AGARDENFORWELLNESS.COM



MARCH 2026 NEWSLETTER

WHY BE ORDINARY WHEN YOU CAN BE EXTRAORDINARY

CALLING ALL SEEKERS!

FOR MORE INFO ON CLASSES AND UPCOMING EVENTS VISIT:

AGARDENFORWELLNESS.COM

UPCOMING EVENTS

Monday's Spinal Hygiene Class has been changed to Chair Yoga

SRI with Dr. Deana on 3/14 3>5pm

Becoming Supernatural by Dr. Joe Dispenza New Book Club - Conversation and Meditation starting 3/19 1:30pm - Pay as you like

Spring Purification Health Talk with Dr. Deana Friday 3/20 4pm

(Look for Cooking Classes March 28, April 25, May 2)

SRI

Saturday

March 14

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.

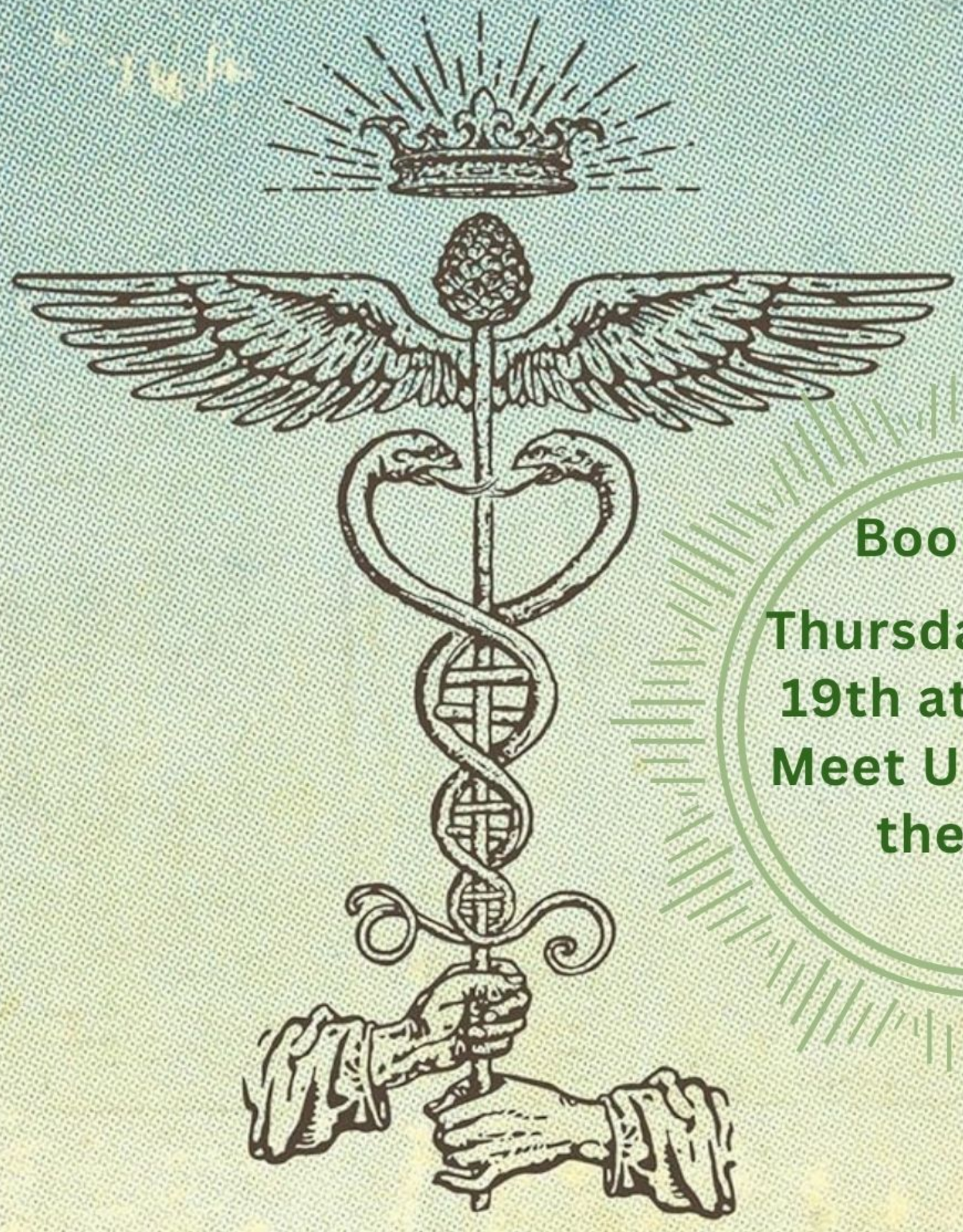
Join us for our workshop on March 14 from 3pm-5pm $30 to attend



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

Foreword by Gregg Braden

BECOMING SUPERNATURAL



Book Club

Thursday, March 19th at 1:30pm
Meet Upstairs in the Loft

How Common People Are Doing the Uncommon

DR. JOE DISPENZA

New York Times best-selling author

Food for Thought

I used to have a very simple morning routine: a quick shower, shampoo, and I was out the door, letting the wind from my car window dry my hair. I never felt the need for conditioner or complex skincare. However, as I became more aware, my routine grew to include meditation and yoga—shifting from a "warrior" mindset to one of presence, breath, and consciousness.

Recently, I asked twelve people if they conditioned their hair, and they all said yes. But when I asked if they conditioned their energy field, I was met with confused looks and shrugs.

Energy fields are real; we've all felt attracted to or repelled by someone before a single word was spoken. If you know there is a better version of yourself waiting to emerge, conditioning your field through care, classes, or meditation is the key to experiencing what's possible.

If you would like a roadmap for this journey, A Garden for Wellness is offering a new opportunity to assist you. We will be reading Joe Dispenza's "Becoming Supernatural" and meditating together on the third Thursday of every month at 1:30 PM upstairs in the Loft. (Entrance on the front of the bldg - B.)

Our first meeting is March 19th. Please join us for this "pay what you want" hour-long class. No previous experience necessary. Just curiosity and willingness.

Reflections
by
Dr. Deana

I am writing to share some reflections on the profound need for healing on a global scale. It is my belief that the current challenges facing our world must be resolved from a greater level of consciousness—or unconsciousness—than the one that created them.

Each of us is part of a greater whole. When you make the decision to change your own energy, you are making a decision to become the very change you would love to see in the world. By changing ourselves, we truly change the world.

Thank you for being a part of this journey



Editor's Corner

What's Happening at the Garden ?

A Few of our Favorite Things...

Check out the free Oxygen Bar - Oxygen bars provide 90-95% concentrated oxygen, often with aromatherapy. A 15–30 minute session helps with fatigue, altitude sickness, and stress. While not for medical use, they are popular for relaxation.

AGFW is excited to announce Amy Good has joined the Instructor Team and will be leading Movement Reset Classes on Monday mornings and Thursday afternoons. Please see Amy's Bio page to understand her journey.

Dr Deana will be hosting 3 Cooking Classes March 28, April 25, & May 2. During the May 2 class, AGFW will join with Pampered Chef to Host a Fundraiser with proceeds going to Circle of Hope.

Clarkesville's Mountain Laurel Festival will be on Saturday May 16. AGFW will have a booth and will be sharing info on all the services offered here. There will be Chair Massage offered by Camille Cruikshank. Laci Carlson will lead a free Yoga demo. Cindy Dennis will lead a free Qi Gong demo. Both classes will be held at Pitts Park.

Welcome Amy Good



Amy Good is a personal trainer with over 15 years of experience helping people move better, build strength, and develop confidence in their bodies. Her path into fitness was personal. She did not grow up in a health-conscious household and spent much of her childhood and teenage years sedentary, eating a typical highly processed “standard American diet.” As a result, she wasn’t the healthiest young adult — an experience that ultimately motivated her to take ownership of her fitness and overall health. After discovering endurance sports, Amy progressed from local 5Ks to competitive triathlon and eventually professional cycling. Along the way, she learned firsthand that both inactivity and overtraining carry consequences. Those experiences shaped her philosophy: strength and mobility must work together, and performance must be balanced with recovery. Today, Amy helps beginners, active adults, and athletes improve their fitness, optimize their health, and build resilient bodies that support them for life. She believes in training hard, recovering smart, and finding balance — so movement enhances your life rather than limits it.

Amy is offering a new Movement Reset class on Mondays at 8:30 a.m. and also on Thursdays at 2 p.m.

A GARDEN FOR WELLNESS

COOKING CLASS SCHEDULE:

$30 PER CLASS!

SATURDAY MARCH 28 11:30-1:30PM
SATURDAY APRIL 25 11:30-1:30PM
SATURDAY MAY 2 11:30-1:30PM

FOR THE MAY 2ND CLASS, AGFW WILL PARTNER WITH PAMPERED CHEF FOR A FUNDRAISER TO BENEFIT CIRCLE OF HOPE



COOK, LEARN, AND EAT TOGETHER!

March Recipe of the Month

Turkey & Lentil Chili

A Hearty Chili loaded with lean Turkey, Fiber Rich Lentils, and Warming Spices

Servings: 4 | Prep Time: 10 minutes | Cooking Time: 40 minutes

Ingredients:
1 lb Ground Turkey
1 Cup Dried Lentils, Rinsed
1 Onion, Chopped
2 Cloves of Garlic, Minced
1 Can Diced Tomatoes
3 Cups Vegetable Broth
1 TBSP Chili Powder
1 TSP Cumin
Salt & Pepper to Taste



Preparation:
In a pot, brown turkey with onions & garlic. Add lentils, tomatoes, broth, chili powder and cumin. Simmer covered for 30 minutes or until lentils are tender. Season and Serve Hot!

Nutritional Value (Per Serving): Calories:320 | Protein: 28g |Carbohydrates 26g |Fiber: 10g | Healthy Fats: 10g

A Garden FOR WELLNESS

CLASS SCHEDULE

March

A Garden FOR WELLNESS

Monday

8:30 am Movement Reset with Amy

10:00 am Yoga Basics with Candy

2:00 pm Chair Yoga with Deana*

6:15 pm Free Form Music Experience with Casey
$Pay What you Want!$

Tuesday

10:00am Yoga Slow & Contemplative with Casey

2:00 pm Senior Stretch with Deana*

5:00 pm Yoga Strength & Mindfulness with Justin

Wednesday

6:15 pm Hatha Flow Yoga with Laci

Thursday

10:30 am QiGong with Cindy

2:00 pm Movement Reset with Amy

Friday

10:00 am Joint Freeing with Candy

Saturday

10:00 am Community Yoga $Pay What you Want$

Sunday

Yoga Sculpt with Laci

March 8th & 29th 10:00 - 11:10am

*Silver Sneakers Eligible