

HEADQUARTERS EVENTS & WEBINARS

12:00pm Mon–Fri
Staff Lead Meditation

2:30pm Every Day
Visitor Center Tour

3:30–4:30pm Every Day
Free Daily Lecture

SUN	MON	TUES	WED	THUR	FRI	SAT
<div> <div>JAN 23-25, 2026 🌐</div> <div> Opening the Gateway to the Beyond Experiential Training in Angels and Spirit Connections featuring Karen Noé </div> </div>						
4 LECTURE: Edgar Cayce and the Importance of Ideals, Tyler Benson 📺	5 LECTURE: Prophecy and Earth Changes, Rev. Laura Jackson Loo 📺	6 LIVE LECTURE: Biofield Tuning to Capricorn, Julie Ramsdell, MS	7 LIVE LECTURE: Love and Gratitude: Masuru Emoto's Study of Water, Dick Dinges WEBINAR: 🌐 Awakening Your Inner Oracle, Julie Starr Parker, PhD 8-9:15p.m.	1 CLOSED Happy New Year!	2 LECTURE: Sacred Geometry, Donald Carroll 📺	3 Special Guest Psychic 🔴 (Bookstore) 10:30a.m.–4 p.m. ESP Demo 1 p.m. LECTURE: Our Amazing Soul Life, John Van Auken 📺 Tarot Tea, (Meditation Room) 1-2:30p.m. 📺
11 LECTURE: Our Amazing Soul Life, John Van Auken 📺	12 LIVE LECTURE: Edgar Cayce: Psychic, Medium, or Mystic?, Sheri Marshall, MD	13 LIVE LECTURE: Foundations of Health, Sheri Marshall, MD	14 LIVE LECTURE: Biofield Tuning the Goddess Archetypes in Your Natal Astrology, Julie Ramsdell, MS	15 LECTURE: Our Amazing Soul Life, John Van Auken 📺	16 Special Guest Psychic 🔴 (Bookstore) 10:30a.m.–4 p.m. LECTURE: Edgar Cayce on Dreams, Cheryl Baer-Bernath, CHT 📺	17 Special Guest Psychic 🔴 (Bookstore) 10:30a.m.–4 p.m. ESP Demo 1 p.m. LECTURE: Cayce Remedies for Body, Mind, Spirit, J.P. Amonte, DC, BS, CMT 📺 Optimize Your Nutrition, (Yoga Room), Judith Stevens 2-3:00p.m. 📺 Soul Painting for Animals, Nicole Harp, Jan. 17 (Main) 🔴👤
18 LECTURE: Prophecy and Earth Changes, Rev. Laura Jackson Loo 📺	19 CLOSED Martin Luther King Jr. Day Spa CLOSED	20 LIVE LECTURE: Echoes of the Soul: Past-Life Regression to Find Your Soul Purpose, Nadira Grubbs	21 LECTURE: Cayce Remedies for Body, Mind, Spirit, J.P. Amonte, DC, BS, CMT 📺 WEBINAR: 🌐 Quantum Intuition Masterclass, Kim Chestney, 8-9:15p.m.	22 LIVE LECTURE: Edgar Cayce's Near Death Experiences, Neil Helm, PhD	23 LIVE LECTURE: Metaphysics and the Mind, Doug Hough Opening the Gateway to the Beyond, Karen Noé Jan. 23-25 (Main), 🔴👤🌐	24 Special Guest Psychic 🔴 (Bookstore) 10:30a.m.–4 p.m. ESP Demo 1 p.m. LECTURE: The Astology of the Fruits of the Spirit, Patty Finlayson 📺
25 LECTURE: Prophecy and Earth Changes, Rev. Laura Jackson Loo 📺	26 LECTURE: Animals and the Afterlife with Edgar Cayce's Wisdom, Jennie E. Taylor 📺	27 LECTURE: Sacred Geometry, Donald Carroll 📺	28 LIVE LECTURE: Shamanic Drum Journey to Meet Your Animal Spirit Guide, Patricia Guerra	29 LIVE LECTURE: Foundations of Health, Sheri Marshall, MD Whispers Between Worlds, Nancy Laporta (Main) 6:30-8:30p.m. 🔴👤	30 LECTURE: Prophecy and Earth Changes, Rev. Laura Jackson Loo 📺	31 Special Guest Psychic 🔴 (Bookstore) 10:30a.m.–4 p.m. LECTURE: Cayce Remedies for Body, Mind, Spirit, J.P. Amonte, DC, BS, CMT 📺 Past-Life Hypnosis Healing and Trance Dance, Karen Wright, MA, MHT, and Katayoun Farah, (Main/Areom Studio) 2-4:00p.m. 🔴👤

STUDY GROUPS

A Search for God | Book 1
Wed, 6-7:15 p.m. 📺
(Meditation Room)

A Search for God | Book 2
Mon, 4-5 p.m. 📺 (Copeland)
Fri, 12:30-1:30 p.m. 📺 (Wynne)

Comparative Studies
Thu, 2-3 p.m. (Copeland) 📺

Glad Helpers (Meditation Room)
Tue, 10 a.m.-12 p.m. 📺

Lemuria/Atlantis, 📺
Book of Revelation 📺
Alternating Thursdays,
12:30-1:30 p.m. (Copeland)

For list of all/online study groups, please go to:
EdgarCayce.org/StudyGroups

SAVE THE DATE

Women's Integrative Wellness Retreat
Feb 12-15, 2026 📺

Soul Writing™ Training Intensive
Feb 27-Mar 1, 2026 📺

Holistic Wellness Practitioner Training
Mar 12-15, 2026 📺

Regression Hypnosis Certificate Training
April 13-17, 2026 📺

Annual Reincarnation Conference
May 1-3, 2026 📺

95th A.R.E. Members Congress
Jun 7-12, 2026 📺

Couples Integrative Wellness Retreat
July 16-19, 2026 📺





AREÖM CLASSES



YOGA & DANCE

Mind | Body | Spirit | Community

Membership: \$69 per month

Ask about our ARE Members, Military, and Senior discounts!

MONDAYS

5:30–6:30 p.m. **Meditation** (Meditation Room, *free*)

6:30–7:30 p.m. **Yoga & Sound Healing**

TUESDAYS

12:30–1:30 p.m. **Aura Flow Color Yoga**

5:00–6:00 p.m. **Qigong**

6:30–7:30 p.m. **Flow Yoga**

WEDNESDAYS

10:30–11:30 a.m. **Chair Yoga**

12:30–1:30 p.m. **Yoga for Health**

5:30–6:30 p.m. **Yin Yoga**

6:30–7:30 p.m. **Somatic Yoga**

THURSDAYS

12:30–1:30 p.m. **Kundalini Yoga**

5:30–6:30 p.m. **Belly Dance**

6:30–7:30 p.m. **Salsa: Joyful Steps**

FRIDAYS

12:00–1:00 p.m. **Gentle Yoga with Reiki**

4:00–5:00 p.m. **Yoga for Health**

SATURDAYS

11:00 a.m.–12:00 p.m. **Hatha Yoga**

12:30–1:30 p.m. **Tai Chi**

SUNDAYS

12:00–1:00 p.m. **Sacred Sunday Yoga**

1:30–2:30 p.m. **Bachata Latin Dance**



UPCOMING EVENTS



2026

an A.R.E. Community Event

Whispers Between Worlds

Connecting with Loved Ones Who Have Passed

JAN 29, 2026 | with Nancy Laporta

FEB 26, 2026 | with Nancy Laporta

MAR 26, 2026 | *Whiskers Between Worlds*
with Nicole Harp

UPCOMING

Wednesday Night Webinars



JAN 7, 2026



Awakening Your Inner Oracle
with Julie Starr Parker, PhD

JAN 21 2026



Quantum Intuition Masterclass
with Kim Chestney

FEB 4, 2026



Angels of Attraction:
Manifesting Your Heart's Desires
with Karen Wright, MA, MHT

FEB 18, 2026



**Sacred Partnership: Feng Shui Your
Space for Romantic Connection**
with Kim Goeltom, MA

= Online Program = In-Person Program

AREÖM: Special Workshops!



PAST-LIFE HYPNOSIS HEALING AND TRANCE DANCE

with Karen Wright, MA, MHT, and Katayoun Farah

Jan. 31, 2026, 2pm–4 pm, AREÖM Studio, \$40

Can exploring your past lives help bring healing and clarity to the present? Reserve your place for this unique afternoon and experience the combined power of hypnosis and trance dance for insight, clarity, and spiritual connection.

RHYTHM & ROMANCE: AN AFTERNOON OF SALSA & BACHATA



with Leroy Windfield and Ayden Galindez

Feb. 7, 2026, 2pm–4 pm, AREÖM Studio, \$40

Celebrate love in all its forms with an electrifying Salsa and Bachata workshop! Whether you're coming with a partner, your best friend, or flying solo, this lively afternoon is about connecting through the universal language of dance. Dance for insight, clarity, and spiritual connection.

VISITOR CENTER

(800) 333-4499 | (757) 457-7265 | EdgarCayce.org

Visitor Services: Mon-Sat: 10 a.m.–5 p.m.
Sun 12 p.m.–5 p.m.

Gift & Bookstore: Mon-Sat: 10 a.m.–5 p.m.
Sun 12 p.m.–5 p.m.

Library: **TEMPORARILY CLOSED**
For online library access email
library@edgarcayce.org

HEALTH CENTER & SPA

(757) 457-7202 | AREhealth.org

Mon: 10 a.m.–6 p.m.

Tue: 10 a.m.–2 p.m.

Wed: 10 a.m.–2 p.m.

Thur: 10 a.m.–6 p.m.

Fri: 10 a.m.–6 p.m.

Sat: 10 a.m.–6 p.m.

Sun: 10 a.m.–5 p.m.

JANUARY SPECIAL

RECOVER AND RENEW

For weary feet, Massage and Reflexology. For energy renewal, Massage and Reiki, for relaxation Massage and 30 min. facial!



NOW OPEN! SESSION AT THE A|R|E CAFÉ

(757) 457-7105

Mon-Sat: 9 a.m.–3 p.m.



CAYCE REILLY® SCHOOL OF MASSAGE

(757) 457-7249 | CayceReilly.edu | dina.blythe@caycereilly.edu

BOOK A STUDENT MASSAGE (757-457-7146)

Tue-Thur: 1–5 p.m.

Sat: 9:30 a.m.–5 p.m.

- Applications and Admissions processing must be complete by **Jan. 12, 2026**
- **FT Day class:** Feb. 23, 2026 – Sept. 6, 2026
- **PT Eve class:** Feb. 23, 2026 – Feb. 13, 2027

*Full time students are finished in 8 months;
Part-time students are finished in about one year.*



ATLANTIC UNIVERSITY ONLINE COURSES

(757) 457-7249 | AtlanticUniv.edu | dina.blythe@caycereilly.edu

Winter 2026:

- **Semester:** Jan 5– March 29, 2026
- **All applications due:** Dec. 19, 2025



EdgarCayce.org | |

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