

SYNCHRONICITY APRIL CLASS SCHEDULE

APRIL 3 & 17 – HYPNOSIS & WEIGHT CHANGE
7p–9p \$15 Anna Boots

APRIL 6 & 20 – SPIRIT MESSAGE CIRCLE
7p–8:30p \$15 Elizabeth Walker

APRIL 7 – CANDLE MAGICKE WORKSHOP
12p–5pm \$130 Rowan McKay

APRIL 14 – CRYSTAL ALLY WORKSHOP
3p–7p \$150 Melinda Adams

APRIL 21 – ASTRAL TRAVEL – PROJECTION & PROTECTION
1p–3p, 4 Saturdays \$100 Rowan McKay

www.synchronicityamd.com

861 Holcomb Bridge Rd #109
Roswell, GA 30076
770-640-8184

SP LIFE



THE LUCKY NO. 7

Seven things that'll change your life (well, sort of)

BY SUZANNE WRIGHT

In an effort to bring you the various items in life that delight, assist, inspire and beautify, we humbly present this month's roundup, which includes a solution for year-round grilling, a jet-setting bag to take on your next adventure and a very Zen way to greet the morning.

ROUNDUP

TURBO-CHARGED COOKIES

Terri Horn came up with the idea for Kayak Cookies when she was—what else—kayaking. Needing something hearty to keep her energy up, she created Salty Oats, hefty raisin-studded oatmeal cookies that are subtly sweet and curiously salty. \$14.95 for six. Visit www.kayakcookies.com.

TRICKS ARE FOR KIDS

Las Vegas comedian and magician Mac King has introduced a line of low-tech toys for budding little conjurers. An 8-year-old I know likes the “cereal killer,” and her 6-year-old sister giggled over the “pea-brained monkey.” Each trick comes with a comic book, trading card and a secret code for the online vault. From \$2.99. Visit www.magicinaminute.com.

YEAR-ROUND GRILLING

Spring is here—let the outdoor grilling resume. Admit it: You missed it, didn't you? With Spitjack fireplace grills and rotisseries you can grill year-round in your fireplace. How medieval-cool! From \$99. Visit www.spitjack.com.

COOL PJS

An Atlanta nutritionist and trainer-turned-entrepreneur created Nite Sweatz to help pregnant, overweight and menopausal women regulate body temperature changes. The collection combines the moisture-wicking properties of fitness wear with the silky feel of lingerie. I like the yoga pants and kimono top in mint and pink. \$155 for both. Visit www.nitesweatz.com.

The Zen Timepiece summons soporific souls with gently increasing cycles of a brass gong.



PHOTOS/COURTESY OF UNCOMMON GOODS

FLY IN STYLE

I love the roomy “flight bag” from Uncommon Goods emblazoned with a witty digital photo of an airliner about to take off—it telegraphs “jet-setter.” The cotton bag is lined with teal water-resistant PVC and features several internal pockets and a zipper closure. \$120. Visit www.uncommongoods.com.

SIMPLE SPACE PLANNING

Take the fear factor out of large furniture purchases with life-size paper furniture templates that allow you to space plan before buying. Kits include dining room, living room, kitchen and patio. Perfect for college students or empty-nesters downsizing. \$29.99 per room or \$110 for the complete set. Visit www.designyourselfinteriors.com.

WAKE UP CALM

The bleating of an alarm or the blather of most radio stations is, literally, a rude awakening. That's why I love my Zen Timepiece, which gently summons me from slumber with the rich tones of a brass gong, increasing in frequency over the 10-minute alarm cycle. In cherry, it looks as beautiful as it sounds. \$149.95. Visit www.now-zen.com. **SP**

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