

SATURDAY

REAL ESTATE
ADVERTISING
INSIDE

OCTOBER 13, 2018

OC

FOOD & DINING :: HOME & DESIGN :: MIND & BODY :: L.A. AFFAIRS :: GEAR & GADGETS

F6

Los Angeles Times

LATIMES.COM

MIND & BODY

HEALTH HAPPENINGS

Talk, walk and race for good

BY KAVITA DASWANI

Here are four upcoming events that can help inspire you to do something good for your health — and for others:

Empowerment chat

Visionary Women hosts female empowerment events in and around L.A., and you can always expect standout speakers.

"This is the first time we are

inviting a mystic," said co-founder Angella Nazarian. She will be in conversation with Sadhguru, an Indian yogi, spiritual leader and social activist, to discuss "male and female consciousness and creating a paradigm shift in the way men and

women relate to one another. ... In the current climate, it's an especially important topic," she said.

Info: 6 to 8 p.m. Wednesday, SLS Hotel, 465 S. La Cienega Blvd., Los Angeles. Tickets are \$70. visionarywomen.com



JONNY MARLOW

HEAR a talk with Angella Nazarian.