

The IMPROV BOSTONIAN

METRO BOSTON'S GRANOLA GUIDE to ENTERTAINMENT,
CULTURE and CLIMBING EVERY MOUNTAIN

May 27–June 9, 2009

IMPULSES

Body & Mind Edited by Linh Tran Brincat

EVENTS

Acupuncture Together's First Anniversary Celebration Acupuncture Together, 2464 Mass. Ave., Cambridge (617-499-9993). acupuncturetogether.com. MBTA: Red Line to Davis. May 28, 9:30 am–12:30 pm and 3:30–7:30 pm. \$5–\$15, suggested donation. Licensed acupuncturists offer free therapy to benefit Pan African Acupuncture and Acupuncturists Without Borders.

LECTURES

Food Energetics Boston Center for Adult Education, 122 Arlington St., Boston (617-267-4430). bcae.org. MBTA: Green Line to Arlington. June 6, 1:30–3 pm. \$45, nonmembers; \$41, members. Learn how to incorporate superfoods into your diet using visualization, self-analysis and nutrition response training.

Insomnia: Getting a Good Night Sleep Naturally Cambridge Center for Adult Education, 56 Brattle St., Cambridge (617-547-6789). ccae.org. MBTA: Red Line to Harvard. May 31, 11 am–12:30 pm. \$33. Instructor Julia Barsam-Cummings teaches lifestyle tips and holistic medical philosophies to combat insomnia.

Skin Care Basics Boston Center for Adult Education, 122 Arlington St., Boston (617-267-4430). bcae.org. MBTA: Green Line to Arlington. June 3–24. Wed., 5:30–7:30 pm. \$150, nonmembers; \$134, members. Instructors Michele Sotallaro and Mary Capozzi discuss skin physiology, personal regimens and ingredient knowledge.

WORKSHOPS

Chakra Recharge Workshop Healing Essence Center, 96 Comm. Ave., West Concord (978-897-5222). applecountryyoga.com. MBTA: Commuter Rail to West Concord. May 30, 10 am–2 pm. \$65. Instructor Maureen Trunifo teaches about chakra points with relaxed yoga, a guided meditation and a lecture explaining flower essences.

Pole Fitness SuperShag, 42 Eighth St., Charlestown (617-267-4430). supershag.com. MBTA: Green Line to North Station. June 7–28. Sun., 3:30–4:30 pm. \$98. This class teaches how to use a pole for exotic exercise with dance, floorwork, climbing, spinning and acrobatics.

Restorative Yoga Art & Soul, 91 Hampshire St., Cambridge (617-661-7378). artsoulyoga.com. MBTA: Red Line to Kendall/MIT. May 31, 4–6:30 pm. \$35. This yoga class teaches how to maintain poses to achieve deeper relaxation and relieve stress and fatigue. All levels are welcome.

Revolution Urban Training Revolution Fitness, 209 Columbus Ave., Boston (617-536-3006). revfitboston.com. MBTA: Green Line to Arlington. Through June 5. Mon.–Fri., 6–7 am. Total cost: \$200, nonmembers; \$100, members. This outdoor group training program focuses on strength and conditioning to increase stamina, balance, coordination and flexibility.