October 2026

A Garden for Wellness



WELCOME TO
OUR

Monthly Newsletter

Upcoming News and Events:

- October Special * Existing Movement Room Participants * Try one class that you have never been to for Free!
- October 10 Saturday 3:00pm - SRI with Dr. Deana
- October 15 Thursday 1:30pm - Becoming SuperNatural Book Club & Meditation
- October 31 Saturday 11:30-6:30 - Clear Day with Dr. Deana and Dr. Mary Johnston

A Garden for Wellness
140 Laprade Street
Clarkesville, GA 30523

agardenforwellness.com
(706) 754-8899



Existing Movement Room Participants!

October 5 - 10

Try any one class that you have never been to before for Free!

SRI

Saturday

October 10

Somato Respiratory Integration, or SRI, uses breath, energy, movement, and declarations to have awareness, acknowledgement, and acceptance of unresolved, bound emotion from the past or future. SRI liberates this energy and brings you into the present.

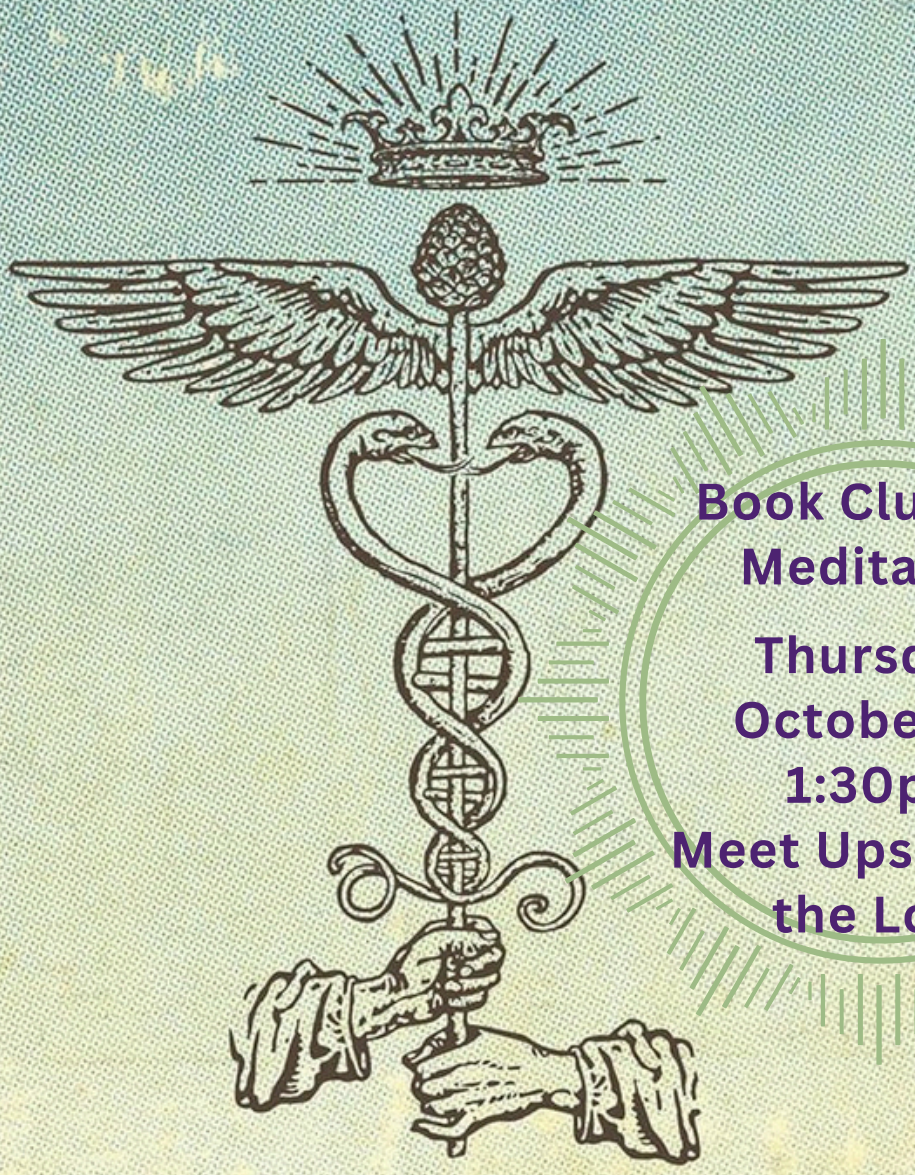
Join us for our workshop on October 10 from 3pm-5pm $30 to attend



For more information about SRI and our other workshops, see our website www.agardenforwellness.com.

Foreword by Gregg Braden

BECOMING SUPERNATURAL



Book Club and Meditation

Thursday, October 15
1:30pm
Meet Upstairs in the Loft

How Common People Are Doing the Uncommon

DR. JOE DISPENZA

Chapter 8

Save the Date !



A Garden for Wellness presents:

Clear Day

with Dr. Mary Johnston and Dr. Deana Brooksher

Saturday, Oct 31

11:30-6:30

$150

Your Experience Includes:

- 3 Network Spinal Entrainments
- 3 SRI sessions
- Sound Healing



For More Information

agardenforwellness.com

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Miso-Curry Delicata Squash



12 ounces Delicata Squash
¼ cup Extra-Virgin Olive Oil
Scant ¼ cup White Miso
Scant 1 Tablespoon Red Thai Curry Paste
8 oz Extra-Firm Tofu, cut into small cubes
4 Medium Organic New Potatoes, unpeeled, cut into chunks
2 Tablespoons Fresh Lemon Juice
1 ½ cups Chopped Kale, stems removed
⅓ cup Pepitas, toasted
⅔ cup Chopped Fresh Cilantro

Preheat the oven to 400 degrees with a rack in the middle of the oven.
Cut the delicata squash in half lengthwise and use a spoon to clear out all the seeds. Cut into 1/2inch thick half moons.
In a medium bowl, whisk together olive oil, miso and curry paste.
Combine the tofu, potatoes, and squash in a large bowl with ⅓ cup curry paste. Use your hands to toss well, then turn the vegetable to a rimmed baking sheet and arrange in a single layer.
Roast for 25-30 minutes, until everything is tender and browned. Toss once or twice along the way after things start to brown a bit. Keep a close watch, though the vegetables can go from browned to burned in a flash.
Whisk the lemon juice into the remaining miso curry paste, then stir the kale until coated.
Toss the roasted vegetables gently with the kale, pepitas, and cilantro.
Serve family style in a large bowl or on a platter.

Serves 4
Heidi Swanson
“Supernatural Everyday”

Editor's Corner

A Few of our Favorite Things...
Summer Read: "Theo of Golden" by Allen Levi.
Words of Wisdom: "You cannot see what's there. You can only see what you bring there."
Herb for Energy Boost at 2-3pm: Rhodiola Gingeng complex.
Playlist on Spotify: Breath with me, Mister Eternity.
Favorite Guided Meditation: Blessing the Energy Centers, by Joe Dispenza
Favorite Yoga Nidra Guided Meditation: Awakening Natural Healing by Jeremy Wolf.
Favorite place to get Fresh Local Produce: Northeast locally grown.
Thanks Dr. Deana!

Lost and Found...
Please stop by the office to pick up any items you may have left behind. There is a Denim Jacket, Gray Lucky Brand Jacket, Gray Jones of NY Sweater, 4 Pair of Glasses, ChiTown Hat, a Green Water Bottle, a Yellow WaterBottle, a Red Umbrella, a Black Umbrella and a Ford Car Key! And a pair of Black Crocs, a Beige Patagonia Vest and a Beige Poncho from the Movement Room.

Good Problems...
A Garden is continuing to Grow & Thrive!
We are so glad to see everyone coming in for Entrainment, Classes & Massage. Additional Parking is available next door. Take the stairs at the NE Corner to the Upper Level / Parking lot.

Class Schedule

OCTOBER

A Garden
FOR WELLNESS

Monday	10:00 a.m.	Yoga Basics with Candy
	2:00 p.m.	Chair Yoga with Deana*
	6:15 p.m.	Free Form Music with Casey
Tuesday	10:00 a.m.	Yoga Slow and Contemplative with Casey
	2:00 p.m.	Senior Stretch with Deana*
Wednesday	6:15 p.m.	Hatha Flow with Laci
Thursday	10:30 a.m.	QiGong with Cindy
Friday	10:00 a.m	Joint Freeing Strength and Balance with Candy
Saturday	10:00 a.m	Community Yoga

*SILVER SNEAKERS ELIGIBLE