

## NATURAL AWAKENINGS GUIDELINES FOR CALENDAR LISTINGS

- Deadline:** All submissions must be resubmitted each month. All submissions are due on or before the 15th of the month prior to publication .
- Word Count:** Up to 50 words per listing in the Calendar of Events.  
Up to 25 words per listing in the Ongoing Calendar.
- Cost:** **Distributors:** Up to two (2) free listings.  
**Advertisers:** Up to three (3) free listings.  
**Non-Advertisers:** Events Calendar – \$10 per emailed listing.  
Ongoing Calendar – \$8 per emailed listing.  
No charge for free community event emailed listings. (limits apply).
- How to Submit:** Visit us online at a2namag.com to submit your listings or email them to publisher@a2namag.com by the 15th of the month prior to publication.
- Format:** **Title of Event** (bold Title of Event ONLY)  
**En – dash** (use Alt 0150 on keyboard)  
**Time.** No extra spaces; periods at end of time.  
(examples: 8-10am. 11am-2pm. 4-5pm.)  
**Brief Description.**  
**Cost.** (example: \$12. \$125. \$12.50. )  
**Location.** Name, address include city, but not state.  
(example: Magical Moments. 1256 Beachview Ln. #2. Ann Arbor.  
**Phone Number.** (example 212-2112.)
- Examples/Events:** **Yoga and Meditation** – 9-11am. All ages, all levels. Basic yoga positions, breathing and relaxation techniques in the Iyengar approach to yoga w/ Brynn. Wear comfortable cloths. Meditation follows. \$45. Magical Moments. 1256 Beachview Ln. #2. Naples. 222-2222.
- Messages From the Otherside** – 11:30am-1pm w/ Dana Sago, world renowned psychic. Everyone will receive a message from a loved of. \$20. The Earth and Beyond. 6792 12th Ave. #10. Ft. Myers. 333-3333.
- Examples/Ongoing:** Sunday (do not bold day of week)  
**Sunday Kayaking on Sawyer River** – 9am. Learn about birds, plants and more. 3 hours. \$45. Departs from Manatee Park. Pleasure Guides. Ft. Myers. Mary 888-8888.
- Iyengar Yoga** – 9-10:30am. Level 1 & II. w/ Melody. Lotus Flower Yoga Studio. 555-5555.
- World Peace Meditation** – 5-6pm. Every 3rd Sunday. Love and Light Center for Yoga and Meditation. 5259 Mangrove Cir. Bonita. 777-7777.