. USLC, 2604 Carver Street, Durham. 919-471-3504. www.UnitySpiritualLifeCenter.org

Restorative Yoga Classes. 11 a.m.-12:30 p.m. Restorative Yoga classes are held at Cornucopia House Cancer Support Center in Chapel Hill. Free of charge to anyone affected by cancer patients, survivors, family, friends and caregivers. Call 919-401-9333 for details. www.cornucopiahouse.org

Raleigh Men's Insight Meeting. 7:30-9:30pm. 3rd Wednesday each month. Men discussing tough questions, speaking from their own lives, gaining insight, and solving their own challenges about life and faith. Meets in Raleigh area. For details contact 919-413-3251 or funnycake@bellsouth.net

Oral, Head, Neck Cancer Support. 6-7pm. 3rd Wed. Support for People with Oral and Head and Neck Cancer is held at Cornucopia House Cancer Support Center. Call 919-401-9333 for information. www.cornucopiahouse.org

Getting Your Bearings - Cancer Patients Support Group. 7-8:30pm, 1st and 3rd Wednesdays, for cancer patients. Meeting at Cornucopia House Cancer Support Center. Free/Drop in. 919-401-9333 or www.cornucopiahouse.org

Food Addicts in Recovery Anonymous. 7-8:30 pm. Food Addicts in Recovery Anonymous is a 12-Step Program for individuals suffering from food obsession, overeating, under-eating and bulimia. Free. St. Andrews Presbyterian Church, 7506 Falls of the Neuse Road, Raleigh, NC 27615. 919-841-1698, www.foodaddicts.org

Strengthen and Stretch Class. 5:30-6:30pm. Wednesdays except the 3rd Wednesday of the month. Strengthen and Stretch Class at Cornucopia House Cancer Support Center in Chapel Hill. Offered in conjunction with the National Association of Team Survivor at no charge for anyone affected by cancer. Call 919-401-9333 for details. www.cornucopiahouse.org

La Leche League of Chapel Hill, 7 pm 2nd Wednesdays. Meets at the Women's Birth & Wellness Center. 930 Martin Luther King Jr. Blvd., Chapel Hill, NC 27514. For more info, call Pam Freedman, 919-932-6885.

Drum for the Hoop Jam. 6:30pm-8:30pm. Wednesdays. Pullen Park (picnic area), 408 Ashe Avenue, Raleigh, NC

Durham Farmers' Market. Wednesdays. 3:30-6:30pm. (May-September). 501 Foster St., 667-3099, www.durhamfarmersmarket.com.

Moore Square Farmers' Market. 10:30am-2pm. Wednesdays. (April 15-August). Martin & Blount streets, Raleigh. 832-1231, www.godowntownraleigh.com/FarmersMarket

Carrboro Farmers' Market. 3:30-6:30pm. (seasonal, starting in April. 301 W. Main St.. 919-280-3326, www.carrborofarmersmarket.com

Hillsborough Farmers' Market. 4-7pm. (beginning May) Home Depot parking lot at N.C. 86 and I-85. 919-732-8315, hillsboroughfarmersmarket.org

thursday

Taoist Tai Chi Beginning Classes. 9:30-10:15 am, North Forest Hills Park, Chapel Hill; 12:15-1:15 pm or 6-7 pm, Oak Park Shopping Center, 5218 Hollyridge Drive, Raleigh, NC. See Tuesday listing for details.

Health Recovery Class. 1:30-2:30 pm. Tai Chi for those with limited mobility. Oak Park Shopping Center, 5218 Hollyridge Drive, Raleigh, NC.

Restorative Yoga Classes. 6-7:30 p.m. See ongoing Wed listing for details.

Raleigh Meditation at Unity Church of the Triangle. 6:30-8:00 pm. Unity Church of the Triangle, 118 S. Person St., Raleigh.

An Introduction to A Course in Miracles. Introduction: 12noon-2pm Sunday. Meetings: 7pm-9pm every other Thursday May 13-July 22. Learn to remove blocks to love's presence. Pre-Registration Fee: \$30 for all sessions, \$40 at door. Dusty Ripplemeyer, RScP, and Birgit Patty. Center for Spiritual Living, 1-440 Beltline and Jones Franklin Rd, Raleigh/Cary. Register on Sundays or Wednesdays during service or at (919) 859-2249 or www.cslraleigh.com

Triangle Fibromyalgia Positive Energy Support Group. 6:30-7:30pm. Every third Thursday. Earth Fare, Brierdale Shopping Center, 10341 Moncreiffe Rd, Raleigh. 919-433-1390, www.earthfare.com

How to Rebuild When Your Marriage Ends. 6:00pm. Seminar and Support Group for Separated and Divorced Women. Location: A Place for Women to Gather, 8380 Six Forks Rd. Suite 201, Raleigh. Must register to attend. For information contact www.mydivorcewisdom.com or 919-462-1134.

Wellspouse - Triangle Chapter. 6:45-9:00pm. 2nd Thursdays. Wellspouse is a national, nonprofit that provides support to wives, husbands and partners of the chronically ill and/or disabled. Contact Russ Weiner, 919-541-1910. Chapter meetings are held at Manchester Grill, 2121 Alexander Dr, Alexander Shopping Center.

Survivors of Suicide - Wake Forest. 6:30-8:30pm. Every 2nd Thursday monthly. Wake Forest United Methodist Church- Recovery Room (1A and Hwy. 98 bypass). For more information call Carolyn Zahnow at 919-368-6286, www.wakeforestsos.com or www.afsp.org

Survivors of Suicide - Raleigh. 6:30-8:00pm. Every Thursday. Hospice suites, 1300 St. Mary's St. For more information call Carolyn Zahnow at 919-368-6286, www.trianglessos.org/ or www.afsp.com

Parkinson's Association of the Carolinas Support Group. 1:45-2:45pm. Every 4th Thursday of the month (changes in schedule for Nov. & Dec.). 1:45-2:45pm. Heritage of Raleigh, 1200 Carolos Drive, Raleigh, NC, 27609. For more information, contact Nancy Davison at nancyd@qilady.com or 919-215-0204.

MS Society Support Group. Young Adults Group and multiple adult support groups meet once a month in the Triangle area. For meeting locations and times, call 1-800 FIGHT-MS or visit www.nationalmssociety.org

Chapel Hill A.R.E. Spiritual Growth study group. 7- 9 p.m. Call: Amy at 919-942-7731.

Choral Vespers. 5:15pm. Thirty-minute candlelight worship service with scripture readings, prayers, and sacred music held in the intimate setting of

the Chancel. Duke University Chapel, Duke West Campus, Durham.

Meditative Yoga. 10:30am-12:00noon. FREE - A calming, stress-relieving yoga class to stretch the body and guide the mind into stillness. All levels are welcome. UNC Comprehensive Cancer Support Program, 6013 Farrington Road, Chapel Hill; 919-966-3494.

Southern Village Farmers' Market. 3:30-6:30pm. (May7-fall). Market Street, Chapel Hill. www.southernvillagefarmersmarket.com

Pittsboro Farmers' Market. 3:30-6:30pm. (April-November). Chatham County Fairgrounds. 919-542-6465, chatham.ces.ncsu.edu/growingssmallfarms/pittsboro.html

friday

TAG (Touch and Agree) Professional Christian Women's Network. 6-8pm. 3rd Friday. This one-of-a-kind event provides a special place for professional Christian Women to come together, connect heart-to-heart and support and inspire one another in growing our visions, expanding our success and being limitless. \$25. 919-954-8005. Gaks Coffee and Tea House, 3048 Medlin Drive, Raleigh. 919-954-8005. www.erickajackson.com

Holistic Moms Network 6:30pm. 3rd Friday. Raleigh Chapter Monthly Meetings are held at the Friends Meeting House, 625 Tower Street, Raleigh. For more info, contact Karla, 919-676-4652 or: www.holisticmoms.org

Art After Hours in Downtown Wake Forest. The second Friday night of each month the streets of Wake Forest come alive with food, merchants and music! Everyone is invited to come and experience the dining, art and retail merchants of downtown Wake Forest. Visit: www.wakeforestnc.gov

Duke Farmers' Market. 11am-2pm. (April 24-July 31). Closed July 4. Every other Friday (August 14-Sept 25) In front of the Medical Center Bookstore, on the walkway between Duke Hospital and the Medical Center. www.hr.duke.edu/farmersmarket

Spiritual Cinema Night @ Unity Center of Peace. 3rd Fridays, 7-9:30pm, in the Sanctuary. Cost: Love Offering. Come enjoy each other's company, movies that inspire, conversations that enlighten. Goodies available to enjoy & share! 8800 Seawell School Road, Chapel Hill 27516. Contact: 919-968-1854 or office@unitychapelhill.org. Visit: www.unitychapelhill.org

Taoist Tai Chi Beginner Class. Market Pavilion, Hillsborough, 12:15pm. Tuesdays and Fridays. See Tuesday listing for details.

Rhythmicity and Drum Jam. 7:00pm-9:00pm. Last Friday of the month. Rhythmicity will be holding down a back beat and everyone can join in with Djembes, Congas, Ashikos, Doumbeks, Tablas, and any other percussion instrument you have. Hoopers, fire spinners, jugglers, and dancers are welcome to join in the fun. Coffee and Crepes, Cary Crossroads Shopping Center Food Court, Cary 27518

saturday

Restorative Yoga Classes. 10:30-noon. See ongoing Wed. listing for details.

Community Rhythm Circle. 8-9:30pm. 2nd Saturday. Improvisational music gathering creating spontaneous music using listening skills, voice, drums, winds, strings, chimes. We create both

energetic and meditative music. Donations. Music Explorium, 5314 Hwy 55, Ste 107, Durham. 919-484-9090. www.musicexplorium.com

Taoist Tai Chi Beginner Class. Saturday, 11:30am. Tai Chi Chuan is a set of gentle movements that relieves stress and increases strength and flexibility. Oak Park Shopping Center, 5218 Hollyridge Drive, Raleigh; 919-787-9600; northcarolina@taoist.org; northcarolina.usa.taoist.org

Raleigh Dances of Universal Peace. 7:30-9:30pm. 2nd Sat. Raleigh Dance Meeting. Location: Raleigh Friends Meeting Housel, 625 Tower Street, Raleigh. \$5 suggested donation. Contact: Hayat @ 919-614-4089

Really Really Free Market. On the first Saturday of every month, everything is free for the giving and free for the taking — no money is exchanged, and no bartering necessary. Held under the pavilion. Carrboro Town Commons, 301 West Main Street, Carrboro.

S. Estes Farmers Market, Chapel Hill. 10am-noon. www.southestesfarmersmarket.org

Durham Farmers Market. 10am-noon. Durham Central Park, 501 Foster Street, Durham. www.durhamfarmersmarket.com

Midtown Farmers' Market, Raleigh. 8am-12noon. April 17- November 13. www.northhillsfarmersmarket.com

Saxapahaw Farmers' Market. 5-8pm. May-August. Downtown Saxapahaw at the River Mill, Saxapahaw-Bethlehem Church Road 336-376-5694, www.rivermillvillage.com/farmers.html

Carolina Brewery Farmers' Market. 8am-noon. (May-October). Parking lot of Carolina Brewery, 120 Lowes Drive, Pittsboro 545-2330, www.carolinabrewery.com.

Holly Springs Farmers' Market. 8am-noon. (May-October). Town Hall, 128 N. Main St., Holly Springs . 919-567-4010, www.hollyspringsnc.us/farmersmarket

Western Wake Farmers' Market. 8am-noon. (May-November) 1225 Morrisville Carpenter Road, Cary. 460-9191. www.westernwakefarmersmarket.org

Wake Forest Farmers' Market. 8am-noon. (April-November), Special holiday markets 1st & 3rd Saturdays in December. 110 S. White St., municipal parking lot www.wakeforestmarket.org

Durham Farmers' Market. Wednesdays . 8am-noon. (April-November), 10am-noon. (December-March), 501 Foster St. 667-3099, www.durhamfarmersmarket.com

North Hills Farmers' Market. 8am-noon. (April 11-Nov.14) North Hills Commons, off Six Forks Road, Raleigh. 919-719-5471, on the North Hills Web site, on Facebook.

Eno River Farmers' Market (formerly Orange County Farmers' Market). 8am-noon. (April-November) 144 E. Margaret Lane (Public Market House behind the Orange County Sheriff's Office), Hillsborough. enoriverfarmersmarket@gmail.com, www.enoriverfarmersmarket.com

Carrboro Farmers' Market. 7am-noon. (year round) 301 W. Main St.. 919-280-3326, www.carrborofarmersmarket.com See Wed. listing for details.

Hillsborough Farmers' Market. 8am-noon. (March 21-November). 10am-noon. (December-March) see Wed. listing for details.

Cary Farmers' Market. 8am-noon. (April-November) Chatham Square, 744 E. Chatham St. 919-616-7728, www.caryfarmersmarket.com

South Estes Farmers' Market. 8am-noon. Year round. (April-November). 9am-noon. (December). 10am-noon. (January-March) University Mall, Chapel Hill. southestesfarmersmarket.org, www.farmersfororange.org