

February 2026

Activities are subject to change.

● = ONLINE PROGRAM
● = IN-PERSON PROGRAM

● = VIDEO LECTURE
● = PAID EVENT

Edgar Cayce's ARE®
your body | mind | spirit resource since 1931

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	STUDY GROUPS
1 LECTURE: Cayce Remedies for Body, Mind, Spirit, J.P. Amonte, DC, BS, CMT ●	2 LECTURE: Sacred Geometry, Donald Carroll ● Student Chair Massage, Cayce Reilly, 1:30-4:30p.m., free	3 LECTURE: Our Amazing Soul Life, John Van Auken ●	4 LECTURE: Edgar Cayce and the Importance of Ideals, Tyler Benson ● Student Chair Massage, Cayce Reilly, 1:30-4:30p.m., free WEBINAR: ● ● Angels of Attraction: Manifesting Your Heart's Desires, Karen Wright, MA, MHt, PhD 8:9:15p.m.	5 LECTURE: Prophecy and Earth Changes, Rev. Laura Jackson Loo ●	6 LECTURE: Animals and the Afterlife with Edgar Cayce's Wisdom, Jennie E. Taylor ●	7 Special Guest Psychic ● (Bookstore) 10:30a.m.-4p.m. LECTURE: Edgar Cayce on Dreams, Cheryl Baer-Bernath, CHT ● Rhythm & Romance: An Afternoon of Salsa and Bachata, AREÖM Studio, 2-4p.m. ● ● Tarot Tea, (Meditation Room) 1:2:30p.m. ●	
8 LECTURE: Sacred Geometry, Donald Carroll ●	9 LIVE LECTURE: Cayce's Psychic Attunement, Susan Barnes, PhD	10 LECTURE: Cayce Remedies for Body, Mind, Spirit, J.P. Amonte, DC, BS, CMT ●	11 LIVE LECTURE: Love and Gratitude: Masuru Emoto's Study of Water, Dick Dinges	12 LIVE LECTURE: Neuroscience of the Soul: Restoring the Sacred Circuit Between Body, Mind, Spirit, Nadira Grubbs	13 LIVE LECTURE: Metaphysics and the Mind, Doug Hough	14 Special Guest Psychic ● (Bookstore) 10:30a.m.-4p.m. ESP Demo 1 p.m. LECTURE: Edgar Cayce and the Importance of Ideals, Tyler Benson ●	Lemuria/Atlantis, ● Book of Revelation ● Alternating Thursdays, 12:30-1:30 p.m. (Copeland)
15 LECTURE: Our Amazing Soul Life, John Van Auken ●	16 LECTURE: Edgar Cayce on Dreams, Cheryl Baer-Bernath, CHT ●	17 LECTURE: Cayce Remedies for Body, Mind, Spirit, J.P. Amonte, DC, BS, CMT ●	18 LIVE LECTURE: Past Lives for Positive Change: Past-Life Regression, Karen Wright, MA, MHt WEBINAR: ● ● Sacred Partnership: Feng Shui Your Space for Romantic Connection, Kim Goelton, MA, 8:9:15p.m.	19 LECTURE: Animals and the Afterlife with Edgar Cayce's Wisdom, Jennie E. Taylor ●	20 Special Guest Psychic ● (Bookstore) 10:30a.m.-4p.m.	SATURDAY, FEB 21 10 a.m.-5 p.m.  body mind spirit FAIR	SAVE THE DATE Reiki III Certificate Training Mar 7-8, 2026 ● Holistic Wellness Practitioner Training Mar 12-15, 2026 ● ● Regression Hypnosis Certificate Training April 13-17, 2026 ● ● Wisdom of the Cards April 25-26, 2026 ● ● Echoes of the Past: Awakening to Your Soul's Many Lives May 1-3, 2026 ● ● 95th A.R.E. Members Congress Jun 7-12, 2026 ● ● Couples Integrative Wellness Retreat July 16-19, 2026 ●
22 LIVE LECTURE: Circulation and Vitality, Sheri Marshall, MD	23 LECTURE: My Life with Edgar Cayce, June Bro with Pam Bro ●	24 LIVE LECTURE: Circulation and Vitality, Sheri Marshall, MD	25 LECTURE: Prophecy and Earth Changes, Rev. Laura Jackson Loo ●	26 LIVE LECTURE: Gemstone and Crystal Healing, Patricia Guerra	27 LIVE LECTURE: Healthy Nutrition the Edgar Cayce Way, Judith Stevens	28 Special Guest Psychic ● (Bookstore) 10:30a.m.-4p.m. ESP Demo 1 p.m. LECTURE: Amazing Soul Life, John Van Auken ●	 EdgarCayce.org/Events



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

11:00 a.m.–12:00 p.m. Tai Chi
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

AREÖM: Special Workshops!



DANCE OF THE FLOWERS: PERSIAN DANCE CHOREOGRAPHY

with Katayoun Farah, Expressive Movement Coordinator and Cultural Dance Artist

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

Step into the magical world of Persian culture, where flowers aren't just beautiful, they're sacred symbols of divinity, creation, and purity. Edgar Cayce's readings described an ancient Persian society with deep spiritual roots that later blossomed into the Zoroastrian religion, a tradition that honored the divine through nature's elegance.



UPCOMING EVENTS



2026

an A.R.E. Community Event

Whispers Between Worlds

Connecting with Loved Ones Who Have Passed

FEB 26, 2026 | with Nancy Laporta

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

APR 30, 2026 | with Nancy Laporta

UPCOMING

Wednesday Night Webinars



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



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



Healing Your Soul Family
with Kristy Robinett



The Magic of Dreams
with Samantha Fey



= Online Program



= In-Person Program

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

FEBRUARY SPECIALS

Twin Flames Couples

| 60 minute Cayce Massage \$220

| 90 minute Cayce Massage \$270

Love Bug Couples Facial

| 45 minute \$210

Post First Date Glow

| Facial Combo | 90 minute \$155



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.

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 | earl.wallace@edgarcayce.org

BOOK A STUDENT MASSAGE (757-457-7146)

Tue-Thur: 1–5 p.m.

Sat: 9:30 a.m.–5 p.m.

October Full Time Day 2026

▪ Orientation: Oct. 16, 2026

▪ First Semester: Oct. 19, 2026 – Feb. 5, 2027

▪ Second Semester: Feb. 8, 2027– May 19, 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 | earl.wallace@edgarcayce.org

Spring 2026:

▪ April 6–June 28, 2026

▪ All applications due: March 20, 2026



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