



# THE Peace of Mind Center

“Helping You Create a Better Body, Mind, and Spirit”

August 2025

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

## Ayurvedic Nutrition: an Ayurveda Workshop with Hollie Lloyd

Ayurveda offers a practical and intuitive approach to nourishment that treats food as fuel ... and medicine. This introductory workshop explores the foundational principles of Ayurvedic nutrition — emphasizing how mindful eating and simple daily habits can support digestion, energy, and vitality. Throughout the workshop we'll discuss why digestion (agni) is considered central to health in Ayurveda, practical tools and lifestyle shifts which support digestive balance, and how to cultivate a deeper connection to your body's natural rhythms by aligning habits with the time of day and cycle of seasons.

- \* This workshop is ideal for anyone curious about Ayurveda
- \* Looking to create a more intentional relationship with food
- \* Seeking sustainable wellness practices rooted in ancient wisdom

**Sat, Aug. 23rd. 9:30-11:30am ~ Cost is \$45 (\$5 off is pre-paid by 8/20/25)**

## ♌ Skywatch for August ♍

The beginning of August presents some challenges regarding relationships, and financial issues, the future might seem quite bleak, but don't get discouraged as the month improves greatly. On the 10<sup>th</sup> the energy shifts to a more energetic and transformative time as Mars floats along in a trine with Pluto creating a more optimistic view of the future. The 11<sup>th</sup> and 12<sup>th</sup> also bring wonderful things to the surface as Saturn and Uranus dance the tango. This is a time of great surprises coming into fruition. Expect the unexpected the last half of the month. One of the best alignments of the year occurs on the 12<sup>th</sup>. Venus the planet of love and money, combines its energy with Jupiter, the planet of good luck and expansion, creating wonderful opportunities in our love life and our finances. The stock market should have a booming day, in the most positive way. The Mercury retrograde will end on the 11<sup>th</sup>, however the shadow phase will not end until the 25<sup>th</sup>. Expect to redo some of what was done in July and the first part of August. Don't despair as these corrections are needed for the best outcome for all involved. Best days are 3<sup>rd</sup>, 11<sup>th</sup>, 12<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>, 20<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup> extra good. Days to lay low are the 1<sup>st</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 9<sup>th</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup>. Be at Peace ~

**Greif & Loss, the Catalytic Converters of Life with Ellen Stetson**

**Saturday, August 16<sup>th</sup>  
9:30 – 11:30 a.m.**

**The Hidden Workshop in Leo with Sam Cannon**  
**Tuesday, August 19<sup>th</sup>  
6:00 – 8:00 pm \$45**

**A Deeper Dive into Tarot Workshop with Julia Gordon-Bramer**  
**Wed, August 27<sup>th</sup> \$55**

*Featured Stone:*  
**Labradorite**



Keywords: Strength, intuition, & insight

Labradorite was originally discovered in Canada on St. Paul Island in Labrador, which is where its name originates. Labradorite can help to protect the user from psychic debris by deflecting negativity and strengthening the aura. Making it an excellent stone for those often surrounded by large groups of people. It is the gemstone of “magic” as it awakens intuitive abilities in those who wear or carry it. It also opens abilities to astral travel, access to the Akashic records and telepathic communication. Other benefits of Labradorite include more restful sleep and stress reduction, as it has a very calming effect. It works well with moonstone, sunstone, and golden labradorite.