

# NEW YORK SPIRIT ADVERTISING 2012



*be aware, adapt, grow and prosper*

NEW YORK SPIRIT IS THE CITY'S LARGEST AND MOST renowned resource for and about the dynamic and ever evolving holistic community. For over 25 years, it has proven to be an essential guide to holistic services, products, and events that are available year round. A free magazine, the New York Spirit contains fine writing that explores an eclectic blend of wellness-related content. Some of our columns include "Enlightened Sex in the City," "Integrative Nutrition," "Yoga in the City," and much more.

Every season the information in the Spirit is renewed and expanded and its free distribution extended into more neighborhoods with more pickup locations.

It is important to stress that we value not only our readers, but our clients as well. We do not have a sales department, and we will not try to convince you to place an ad. However, if you offer a service, product, or event that promotes physical, emotional, or spiritual wellbeing, and you would like to list it in the Spirit, we will be glad to help you promote your cause and educate our affluent readership. Because we are able to keep our costs down, we offer reasonable rates for our valued advertisers. Our rates are explained in the box below. Please don't hesitate to compare them to other advertising venues.

Moreover, once you begin to advertise, and for as long as you advertise, we will never raise your rate. We have businesses and individuals who have been with us for twenty years and longer. We'd be happy to welcome you to the family!

## 2012 ADVERTISING DUE DATES

Spring (Mar/Apr/May)	Feb 1
Summer (Jun/Jul/Aug)	May 1
Fall (Sep/Oct/Nov)	Aug 1
Winter (Dec/Jan/Feb)	Nov 1

## IT'S NOT TOO LATE.

If you receive this information after an ad close date has already past, please give us a call. We will try our best to accommodate you.

# DISPLAY ADVERTISING

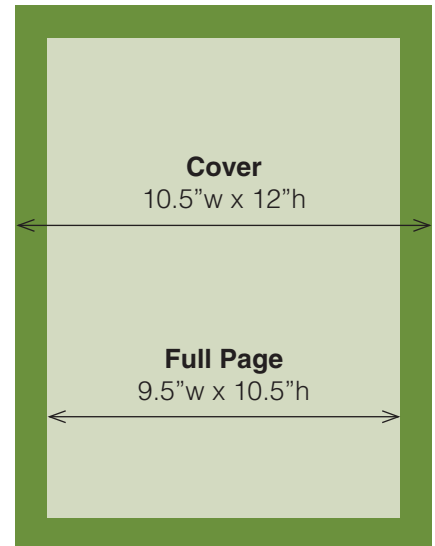
A display ad offers maximum flexibility and exposure. You choose the size, content and look of your ad. Rates vary by size and the number of issues you advertise in. These ads are very effective for one-time events, products and services that do not require a lot of explanation, or where a visual image is important to convey your unique message. We offer a complimentary 25 word calendar listing with each display advertisement you place.

## WHAT YOU NEED TO DO:

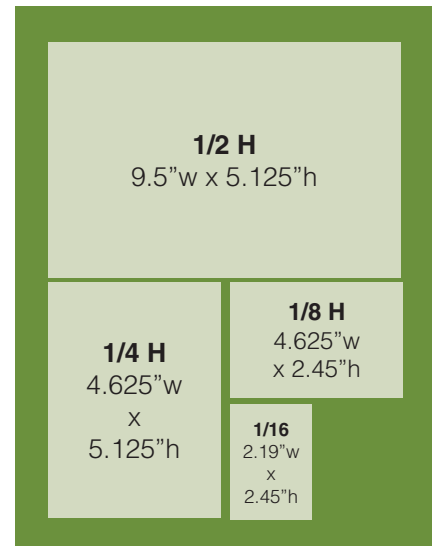
Fill out the attached ADVERTISING CONTRACT and send along with your ad or ad materials. We will be unable to process any ads that are not accompanied by a complete CONTRACT. We prefer to receive Display Ads via email, but we can also accept camera-ready art to be scanned.

Ads must be submitted as PDF, EPS, TIFF or JPG; minimum resolution is 300 dpi. We do not accept Quark, Adobe PageMaker, or Microsoft Publisher, PowerPoint, Word or Works files. Any ads submitted this way will need to be rebuilt to print correctly, and therefore subject to Production Fees. Please note that files created in Microsoft programs and subsequently saved as PDFs will not print correctly and will also be subject to Production Fees.

Ads must be exactly the specified dimensions, and deviation may result in Production Fees.



Display Ad Size	Color		B&W		Production Fee
	1x	4x	1x	4x	
Full Page Cover	\$1500	\$1350	\$1050	\$975	\$100
Full Page Interior	\$1250	\$1125	\$875	\$810	\$100
1/2 Page H or V	\$675	\$600	\$475	\$440	\$50
1/4 Page H or V	\$360	\$325	\$250	\$235	\$30
1/8 Page H or V	\$195	\$175	\$135	\$125	\$20
1/16 Page	\$105	\$95	\$75	\$70	\$20
Back 1/8 Page H	\$300	\$250	n/a		\$20
Back 1/16 Page	\$200	\$150	n/a		\$20



## WEB ADS

Reach a new market with an online display ad on our web site. Ads will be seen in the advertising column on every page of the site. Web ads will be published in the same 8 week cycle as the print magazine, i.e. ads submitted at the May 1st deadline will run from June 1st to August 31st. We accept JPEG, GIF and animated GIF file formats. We can also create an online ad from an existing print ad. See table below for fees.

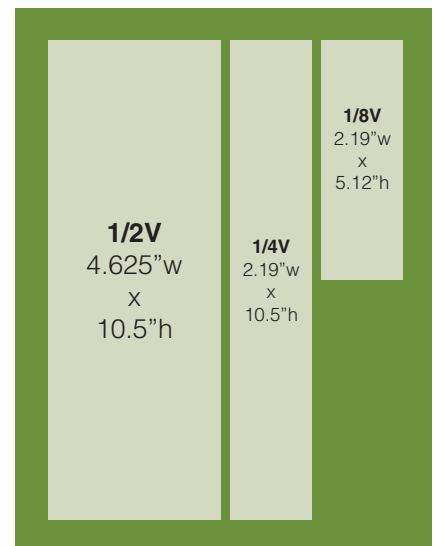


## WHAT YOU NEED TO DO:

Fill out the attached ADVERTISING CONTRACT and send it in with your ad or ad materials.

Payment must be made at the time of submission.

Web Ad Size	Cost	Design Fee
Half	\$100	\$25
Full	\$200	\$40
Double	\$300	\$60



# DIRECTORY OF NATURAL LIVING

The Profiles are the most comprehensive source of highly qualified businesses and individuals who offer healthful products, services and education. The profile ads are listed alphabetically by category. This style enables the reader to easily find what they are looking for. They run across the page in three columns. The first column is for your logo or photo. The following two are for your text. These listings are formatted for the sake of continuity and are designed to give you the opportunity to visually communicate what you have to offer as well as to relate your work experience and service or product you offer. *We offer a complimentary 25 word calendar listing with each profile listing you place.*

## Directory of Natural Living

### PSYCHOLOGY & THERAPY



*The Heart of a Man*

"Whenever I'd find a woman, I'd immediately fall into a committed relationship with her. I'd hold onto her even after it got stale or went bad. With Charley's coaching, and with his Nine Gates Can Finish First workshop, I learned for the first time how to have great success in the dating world as an independent man out on my own. He taught me exactly how to go about finding great women and dating around. What I learned is that I don't ever have to be alone again if I don't want to be. As a result, I now feel more confident and strong as a man." -David Richman, Master Practitioner

**Are you numbing and feeling lost in your life? Unable to figure it all out by yourself? Are you a transition to a role?**  
I am an experienced Gestalt psychotherapist who honors and speaks to the quest for freedom that burns in every man's heart. I understand the unique pain and problems a man encounters.  
That's why I specialize in issues of primary importance to men:  
• Intimacy with women: Do you have difficulty being involved with a woman without losing your sense of who you are?

**Career Goals:** Are you managing change in your life, or is change managing you? Is it tough creating a direction, sticking to it, and doing it to succeed?  
**Other Issues:** Sexual performance; friendship and loneliness; fatherhood; workaholic; sexuality; grief and loss.  
Low-cost initial consultation is available.  
Charley Wingner has 20 years experience specializing in men's issues as well as male-female relationships. He has created and led breakthrough workshops, and has participated in retreats led by Robert Bly and Justin Siegel. He's also dubbed him "The Love Doctor." To get results in your life, call Charley Wingner now! Visa and MasterCard accepted.

**CHARLEY WINGNER**  
Madison and Park Slope Offices:  
212-878-1899 or 718-763-3222  
Or Visit: [www.TheRelationShop.com](http://www.TheRelationShop.com)

### QI GONG



**The Tao of Healing Center** teaches a unique system of Qi Gong - Wu Ming Qi Gong - which traces its origins back thousands of years to the teachings of Lao Tzu.  
While there are hundreds of Qi Gong systems, a powerful one like Wu Ming Qi Gong can create increasingly dramatic changes in your life, especially the ability to think and function at a very high level in everyday life-solving problems, creating art, leading others, etc. The first change experienced as a result of your dedicated practice commonly occurs in the area of health, then enhanced sensitivity, and eventually, intuition and even psychic power.  
Engage life in its fullest terms.

**Classes/Services include:**  
**Wu Ming Qi Gong classes:** Tuesdays, 6:30-7:30pm  
**Taiji Taiji Taiji Serris:** Mondays, 6:00pm and 7:30pm. Come for one free Taiji lesson!  
**LifeForce Medical Qi Gong:** Private energy sessions available.  
**LifeForce, Tao of Medical Qi Gong Training:** An extraordinary spiritual journey... access and enhance your own life force, use the healing benefits for others.  
**TAO OF HEALING**  
34 West 27<sup>th</sup> St. 12<sup>th</sup> Floor, New York, NY 10001  
212-274-0999  
[www.taoofofhealing.com](http://www.taoofofhealing.com)

### REIKI



**REIKI for the Body, Mind and Soul**  
**The Word Reiki Means Universal Life Energy** and there is a host "Breath of Life" in every human body which is responsible for the maintenance of Health.  
As a Reiki Session, Nana will scan your Energy Field and your Chakras to see which areas need special attention. Then the complete Reiki and Prana work will begin.  
Transferring the Universal Life Force through her hands, Nana will increase your vital energy, raising the quality of your health, intuition and even modes of thinking.  
At the end of a session, your mind will feel calm, as if you have been taking a vacation that will expand your inner awareness and promote transformation and growth.  
• Good Health • Creativity • Dynamism • Spirituality are the focus points of a Reiki session.

Nana is an Usui System Reiki Master who has been working with different modalities of Universal Energy in France and in the United States since 1981. She will use a combination of Reiki, Chakra and Aura Harmonization, to help you attain the balance you need for your **Total Well Being**.  
For an appointment or to inquire about classes please call:  
**NANA DELEPLANQUE**  
Reiki Alliance Master Instructor  
917-376-4418  
[nana.deleplanque@gmail.com](mailto:nana.deleplanque@gmail.com)  
[www.nanareiki.com](http://www.nanareiki.com)  
Basic and Advanced Workshops  
Office Located on Broadway at 26th, NYC

### RELATIONSHIPS

#### Breakups, Divorce & Renewal Coaching



Cheryl Lazarus, CFC, CFC

**From Breakups and Divorce to Recovery and Renewal**  
Are you overwhelmed? Scared? Uncertain? A breakup or divorce can be unsettling and disorienting. We are usually not prepared emotionally, mentally or practically.  
**Through years of working with clients, plus my own divorce experience,** I can help you through the process so that you can heal and move forward more easily.  
**Areas include:** working through difficult emotions, becoming more effective when negotiating or communicating with your spouse, attorney or to improve relationships with your children, understanding legal, financial and parenting options, tools to stay

focused and coping techniques to get through the day.  
**Why wait to feel better and heal? Why wait to move the process forward?** Our coaching can get you there faster. Call or email me now to see how you can begin!  
**CHERYL LAZARUS, CFC, CFC**  
Private and phone sessions  
Seminars  
917-838-3648  
[relationshiptoad.com](mailto:relationshiptoad.com)  
[www.startertantitions.com](http://www.startertantitions.com)

### HOW MANY WORDS TO USE, AND HOW MUCH IT COSTS:

The PROFILE BASE COSTS listed below include your photo or logo and 150 words. Many of our advertisers prefer to use more than 150 words in their profile. There is no word maximum. We charge \$1.00 per each additional word beyond the original 150. Please note that email addresses, website and phone numbers each count as two words. The cost for Profile Ads includes listings on the website and print edition.

### USING BULLETS:

You are welcome to use bullet points (•) in your ad. They are be used in two ways:

- Using bullet points to break up word groups within a paragraph, in this manner, each bullet point counts as one word.
- Using bullet points in a "laundry list," in this manner, each bullet point counts as three words. Please keep this in mind when calculating the cost of our Profile Ad. If you have questions about this, don't hesitate to contact us.

### WHAT YOU NEED TO DO:

Fill out the attached ADVERTISING CONTRACT and send along with your text and photo/logo. We will be unable to process any ads that are not accompanied by a complete CONTRACT. We prefer to receive ad materials via email, but you may also mail them. If you do not have access to a computer, we accept typewritten copy. We cannot accept handwritten copy.

Text can be sent as a Microsoft Word or other plain text document, or simply typed into the body of an email.

Photos or logos should be sent as hi-res (minimum 300 dpi) jpegs, tiffs or pdfs. We can also accept camera-ready art to be scanned, but please allow additional time for us to receive these type of materials.

Payment must be made at the time of submission.

### DESIGN AND PROOFREADING:

Once we have received your CONTRACT, text and photo/logo, our designer will format your ad and email you a copy for proofreading. There is no charge for the first round of changes or corrections. Additional rounds of editing will incur a \$10.00 charge per round.

### PROFILE BASE COSTS

1 Issue  
\$225

4 Issues  
\$200  
per issue

## CHOOSE THE BEST CATEGORY FOR YOU

These are some of the categories available. If the appropriate category title for you isn't listed here, contact us.

acupressure  
acupuncture  
alexander technique  
animal health  
arts  
astrology  
aromatherapy  
ayurveda  
birthing  
beauty & rejuvenation  
breathwork

business services  
chinese medicine  
chiropractic  
classes & learning centers  
colon health  
electrolysis  
energy work  
feng shui  
flower essences  
herbology  
holistic dentistry

holistic health centers  
holistic health practitioners  
homeopathy  
hypnosis  
life coaching  
lymph drainage  
massage  
movement  
myofascial release  
nutrition  
optometry

past life therapy  
personal growth  
personal training  
polarity  
psychic healing  
psychic readings  
psychology & therapy  
qi gong  
rebirthing  
reflexology  
reiki

relationships  
retreats & adventures  
rofling®  
spiritual counseling  
spiritual practices  
tai chi  
tarot  
websites & services  
women's health  
yoga

# CALENDAR OF EVENTS



## JUNE

**EMOTIONAL FREEDOM TECHNIQUES (EFT) FOR ARTISTS:** 12:00pm. Enhance your creative flow with EFT! Release stress and inner struggles, boost confidence and coherence for a more fluid and successful creative life. Taught by Stephanie Altonne. [www.stephaniealtonne.com](http://www.stephaniealtonne.com) and [EFTforArtists.com](http://EFTforArtists.com) 90481-661-8150

**16-18: Friday-Sunday 16/Thursday**  
**SECRET LANGUAGE OF YOUR BODY** Inna Segal, internationally recognized healer and bestselling author, teaches you the "Secret Language of Your Body," color therapy, and connects you to your divine healing intelligence. Sat 7PM, Sun 10am workshops. Omega Ridgebrook, June 16-18 and Sacred Center of NY June 16, 18 (502) 591-3824 for details.

**16-21: Sunday-Tuesday**  
**MEDEATION WITH SHIVA RIKHA BALAJOO DEBARI** Learn the ancient practice of Jyotirma Dhyana (evolution of spiritual evolution) from a self-realized Yogi. Shiva Rikha Balajoo, a meditation master from the Himalayas of India, will guide you to the art of meditation and a meditation to all who wish to learn. He will answer spiritual questions and offer techniques to improve concentration, increase energy and enhance inner peace. Programs are held in meditation study apartments. New York City, June 14, 8:30-11pm. Attitash Road, Attitash, ME. (207) 538-1100. [www.meditationwithshiva.com](http://www.meditationwithshiva.com)

**25: Sunday**  
**MANICURE TALKING LIGHT - FRAGMENTS FROM MANICURE TEXTS** The Lactarium Manicure Center offers a free presentation in New York City on "Man's Treasures of Light" fragments from Manicure texts on June 25, 10am-1:30pm on Tue. 44 East 20th Street, 10010.

**SAD-GURU BABA SHI MASTHARAJI MARRAJI MARRA SARABDI** You are cordoned, appearance day of Lord Rama. Free admission. Vishnu Sharma Mandir, 96 Avenue B, between 8th and 7th St, New York, NY 10009. [www.vishnumandir.com](http://www.vishnumandir.com). Tel: (888) 474-1218. [info@vishnumandir.com](mailto:info@vishnumandir.com)

**28: Sunday**  
**OPEN HOUSE** Pacific College of Oriental Medicine. Free lectures, demonstrations. 130-430 1st St, Brooklyn 9th Floor, New York, NY 10013. (212) 982-3458.

**18: Sunday**  
**A CALL TO HUMANITY "CHANGE COURSE"** The world is waking up, as evidence by the

## CALENDAR

### AUGUST

**HEALING OUR HEARTS, PHYSICALLY & SPIRITUALLY** Sun. 2:30-6pm, NY Open Center, [www.healingourheart.com](http://www.healingourheart.com)

**26: Friday-Sunday**  
**RAMAKRISHNANANDA MEDITATION RETREAT** Join us for a three-day meditation retreat, a rare opportunity to spend time in the presence of Ramakrishnananda, a self-realized spiritual master, and be guided towards the discovery of your eternal, enlightened nature. Sponsored by the natural tranquility of the northern Catskill mountains in New York state. Advanced registration is required. For registration: (888) 474-1218. Ext. 6 Vishnu Sharma Mandir, 96 Avenue B, between 8th and 7th St, New York, NY 10009. [www.ramakrishnananda.com](http://www.ramakrishnananda.com). Tel: (888) 474-1218. [info@vishnumandir.com](mailto:info@vishnumandir.com)

**28: Sunday**  
**OPEN HOUSE** Pacific College of Oriental Medicine. Free lectures, demonstrations. 130-430 1st St, Brooklyn 9th Floor, New York, NY 10013. (212) 982-3458.

**25: Sunday**  
**MANICURE TALKING LIGHT - FRAGMENTS FROM MANICURE TEXTS** The Lactarium Manicure Center offers a free presentation in New York City on "Man's Treasures of Light" fragments from Manicure texts on June 25, 10am-1:30pm on Tue. 44 East 20th Street, 10010.

**SAD-GURU BABA SHI MASTHARAJI MARRAJI MARRA SARABDI** You are cordoned, appearance day of Lord Rama. Free admission. Vishnu Sharma Mandir, 96 Avenue B, between 8th and 7th St, New York, NY 10009. [www.vishnumandir.com](http://www.vishnumandir.com). Tel: (888) 474-1218. [info@vishnumandir.com](mailto:info@vishnumandir.com)

**28: Sunday**  
**OPEN HOUSE** Pacific College of Oriental Medicine. Free lectures, demonstrations. 130-430 1st St, Brooklyn 9th Floor, New York, NY 10013. (212) 982-3458.

**18: Sunday**  
**A CALL TO HUMANITY "CHANGE COURSE"** The world is waking up, as evidence by the

### AUGUST

**HEALING OUR HEARTS, PHYSICALLY & SPIRITUALLY** Sun. 2:30-6pm, NY Open Center, [www.healingourheart.com](http://www.healingourheart.com)

**26: Friday-Sunday**  
**RAMAKRISHNANANDA MEDITATION RETREAT** Join us for a three-day meditation retreat, a rare opportunity to spend time in the presence of Ramakrishnananda, a self-realized spiritual master, and be guided towards the discovery of your eternal, enlightened nature. Sponsored by the natural tranquility of the northern Catskill mountains in New York state. Advanced registration is required. For registration: (888) 474-1218. Ext. 6 Vishnu Sharma Mandir, 96 Avenue B, between 8th and 7th St, New York, NY 10009. [www.ramakrishnananda.com](http://www.ramakrishnananda.com). Tel: (888) 474-1218. [info@vishnumandir.com](mailto:info@vishnumandir.com)

**28: Sunday**  
**OPEN HOUSE** Pacific College of Oriental Medicine. Free lectures, demonstrations. 130-430 1st St, Brooklyn 9th Floor, New York, NY 10013. (212) 982-3458.

**25: Sunday**  
**MANICURE TALKING LIGHT - FRAGMENTS FROM MANICURE TEXTS** The Lactarium Manicure Center offers a free presentation in New York City on "Man's Treasures of Light" fragments from Manicure texts on June 25, 10am-1:30pm on Tue. 44 East 20th Street, 10010.

**SAD-GURU BABA SHI MASTHARAJI MARRAJI MARRA SARABDI** You are cordoned, appearance day of Lord Rama. Free admission. Vishnu Sharma Mandir, 96 Avenue B, between 8th and 7th St, New York, NY 10009. [www.vishnumandir.com](http://www.vishnumandir.com). Tel: (888) 474-1218. [info@vishnumandir.com](mailto:info@vishnumandir.com)

**28: Sunday**  
**OPEN HOUSE** Pacific College of Oriental Medicine. Free lectures, demonstrations. 130-430 1st St, Brooklyn 9th Floor, New York, NY 10013. (212) 982-3458.

**18: Sunday**  
**A CALL TO HUMANITY "CHANGE COURSE"** The world is waking up, as evidence by the

### AUGUST

**HEALING OUR HEARTS, PHYSICALLY & SPIRITUALLY** Sun. 2:30-6pm, NY Open Center, [www.healingourheart.com](http://www.healingourheart.com)

**26: Friday-Sunday**  
**RAMAKRISHNANANDA MEDITATION RETREAT** Join us for a three-day meditation retreat, a rare opportunity to spend time in the presence of Ramakrishnananda, a self-realized spiritual master, and be guided towards the discovery of your eternal, enlightened nature. Sponsored by the natural tranquility of the northern Catskill mountains in New York state. Advanced registration is required. For registration: (888) 474-1218. Ext. 6 Vishnu Sharma Mandir, 96 Avenue B, between 8th and 7th St, New York, NY 10009. [www.ramakrishnananda.com](http://www.ramakrishnananda.com). Tel: (888) 474-1218. [info@vishnumandir.com](mailto:info@vishnumandir.com)

**28: Sunday**  
**OPEN HOUSE** Pacific College of Oriental Medicine. Free lectures, demonstrations. 130-430 1st St, Brooklyn 9th Floor, New York, NY 10013. (212) 982-3458.

**25: Sunday**  
**MANICURE TALKING LIGHT - FRAGMENTS FROM MANICURE TEXTS** The Lactarium Manicure Center offers a free presentation in New York City on "Man's Treasures of Light" fragments from Manicure texts on June 25, 10am-1:30pm on Tue. 44 East 20th Street, 10010.

**SAD-GURU BABA SHI MASTHARAJI MARRAJI MARRA SARABDI** You are cordoned, appearance day of Lord Rama. Free admission. Vishnu Sharma Mandir, 96 Avenue B, between 8th and 7th St, New York, NY 10009. [www.vishnumandir.com](http://www.vishnumandir.com). Tel: (888) 474-1218. [info@vishnumandir.com](mailto:info@vishnumandir.com)

**28: Sunday**  
**OPEN HOUSE** Pacific College of Oriental Medicine. Free lectures, demonstrations. 130-430 1st St, Brooklyn 9th Floor, New York, NY 10013. (212) 982-3458.

**18: Sunday**  
**A CALL TO HUMANITY "CHANGE COURSE"** The world is waking up, as evidence by the

### AUGUST

**HEALING OUR HEARTS, PHYSICALLY & SPIRITUALLY** Sun. 2:30-6pm, NY Open Center, [www.healingourheart.com](http://www.healingourheart.com)

**26: Friday-Sunday**  
**RAMAKRISHNANANDA MEDITATION RETREAT** Join us for a three-day meditation retreat, a rare opportunity to spend time in the presence of Ramakrishnananda, a self-realized spiritual master, and be guided towards the discovery of your eternal, enlightened nature. Sponsored by the natural tranquility of the northern Catskill mountains in New York state. Advanced registration is required. For registration: (888) 474-1218. Ext. 6 Vishnu Sharma Mandir, 96 Avenue B, between 8th and 7th St, New York, NY 10009. [www.ramakrishnananda.com](http://www.ramakrishnananda.com). Tel: (888) 474-1218. [info@vishnumandir.com](mailto:info@vishnumandir.com)

**28: Sunday**  
**OPEN HOUSE** Pacific College of Oriental Medicine. Free lectures, demonstrations. 130-430 1st St, Brooklyn 9th Floor, New York, NY 10013. (212) 982-3458.

**25: Sunday**  
**MANICURE TALKING LIGHT - FRAGMENTS FROM MANICURE TEXTS** The Lactarium Manicure Center offers a free presentation in New York City on "Man's Treasures of Light" fragments from Manicure texts on June 25, 10am-1:30pm on Tue. 44 East 20th Street, 10010.

**SAD-GURU BABA SHI MASTHARAJI MARRAJI MARRA SARABDI** You are cordoned, appearance day of Lord Rama. Free admission. Vishnu Sharma Mandir, 96 Avenue B, between 8th and 7th St, New York, NY 10009. [www.vishnumandir.com](http://www.vishnumandir.com). Tel: (888) 474-1218. [info@vishnumandir.com](mailto:info@vishnumandir.com)

**28: Sunday**  
**OPEN HOUSE** Pacific College of Oriental Medicine. Free lectures, demonstrations. 130-430 1st St, Brooklyn 9th Floor, New York, NY 10013. (212) 982-3458.

**18: Sunday**  
**A CALL TO HUMANITY "CHANGE COURSE"** The world is waking up, as evidence by the

### AUGUST

**HEALING OUR HEARTS, PHYSICALLY & SPIRITUALLY** Sun. 2:30-6pm, NY Open Center, [www.healingourheart.com](http://www.healingourheart.com)

**26: Friday-Sunday**  
**RAMAKRISHNANANDA MEDITATION RETREAT** Join us for a three-day meditation retreat, a rare opportunity to spend time in the presence of Ramakrishnananda, a self-realized spiritual master, and be guided towards the discovery of your eternal, enlightened nature. Sponsored by the natural tranquility of the northern Catskill mountains in New York state. Advanced registration is required. For registration: (888) 474-1218. Ext. 6 Vishnu Sharma Mandir, 96 Avenue B, between 8th and 7th St, New York, NY 10009. [www.ramakrishnananda.com](http://www.ramakrishnananda.com). Tel: (888) 474-1218. [info@vishnumandir.com](mailto:info@vishnumandir.com)

**28: Sunday**  
**OPEN HOUSE** Pacific College of Oriental Medicine. Free lectures, demonstrations. 130-430 1st St, Brooklyn 9th Floor, New York, NY 10013. (212) 982-3458.

**25: Sunday**  
**MANICURE TALKING LIGHT - FRAGMENTS FROM MANICURE TEXTS** The Lactarium Manicure Center offers a free presentation in New York City on "Man's Treasures of Light" fragments from Manicure texts on June 25, 10am-1:30pm on Tue. 44 East 20th Street, 10010.

**SAD-GURU BABA SHI MASTHARAJI MARRAJI MARRA SARABDI** You are cordoned, appearance day of Lord Rama. Free admission. Vishnu Sharma Mandir, 96 Avenue B, between 8th and 7th St, New York, NY 10009. [www.vishnumandir.com](http://www.vishnumandir.com). Tel: (888) 474-1218. [info@vishnumandir.com](mailto:info@vishnumandir.com)

**28: Sunday**  
**OPEN HOUSE** Pacific College of Oriental Medicine. Free lectures, demonstrations. 130-430 1st St, Brooklyn 9th Floor, New York, NY 10013. (212) 982-3458.

**18: Sunday**  
**A CALL TO HUMANITY "CHANGE COURSE"** The world is waking up, as evidence by the

### AUGUST

**HEALING OUR HEARTS, PHYSICALLY & SPIRITUALLY** Sun. 2:30-6pm, NY Open Center, [www.healingourheart.com](http://www.healingourheart.com)

**26: Friday-Sunday**  
**RAMAKRISHNANANDA MEDITATION RETREAT** Join us for a three-day meditation retreat, a rare opportunity to spend time in the presence of Ramakrishnananda, a self-realized spiritual master, and be guided towards the discovery of your eternal, enlightened nature. Sponsored by the natural tranquility of the northern Catskill mountains in New York state. Advanced registration is required. For registration: (888) 474-1218. Ext. 6 Vishnu Sharma Mandir, 96 Avenue B, between 8th and 7th St, New York, NY 10009. [www.ramakrishnananda.com](http://www.ramakrishnananda.com). Tel: (888) 474-1218. [info@vishnumandir.com](mailto:info@vishnumandir.com)

**28: Sunday**  
**OPEN HOUSE** Pacific College of Oriental Medicine. Free lectures, demonstrations. 130-430 1st St, Brooklyn 9th Floor, New York, NY 10013. (212) 982-3458.

**25: Sunday**  
**MANICURE TALKING LIGHT - FRAGMENTS FROM MANICURE TEXTS** The Lactarium Manicure Center offers a free presentation in New York City on "Man's Treasures of Light" fragments from Manicure texts on June 25, 10am-1:30pm on Tue. 44 East 20th Street, 10010.

**SAD-GURU BABA SHI MASTHARAJI MARRAJI MARRA SARABDI** You are cordoned, appearance day of Lord Rama. Free admission. Vishnu Sharma Mandir, 96 Avenue B, between 8th and 7th St, New York, NY 10009. [www.vishnumandir.com](http://www.vishnumandir.com). Tel: (888) 474-1218. [info@vishnumandir.com](mailto:info@vishnumandir.com)

**28: Sunday**  
**OPEN HOUSE** Pacific College of Oriental Medicine. Free lectures, demonstrations. 130-430 1st St, Brooklyn 9th Floor, New York, NY 10013. (212) 982-3458.

**18: Sunday**  
**A CALL TO HUMANITY "CHANGE COURSE"** The world is waking up, as evidence by the

Our guide is an inexpensive, and very effective way to promote your workshops, classes, lectures, ongoing groups, expos, special events or festivals that are coming to New York City. This popular section is avidly scanned by our readers to keep up on what is happening locally.

### EVENT LISTING COST:

\$1.50 per each word. There is a 20-word (\$30.00) minimum per listing. There is no maximum. Please note that email addresses, websites and phone numbers each count as two words. The listing cost covers both the online and printed versions of New York Spirit.

### WHAT YOU NEED TO DO:

Fill out the attached ADVERTISING CONTRACT and send along with your ad copy. We will be unable to place any ads that are not accompanied by a complete CONTRACT. We prefer to receive listings via email, but you may also fax or mail them. Clearly state the date or section (i.e. Ongoing-Mondays or Open Section) for your listing. Payment must be made at the time of submission.

To place your listing in the Unclassified section, go to [www.nyspirit.com](http://www.nyspirit.com) advertising/submit/

# COMMUNITY RESOURCE UNCLASSIFIEDS

A unique network of businesses, organizations and individuals that offer, services, products, instruction and space to help facilitate personal growth and transformation. Our unclassified listings are inexpensive, and very effective. We offer the option of a four or eight issue contract at reduced cost for your listing(s).

### CLASSIFIED COST:

To place a listing in One Issue, the rate is \$1.50 per word; Four Issue rate is \$1.25 per word. There is a 20-word minimum per listing. There is no maximum. Please note that email addresses, websites and phone numbers each count as two words. The listing cost covers both the online and printed versions of New York Spirit.

### WHAT YOU NEED TO DO:

Fill out the attached ADVERTISING CONTRACT and send along with your ad copy. We will be unable to place any ads that are not accompanied by a complete CONTRACT. We prefer to receive listings via email, but you may also fax or mail them. Payment must be made at the time of submission.

**MONTHLY FLATIRON SPACE RENTAL** 120 sq ft room available, hot full days a week. Located in 24 hr professional business building. Corner walking area. Windows view with good energy. Ideal for practitioners in the healing arts. Reasonable rents. [Socinista@aol.com](mailto:Socinista@aol.com) (317) 562-3904

**CELEBRATE WITH SADDEN STONE CELEBRATION PRACTITIONERS** Join the Art Equipment. Convenient Manhattan Location. Beautiful. Clean. Studio. Ask About Our Spring Cleanse Programs! (212) 493-3228

**ASTROLOGY CHART READING** Sun rises by day, Moon and Stars by night. Horoscopes reveal the Divine. Medical Plan. (208) 591-9814 Readings in Manhattan [astrolite@aim.com](mailto:astrolite@aim.com)

**SEASIDE/PERFORMER - ON HEALING AND MORE** See you/there.com - "granny jay c" - [smallpractices@yaho.com](mailto:smallpractices@yaho.com) for more links and background information.

**DREAM ANALYSIS, GENDER, RELATIONSHIPS, CULTURE (JUNG'S APPROACH)** The co-creative, shadow of psyche's projected "organic subtle body" of wholeness. Initial consult is charge. Paul Stein, MEdW, Ph.D. E320 and Park Ave. NYC (646) 785-8284

**PROFESSIONAL, PRIVATE HEALING ROOMS AVAILABLE FOR RENT IN MIDTOWN TIMES SQUARE AREA.** Care for your clients in a full service wellness center. Daily and hourly rates available. Visit <http://www.reflectionsofyou.com> for descriptions and info.

**STUDIO SPACE AVAILABLE** W. 17th Street at 8th Avenue. 27 x 32 studio + kitchen. Sun. Beautiful, wood floors, light. Doorman. A.C. Discounts for 10+ weekly hours. For info visit [ch.mediation.com](http://ch.mediation.com), lectures, and related info. [randie@ep@gmail.com](mailto:randie@ep@gmail.com)

**DO YOU NEED HELP FROM A TALENTED WRITER?** Let me help you with your professional or academic writing project. Professional email copy. Essays and research papers. (718) 787-1393. [Plagiarism.com](mailto:Plagiarism.com) [Yoforidont@aol.com](mailto:Yoforidont@aol.com)

**YOGA WITH LIVE CELLO MUSIC** One-hour vinyasa flow yoga class guided by cello and electronic beats in Brooklyn's Prospect Park near Grand Army Plaza. \$16. [www.yogawithcello.com](http://www.yogawithcello.com)

**PSYCHIC** Gentle guidance in relationships and career. Tact, concerned, compassionate care. Phone, readings. Visit [MCPsychic.com](http://MCPsychic.com), Twitter, [www.MCPsychic.com](http://www.MCPsychic.com), Facebook, (212) 529-5864

**TERRIFIC RENTAL** 450 sq ft, furnished office/PTP is available in a great Brooklyn neighborhood. A charming reception area is shared with a holistic doctor. A large well-appointed room with a large mahogany desk and credenza, is suitable for group sessions (e.g. Shiatsu, Yoga, etc.) or lectures (e.g. Nutrition, Chiropractic, Massage, etc.). An adjacent private therapy relaxation room is equipped with a massage table and a reclining chair. This is useful for relaxation training, biofeedback, acupuncture, reflexology, talk, psychotherapy, hypnotherapy, etc. To view the premises, please call (212) 955-9955.

**OFFICE FOR RENT** Great location. Part time, daily hours. 1200 S. 8th Ave. Reasonable rent. Windows/AC, shared waiting room. Perfect for healthcare professional, has fabulous massage table. (212) 684-9538

**SUPERHYPER WENDY! THE PSYCHIC PSYCHIC** Speak, heard or

**PROFESSIONAL OFFICES AVAILABLE** PFTP for entrepreneurs, Medical Doctor, Dentist, Psychotherapist, Pediatric, Veterinarian, etc. Offices, Nutrition, Retail, Yoga, etc. Be part of the State Professional Health Center, a beautiful downtown facility, promoting inter-office referrals. Non-medical offices also available. Reasonable rates. Please call (212) 955-9555

**INDIAN MUSIC - TABLA** Learn to accompany classical or devotional music.

**BEAUTIFUL 2 ROOM SUITE FOR RENT** Light, bright, modern floors and large windows with a view of the Empire State Building. Suitable for healthcare professionals or other businesses. Call (212) 216-1897 for an appointment to see this special space. Flatiron district.

**ROOM IN HOLISTIC SUITE BY DAY OR HOUR** Madison Ave/49th St., suitable for bodywork, therapy, etc. \$200/day month (e.g. Mon) \$250/week (212) 213-6820/319157-2626

**OFFICE SPACE** For professionals in healing arts (psychotherapy, care, energetic, bioenergetics, massage therapy, energy work, yoga, reiki, etc.) offices for one or one-on-one, group space for classes, workshops and trainings. Clean, carpeted waiting room - must have long-waiting, waiting area, and kitchen available. Beautiful tables provided upon request. Grandview Park location. For information email [office@nycpractitioners.com](mailto:office@nycpractitioners.com) or call (212) 556-5737 [www.nycpractitioner.com](http://www.nycpractitioner.com)

read about in over 100 countries. See her [www.sagepub.com](http://www.sagepub.com) [www.sagepub.com](http://www.sagepub.com) 478-9010 [www.sagepub.com](http://www.sagepub.com)

**RESTORATIVE ENVIRONMENT AT 27TH ST & 6TH AVE.** Movement, Meditation, bodywork, private session offices. Large and small group spaces. (212) 298-7842. [movingbodyessence@aol.com](mailto:movingbodyessence@aol.com)

**BEAUTIFUL 2 ROOM SUITE FOR RENT** Light, bright, modern floors and large windows with a view of the Empire State Building. Suitable for healthcare professionals or other businesses. Call (212) 216-1897 for an appointment to see this special space. Flatiron district.

**ROOM IN HOLISTIC SUITE BY DAY OR HOUR** Madison Ave/49th St., suitable for bodywork, therapy, etc. \$200/day month (e.g. Mon) \$250/week (212) 213-6820/319157-2626

**OFFICE SPACE** For professionals in healing arts (psychotherapy, care, energetic, bioenergetics, massage therapy, energy work, yoga, reiki, etc.) offices for one or one-on-one, group space for classes, workshops and trainings. Clean, carpeted waiting room - must have long-waiting, waiting area, and kitchen available. Beautiful tables provided upon request. Grandview Park location. For information email [office@nycpractitioners.com](mailto:office@nycpractitioners.com) or call (212) 556-5737 [www.nycpractitioner.com](http://www.nycpractitioner.com)

Read the new mystical teaching of Christ... in his own words. **What is wrong with the Bible?** Christ Returns. Revival! Healing from sin. [www.christletters.com](http://www.christletters.com)

**OZZIES Coffee & Tea** Voted as one of the best coffee houses in the country by Coffee Journal. Let us make you coffee - coffee through our website or by phone. We deliver to all states. We ship coffee to 24 states of your choice. Free Home Delivery in Brooklyn. 1-888-OZZIES1 (699.4371) [www.ozziecoffee.com](http://www.ozziecoffee.com)

**HEALER-CLAIRVOYANT** keeps thousands in a vibrant healing power. [www.healerclairvoyant.com](http://www.healerclairvoyant.com)

# NEW YORK SPIRIT ADVERTISING APPLICATION & CONTRACT AGREEMENT

New York Spirit requires a credit card number to be kept on file for all advertisers with a 4 time contract. You have the option to pay by check or money order as long as we receive payment before the deadline dates. We will automatically charge your credit card for the amount due if your account is not paid by the deadline date. You will be sent an advertising reminder prior to each deadline date so that you can make changes to your ad and submit payment on time.

Company / Individual \_\_\_\_\_ Contact \_\_\_\_\_

Address / City / State / Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_ Fax \_\_\_\_\_

## PAYMENT

Credit card number (Visa, MC, Amex) \_\_\_\_\_ Exp. date \_\_\_\_\_ Security code \_\_\_\_\_

## ADVERTISING OPTIONS - SELECT APPROPRIATE BOXES:

Run my advertisement:  1 issue  4 consecutive issues

**SHARE THE SPIRIT!** Yes I would like to have New York Spirit to give to my clients. (minimum of 25 copies)

### Display Ad

Enclosed: \$ \_\_\_\_\_

size & style: \_\_\_\_\_  ad emailed  needs production/design

### Natural Living Profiles

Enclosed: \$ \_\_\_\_\_

Place Profile in the category:

ad materials included  ad emailed

### Calendar of Events

Enclosed: \$ \_\_\_\_\_

ad materials included  ad emailed

Place my listing under  Ongoing \_\_\_\_\_  Date \_\_\_\_\_  Open

### Community Resource UnClassifieds

Enclosed: \$ \_\_\_\_\_

ad materials included  ad emailed

### Web Advertising

Enclosed: \$ \_\_\_\_\_

ad size: \_\_\_\_\_  ad emailed  needs production/design

## NEW YORK SPIRIT ADVERTISING CONTRACT AGREEMENT/CONTRACT TERMS

I agree to advertise in New York Spirit, pursuant to the following terms of this contract: **(1)** I agree that payment for the first issue must accompany this form. For each issue thereafter, I will pay by credit card or when billed. **(2)** I understand that my listing will automatically rerun, as it last appeared, unless New York Spirit receives changes through email, mail or fax by the next deadline date listed in the deadline reminder. For 4 issue contracts, I understand it is my responsibility to keep track of ad deadline dates and submit ads (if changed) and payment on time. **(3)** I agree that New York Spirit can charge my credit card the amount owed for the current issue at each deadline date unless I choose to pay by check or money order. **(4)** If I choose to discontinue my contract, I need to notify New York Spirit in writing, prior to the deadline date. **(5)** I understand and agree that if for any reason I do not run my advertisement in all of the consecutive issues that I have contracted for, I will pay the one-time rate for each of the advertisements that have actually been published. In this event, the amount I owe would be the difference between the non-contract price (one-time) and the 4 time price for each of the advertisements that were published in New York Spirit. *Please contact us if any of these terms are not clear.*

\* Signature \_\_\_\_\_ Date \_\_\_\_\_