

iLLUMiNATE ANNAPOLIS

local arts & wellness festival

Sunday, July 17, 2022 – 10 am to 5 pm

**Anne Arundel Community College Main Campus
Schwartz Student Union**

101 College Parkway, Arnold, Maryland 21012

Try a holistic mini-session!

Shop, sample & delight your senses

Energywork, Bodywork and Intuitive Readers

Crystals • Essential Oils • Luxurious Spa Products

Amazing Artisans • Jewelry & Gifts

Free admission & free workshops

575.519.5883

www.illuminatefestivals.com



Time

Workshop

11:00 am**Messages from the Angels**

KATIE AND TOM HIRT – ANGELIC CONNECTIONS

Tom and Katie Hirt connect to the Spirit realm to give messages of love, peace, insight and comfort to all. Their presentations are lively, upbeat and timely and every presentation is different depending on what the audience needs and that Spirit and the Angels addresses collectively for that audience.

12 noon**The 3 Keys to Manifestation**

CHELE KAY – CHELE KAY, LLC

Manifestation is more than creating vision boards, mantras and tapping into the emotion of how you will feel once you achieve “the thing” you want. Join Chele Kay for a playful exploration of 3 important keys for manifesting. Come have some fun and step further into creating the life you want!

1:00 pm**Angel Mentors**

REV. MARY PERRY - WINGS UNFURLED

This workshop explains how getting to know your Angel mentors can help you in many ways in your life. It all starts with taking steps to clear your energies, grounding and using meditation to get to know your Angels. A meditation to meet your Guardian Angel will be included!

2:00 pm**Personal Empowerment**

LARRY LAMBERT – AURA PHOTO US

Self-empowerment can become an elusive goal to achieve. In this workshop, we will discuss the importance of how we define ourselves in our thoughts, verbal statements, and choices. We will discuss methods to make yourself the priority and redirect your energy and thoughts to bring about success.

3:00 pm**Root Cause**

YOLONDA KING TAYLOR - NUTRITIONAL HEALING CENTER LLC

Nutrition Response Testing® is a technique that uses clinically designed, fully customized programs to help address a wide variety of health issues in a safe and non-invasive way. By creating an individualized plan with Nutrition Response Testing®, we save a great deal of time and effort.

4:00 pm**Creating Alignment with Your Body**

SHANNON N. SMITH - SNS WELLNESS LLC

Let's talk about alignment! It's something we strive for whether we know it or not, but we rarely develop a relationship with our body to know how. This will be an interactive discussion on how we create and maintain alignment in our bodies by looking at both our bodies and our environment.