

www.africanholistic.weebly.com

2014 CALENDAR OF UPCOMING EVENTS

The 2014 Open Your Year! Holistic Healing and Wellness Day

Theme: Holistic Tools for Managing Change

<https://www.facebook.com/events/184492038408265/>

Saturday January 18, 2014 * 12noon to 6pm

at Sunkofa Gift Shop & Juice Bar

1789 Southern Blvd

@at 174th Street and Boston Road

Bronx, NY 10456

Hear Presentations On:

Healthy Eating (It's Not a Punishment!) * Detoxing * Yoga and Stress Management * Goal Setting * Your 2014 Fitness Plan * Men's Holistic Health * Meditation * Reiki and Emotional Healing * Urban Agriculture

* Meditation Presentation by Shiwon MoonGoddie Greaves

* The Herbal/Zodiac/Chakra Connection by Zakiyyah Madyun

* Fitness Presentation by Myrna Lopez

Sample Holistic Healing Treatments (fee for services) -

Reiki Energy Reconstruction w/ Laura Reinlib

Chakra Reading, Clearing & balancing w/ Dee Savoy www.rekified.com

Reiki w/ Luciano <http://nycreikimaster.com/>

Foot Reflexology w/ Sister Shai www.africanholistichealthnwellness.weebly.com

Chair Massage w/ MerySerket Anitefnut - www.windowsofwellness.com

Intuitive Readings w/ Dana Marie <http://www.intuitivedana.com/index2.html>

Healing products available for sale & wholesome cuisine & juices available for sale

Event Admission - \$5

For more info - 646 259 5990 / 347 590 2394

bronxholistichealing@gmail.com

<http://bronxholistichealing.wix.com/bronxholistichealing>

Twitter - @Bronxholistic



Monthly Open House @ Life Spring Rejuvenation Center

March 1st @ 12p to 5p

Every Breathing Thing – Let it Praise Jah. Praise Jah! PSALM 150:1-6

!!! Boot Camp !!!

Let's Kick the Winter Blues Out & **March Into Spring**

Program Includes:

- Learn Benefits of Holistic Health for Natural Healing
 - Benefits of Essential Oils
 - Learn Benefits of Colon Health
 - Importance of your Blood Type
 - Benefits of Iridology
- Book Signing with Suzette Clark - Author of: "I am your Teacher/ Not Your Mother"
 - Much, Much More

Life Spring Rejuvenation Center

953 E. 225th Street, Bronx NY 10456

Directions by Mass Transit: www.hopstop.com

Directions by car: www.mapquest.com

RSVP Today !! 347-427-7417

Host: Sista Deanna & Brother Ramin Heru

Health Disparities Conference

Conference Theme:

“URBAN AND GLOBAL HEALTH: CULTURALLY APPROPRIATE RESEARCH AND PRACTICE”

March 7 – March 8, 2014 – Full Days

Columbia University Teacher's College NYC

525 W. 120th Street

New York, NY 10027

<http://www.tc.columbia.edu/healthdisparitiesconference/>

Chapter Introductory Workshop Weekend

\$25.00 for 1 Day or \$35.00 for both Days

March 15 – 16, 2014 @ 12p to 5p

WORKSHOP LINE-UP:

Sound Healing with Crystals – DK Nefer Atum

Kundalini Yoga Chakra Kriyas & Meditations – Mut Shat Shemsut

Developing an Awakened Consciousness & Tools of Transcendence – Dr. Seshat

Holistic Body Building – Dr. Shaka Zulu

Benefits of Acupuncture – Bishara Wilson

Benefits of Iridology – Riah Santoli

Benefits of Aromotherapy – Niamo Nancy Muid-Davis

Colon Health & Wellness – Dorelle Gibson (Nbt Mer)

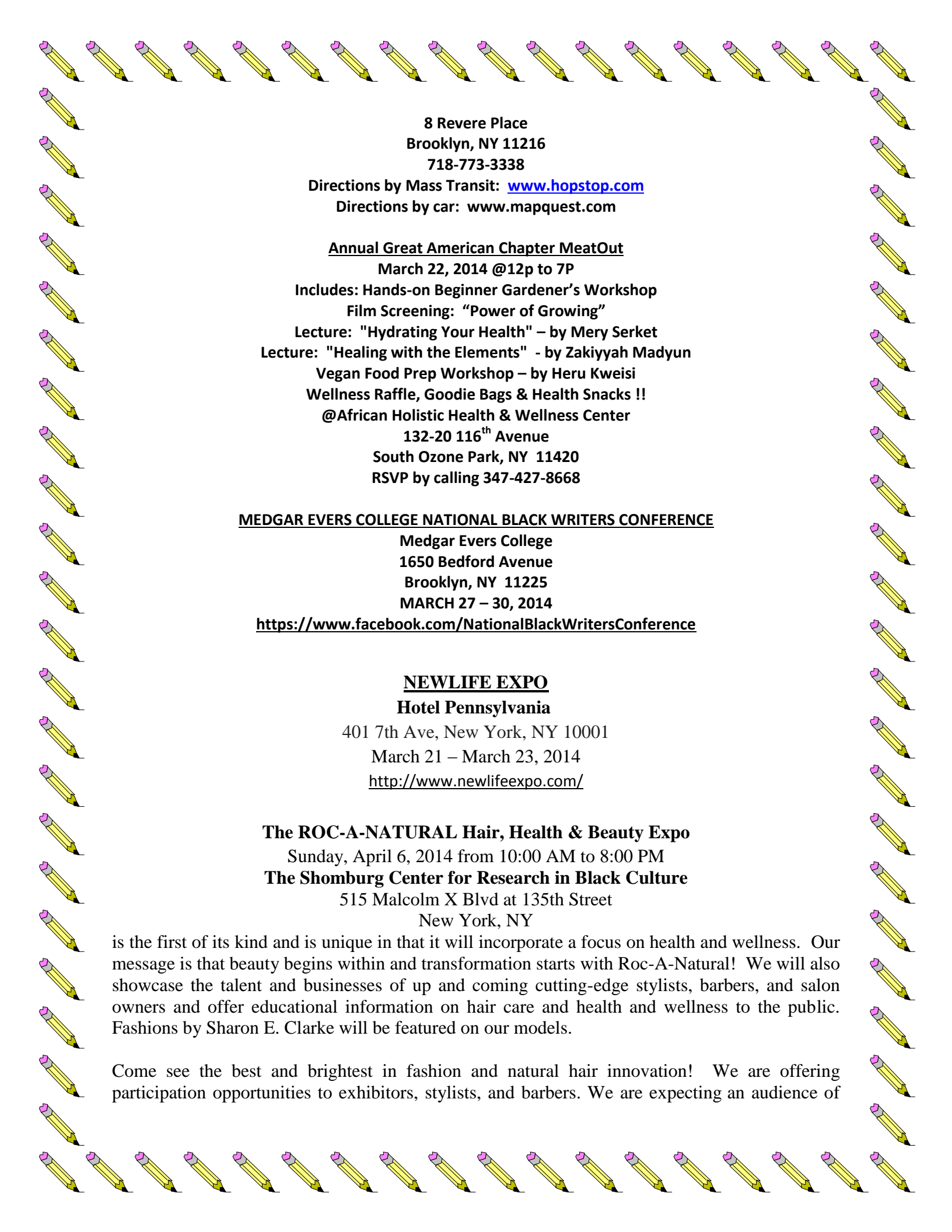
Teaching from the Ancestral Village – Dr. Seshat

jspooner@aya.yale.edu for PayPal payments

or go to www.sakhu.com to pay online

Venue:

Sakhu Healing Arts Center



8 Revere Place
Brooklyn, NY 11216
718-773-3338

Directions by Mass Transit: www.hopstop.com
Directions by car: www.mapquest.com

Annual Great American Chapter MeatOut

March 22, 2014 @12p to 7P

Includes: Hands-on Beginner Gardener's Workshop

Film Screening: "Power of Growing"

Lecture: "Hydrating Your Health" – by Mery Serket

Lecture: "Healing with the Elements" - by Zakiyyah Madyun

Vegan Food Prep Workshop – by Heru Kweisi

Wellness Raffle, Goodie Bags & Health Snacks !!

@African Holistic Health & Wellness Center

132-20 116th Avenue

South Ozone Park, NY 11420

RSVP by calling 347-427-8668

MEDGAR EVERS COLLEGE NATIONAL BLACK WRITERS CONFERENCE

Medgar Evers College

1650 Bedford Avenue

Brooklyn, NY 11225

MARCH 27 – 30, 2014

<https://www.facebook.com/NationalBlackWritersConference>

NEWLIFE EXPO

Hotel Pennsylvania

401 7th Ave, New York, NY 10001

March 21 – March 23, 2014

<http://www.newlifeexpo.com/>

The ROC-A-NATURAL Hair, Health & Beauty Expo

Sunday, April 6, 2014 from 10:00 AM to 8:00 PM


The Shomburg Center for Research in Black Culture

515 Malcolm X Blvd at 135th Street

New York, NY

is the first of its kind and is unique in that it will incorporate a focus on health and wellness. Our message is that beauty begins within and transformation starts with Roc-A-Natural! We will also showcase the talent and businesses of up and coming cutting-edge stylists, barbers, and salon owners and offer educational information on hair care and health and wellness to the public. Fashions by Sharon E. Clarke will be featured on our models.

Come see the best and brightest in fashion and natural hair innovation! We are offering participation opportunities to exhibitors, stylists, and barbers. We are expecting an audience of



an estimated 100 business entrepreneurs and 800 to 1000 consumers and we will provide an educational workshop on proper nutrition, living well and look well and feel spectacular! Gift Bags for the first 100 attendees!

All attendees receive 1 free raffle ticket with ticket purchase!

Chapter Introductory Workshop Weekend - Queens

\$25.00 for 1 Day or \$35.00 for both Days

April 19 – 20, 2014 @ 12p to 7p

WORKSHOP LINE-UP:

Vegetarian Food Prep – Heru Kweisi

Benefits of Reflexology – Sista Shai (Shy-ee)

Raw Food Prep 101 – Brother Ricky Hurdle

Are You Serious About Nutrition? - MerySerket

To Pay online

<http://africanholistic.weebly.com/chapter-introductory-workshops-2014---queens.html>

Venue:

African Holistic Health & Wellness Center

132-20 116th Avenue

South Ozone Park, NY 11420

347-427-8668

Directions by Mass Transit: www.hopstop.com

Directions by car: www.mapquest.com

4th Annual National Urban Health Conference

April 24 to April 27, 2014 – Harlem, NYC

Transforming the Temple Health & Wellness Event

April 26, 2014

Caribbean Cultural Center African Diaspora Institute

Venue: Taino Towers

103 E. 125th Street

New York, NY 10035

Time: 12p-7p

Contact: Desiree Gordon: (212) 307-7420 Ext. 3010

Bronx - Women's Holistic Healing & Wellness Day

Saturday, May 10, 2014 – 11a – 6p

Pre-Mother's Day Women's Holistic Healing & Wellness Day

Sunkofa Gift Shop

1789 Southern Blvd @ Boston Road & 174th Street

Bronx, NY 10460

(347) 590-2394

This event is designed to empower, educate, and enlighten women, providing them with tools to assist in stress management and improving their health. The event will occur during Bronx Week (May 8-18, 2014) so we anticipate a healthy turnout. Practitioner tables along the sidewalk will offer

massage, foot reflexology, holistic health information, intuitive readings, and more. While we are offering presentations, they will be limited in order to allow for two 1-hour interactive workshops ("Healing the Mother/Daughter Dynamic", and "Women's Emotional Healing"). Attendees will receive gift bags.

PRACTITIONERS CONFIRMED FOR THE DAY:

- Body Evolution Massage - Walter Cantey
- Intuitive Readings - [Dana MarieWadd](#)
- Herbal Healing for Women - [Zakiyyah Madyun](#)
- Foot Reflexology - Sista Shai Hankins
- "Healing the Mother/Daughter Dynamic" Workshop - Shirley Taylor Dunn (<http://www.tayloredtransformations.org/>)

More details to come. Please contact me for more information.
Abena - Holistic Resources Facilitator - bronxholistichealing@gmail.com

1ST AFRICAN HOLISTIC HEALTH & WELLNESS AFFAIR

Admission: FREE !!

MAY 24 - 26, 2014 – 12p to 8p

VENUE:

**AFRICAN HOLISTIC HEALTH CHAPTER OF NY
132-20 116TH AVENUE
SOUTH OZONE PARK, NY 11420
347-427-8668**

Directions by car: www.mapquest.com

Directions by Mass Transit: www.hopstop.com

JOIN US FOR A DAY OF WELLNESS WORKSHOPS, VEGAN FOOD, WELLNESS PRODUCTS, SERVICES & 3 FILM SCREENINGS

THE PRODUCTS, SERVICES & VEGAN FOOD WILL BE AVAILABLE FOR SALE !

Participating Practitioners so far:

Sista Shai – Reflexology

Sista Deborah Sekmet Leftridge – Reflexology & Sage Supplies

Sista Dottie McLean – Color-Numerology-Astrology Readings

Mut Shat Shemsut – Khamitic Reiki, Khamitic Yoga

Heru Kweisi – Vegan Chef

[Click here 2 RSVP](#)

<http://africanholistic.weebly.com/chapter-health--wellness-affair.html>

35th DANCE AFRICA FESTIVAL 2014 - MAY 24, 2014 - MAY 26, 2014

**THE AFRICAN HOLISTIC HEALTH CHAPTER OF NY
(SOME CHAPTER PRACTITIONERS WILL BE HERE)**

AT THE BROOKLYN ACADEMY OF MUSIC
<http://www.bam.org/programs/2014/dance-africa>

Member Appreciation Week

Welcomes

Dr. Akua and Dr. Chenu Gray, ND

A Life Of Peace Wellness Institute

All AHHC of NY Members are invited to a week of complimentary classes, consultations and quality time with Dr. Akua and Dr. Chenu, May 29th—June 1st

SCHEDULE OF 4 FREE CLASSES LISTED BELOW:

Thur., May 29, 2014 7 - 9pm - CANCELLED

“Your Holistic Health Business Plan Expansion Round Table Discussion”

Fri., May 30, 2014 7– 9pm - CANCELLED

“Activating Your 4 Levels of Healing: Achieve Perfect Health”

Sat., May 31, 2014 4 - 7pm

“The Next Level Vegan Tasting Party !”

Sun., June 1, 2014 8am - Noon-

“One Day Meditation Retreat”

Preregistration is required as space is limited.

For Non-Members there is a small fee of \$25 /session attended, preregistration required.

http://www.eventbrite.com/rss/user_list_events/47709129409

Venue: African Holistic Health & Wellness Center

132-20 116th Avenue

South Ozone Park, NY 11420

CO-OP CITY FAIR – SECTION #1

JOIN LIFE SPRING REJUVENATION CENTER

SATURDAY, JUNE 7, 2014 @ 10a - 5p

@

Free Admission !

Practitioners:

Dr. Ramin & Dr. Deanna Felix

Services:

Reflexology, Back Massage & Facials

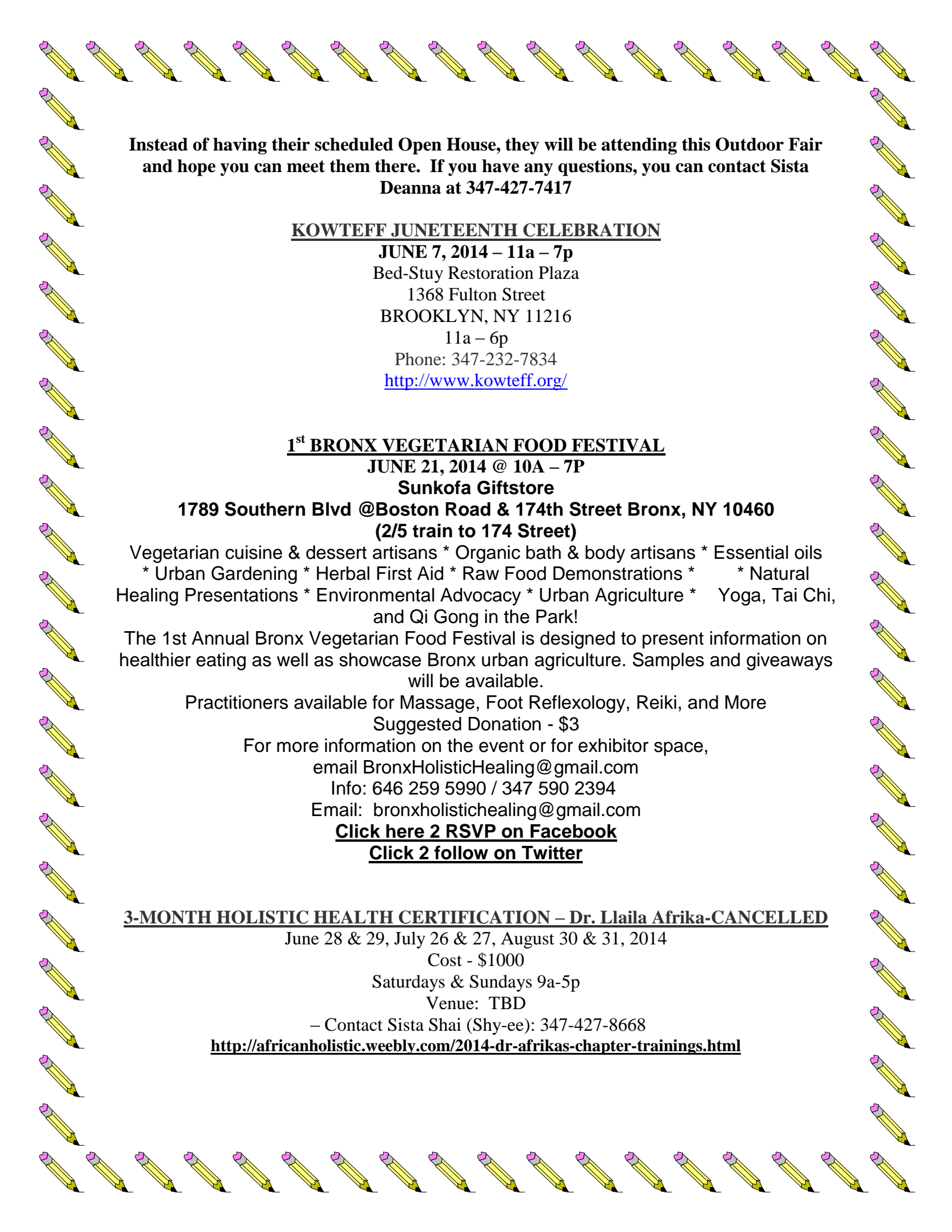
Co-Op City - Section #1

120 Erdman place

Bronx, New York 10475

Directions by car: www.mapquest.com

Directions by Mass Transit: www.hopstop.com



Instead of having their scheduled Open House, they will be attending this Outdoor Fair and hope you can meet them there. If you have any questions, you can contact Sista Deanna at 347-427-7417

KOWTEFF JUNETEENTH CELEBRATION

JUNE 7, 2014 – 11a – 7p

Bed-Stuy Restoration Plaza

1368 Fulton Street

BROOKLYN, NY 11216

11a – 6p

Phone: 347-232-7834

<http://www.kowteff.org/>

1st BRONX VEGETARIAN FOOD FESTIVAL

JUNE 21, 2014 @ 10A – 7P

Sunkofa Giftstore

1789 Southern Blvd @Boston Road & 174th Street Bronx, NY 10460

(2/5 train to 174 Street)

Vegetarian cuisine & dessert artisans * Organic bath & body artisans * Essential oils
* Urban Gardening * Herbal First Aid * Raw Food Demonstrations * * Natural
Healing Presentations * Environmental Advocacy * Urban Agriculture * Yoga, Tai Chi,
and Qi Gong in the Park!

The 1st Annual Bronx Vegetarian Food Festival is designed to present information on healthier eating as well as showcase Bronx urban agriculture. Samples and giveaways will be available.

Practitioners available for Massage, Foot Reflexology, Reiki, and More
Suggested Donation - \$3

For more information on the event or for exhibitor space,

email BronxHolisticHealing@gmail.com

Info: 646 259 5990 / 347 590 2394

Email: bronxholistichealing@gmail.com

[Click here 2 RSVP on Facebook](#)

[Click 2 follow on Twitter](#)

3-MONTH HOLISTIC HEALTH CERTIFICATION – Dr. Llaila Afrika-CANCELLED

June 28 & 29, July 26 & 27, August 30 & 31, 2014

Cost - \$1000

Saturdays & Sundays 9a-5p

Venue: TBD

– Contact Sista Shai (Shy-ee): 347-427-8668

<http://africanholistic.weebly.com/2014-dr-afrikas-chapter-trainings.html>



2ND AFRICAN HOLISTIC HEALTH & WELLNESS AFFAIR

Admission: FREE !!

JUNE 28 & 29, 2014 – 12p to 8p

VENUE:

**AFRICAN HOLISTIC HEALTH CHAPTER OF NY
132-20 116TH AVENUE
SOUTH OZONE PARK, NY 11420
347-427-8668**

Directions by car: www.mapquest.com

Directions by Mass Transit: www.hopstop.com

JOIN US FOR A DAY OF WELLNESS WORKSHOPS, VEGAN FOOD, WELLNESS PRODUCTS, SERVICES & 3 FILM SCREENINGS.

THE PRODUCTS, SERVICES & VEGAN FOOD WILL BE AVAILABLE FOR SALE!

Participating Practitioners so far:

Drs. Akua & Chenu Gray – Iridology & Holistic Sexuality Workshop

Sista Shai – Reflexology & Wellness Products

Sista Deborah Sekmet Leftridge – Reflexology & Sage Supplies

Brother Sekou - Blood Pressure Analysis

Sista Dottie McLean – Color-Numerology-Astrology Readings

Mut Shat Shemsut – Khamitic Reiki, Khamitic Yoga

Sista Robin St. Clair – Empowerment Workshops

[Click here 2 RSVP](#)

<http://africanholistic.weebly.com/chapter-health--wellness-affair.html>

42ND AFRICAN INTERNATIONAL ARTS FESTIVAL - JULY 3 – JULY 6, 2014

**THE AFRICAN HOLISTIC HEALTH CHAPTER OF NY
COMMODORE BARRY PARK, BROOKLYN, NY**

<http://www.iaafestival.org/>

QUEENS CHAPTER NATIONAL ACTION NETWORK - FREE

3RD HEALTH FAIR – JULY 26, 2014 @ 10a – 4p

GREATER SPRINGFIELD COMMUNITY CHURCH

177-06 129TH STREET

JAMAICA, NY 11434

HARLEM WEEK'S "GREAT DAY IN HARLEM EVENT" - JULY 27, 2014

@ Grant's Tomb

www.harlemweek.com

1-DAY ANATOMY & PHYSIOLOGY COURSE - CANCELLED

INSTRUCTORS: DR. LLAILA O. AFRIKA & DR. MELANIE STEVENSON - \$400

June 28, 2014 - 6p to 9:30p - Saturday

July 26, 2014 - 6p to 9:30p - Saturday

August 30, 2014 - 6p to 9:30p – Saturday



To register contact Sista Shai (Shy-ee): 347-427-8668

OPEN HOUSE @ COWRIE SHELL CENTER
BROOKLYN, NY
AUGUST 2, 2014 @12p

You're ALL invited to come inside and experience The Cowrie Shell Center MANIFESTATIONS! Take a tour of this holistic, eclectic duplex sanctuary and backyard garden space! See where the magic happens..Experience the atmosphere where my natural hair care services and Ancient Blends natural hair and body care products are manifested! Come thru, meditate in The Temple. Be in Bliss. Eat. Drink . Shop & Have A Blast! Save The Date! August 2nd 2014 @ 12pm!

IF YOU PLAN TO ATTEND PLEASE CLICK ON THE LINK BELOW TO REGISTER:

[Click here to register](#)

I've invited a few awesome business owners to showcase their manifestations...Harriets By Hekima, Sewra WaistBeads, Massage therapist Khadija Tudor also of The KhadijaHands Project. The amazing Jadia of JadiaDance belly dance artist as well as a few other special appearances...shhhh. Stay tuned for more information on how to book a massage therapy and natural hair/loc maintenance session for that same day! Tell your friends! Grab your tickets TODAY and Save The DATE!!!

Yendys Nefer-Atum
Owner of The Cowrie Shell Center For Natural Hair Care & Holistic Wellness
718-221-2051

Email: info@cowrieshell.com

Website: <http://www.cowrieshell.com>

My Blog: <http://www.yendysblog.wordpress.com>

Ancient Blends On FaceBook: <https://www.facebook.com/Ancientblendsnaturals>

Follow Me On FaceBook: <https://www.facebook.com/yendys.neferatum>

Follow Me On Twitter: <https://twitter.com/YendysNef>

SPORTS HEALTH & WELLNESS EXPO - TENTATIVE

AUGUST 2, 2014 @ 12P – 10P

African American Chamber of Commerce

Mark Anthony Jenkins

646-470-6727

At the Armory on 26th & Lexington Avenue
Venue & Event Details to follow....



Dance Theatre of Harlem Outdoor Festival - FREE

August 9, 2014 @ 12p to 7p

466 W. 152nd Street

New York, NY 10031

<http://www.dancetheatreofharlem.org/>

HARLEM WEEK OUT DOOR FESTIVAL

AUGUST 16 – 17, 2014

<http://harlemweek.com/>

**Celebration Senior Citizens Day
Friday, August 22, 2014 - 11a to 3p
Adam Clayton Powell Office Bldg
163 W. 125th Street
New York, NY 10027
(Outdoor in Plaza area)**

Come out and enjoy a day of healthy activities with Senator Bill Perkins & MetroPlus Health Plan. Free lunch will be provided by some of Harlem's finest restaurants, Free health screenings and give aways. Entertainment, Music, singers, poetry, swing dance & Harlem Soul Line Dance Party. To RSVP and for further information call Kevin Russell at 212-222-7315

AFROPUNK FESTIVAL

AUGUST 23 - 24, 2014

**Participating Practitioners: Sista Yendy's & Cowrie Shell Natural Hair Care
COMMODORE BARRY PARK**

<http://afropunkfest.com/>

<http://afropunkfest.com/2013video/>

3-WEEK BEGINNER REFLEXOLOGY CERTIFICATION - CANCELLED

INSTRUCTOR: DR. EL HA GAHN - \$1000

September 6 - 7, 2014, September 13 - 14, 2014, September 20 - 21, 2014

Saturdays & Sundays: 9a to 5pm

@ African Holistic Health & Wellness Center

South Ozone Park, NY 11420

To register Contact Sista Shai (Shy-ee): 347-427-8668

<http://africanholistic.weebly.com/2014-beginner-reflexology--advance-certification.html>

SPIRIT & HARMONY FESTIVAL

The Black Spectrum Theater Co.
and the International African Arts Festival
will host the
1st Annual
SPIRIT & HARMONY
Festival
Saturday, September 13, 2014
Noon - 6PM Sharp

Featuring:
FREDDIE MCGREGOR
ROY AYERS
Tribute to
FELA ANIKULAPO-KUTI
WUNMI
& others

CHINO

Tickets Price: \$20 in Advance - \$25 at Door
VIP Ticket \$75 includes: Special Seating, Food, Artist Reception
Group Rates Available - Bring Your Chairs & Blankets

Featuring: Merchandise & African & Caribbean Food Vendors 12-6pm
Civil War Exhibit & Encampment for Families Noon - 1:30pm for Entire Family
Concert Starts at 12:45 - 6pm - Sponsors: Black Spectrum Theatre Co.
& The International African Arts Festival

Entrance at:
177th Street & Baisley Blvd.
Ja. Queens, NY. 11434

For Vending Call: 718.638.6700 or email vendors@iaafestival.org

Directions: Queens Public Transit: Q5, Q85 to Merrick & Baisley Blvd.
Other Boroughs: The E Train to Parsons & Archer Ave; Take Q85
Car From B'klyn & L.I.: Belt Parkway to Farmers Blvd; Farmers to Merrick Blvd; Merrick to Baisley
From Manh: Grand Central East to Van Wyck to Linden Blvd; make left
take Linden to Merrick make right; & Merrick to Baisley make left - go to 177th St.
See Google maps on website www.blackspectrum.com

2-DAY ADVANCED HOLISTIC HEALTH CERTIFICATION – CANCELLED

INSTRUCTOR: DR. LLAILA O. AFRIKA - \$600

September 27, 2014 & September 28, 2014

Saturday & Sunday - 9a to 5p

Venue: TBD

To register contact Sista Shai (Shy-ee): 347-427-8668

<http://africanholistic.weebly.com/2014-dr-afrikas-chapter-trainings.html>

20TH ANNUAL LOCKS CONFERENCE

OCTOBER 4 – 5, 2014

<http://www.locksconference.com/>

Imhotep Institute Charter High School

21st & Godfrey Streets

Philadelphia, PA 19138

CIRCLE OF SISTERS 2014

OCTOBER 4 – 5, 2014 – TENTATIVE

<http://www.circleofsisters.com/>

NEW LIFE EXPO

October 17 – 19, 2014

Hotel Pennsylvania

Details to follow

<http://www.newlifeexpo.com/>

**CHAPTER MOVIE SCREENING OF
“BUSINESS OF DISEASE”**

OCTOBER 25, 2014 @ 12P & 5P

LIMITED TO 20 PERSONS PER SCREENING

CALL TO RESERVE YOUR SPOT

347-427-8668

Donation: \$5.00

Cash/Credit/Debit/ATM Cards accepted

ADMISSION FREE TO PAID CHAPTER MEMBERS

&

FREE TO THOSE WHO JOIN AT THE EVENT!!!

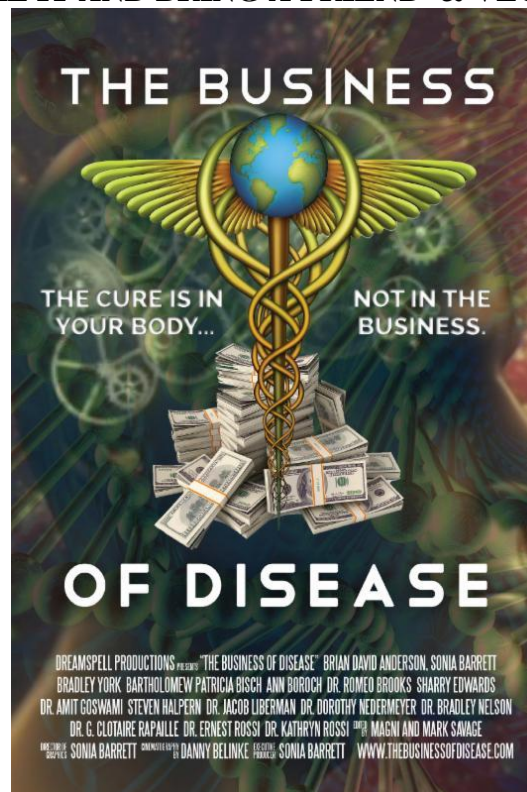
Includes Your Wellness Snack & Beverage

@The African Holistic Health & Wellness Center

132-20 116th Avenue

South Ozone Park, NY 11420

HOPE YOU CAN MAKE IT AND BRING A FRIEND & VEGAN FOOD FOR SALE !



NY Black Expo

December 13 – 14, 2014

African American Chamber of Commerce

Mark Anthony Jenkins

646-470-6727

Venue & Event Details - TBD

<http://newyorkblackexpo.com/>

National Action Network Kwanzaa

December 27, 2014

Venue & Event Details – TBD

<http://nationalactionnetwork.net/>



Facebook: African Holistic Health Chapter of NY

Twitter: Africanholistic

Pinterest: Africanholistic

Phone: 347-427-8668

Website: www.africanholistic.weebly.com