

iLLUMiNATE OCEAN CITY

local arts & wellness festival

Saturday, July 30, 2022 – 10 am to 5 pm

Roland Powell Convention Center

4001 Coastal Highway, Ocean City, Maryland 21842

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

**A Holistic Look On Healing Fruits:
How They Help Our Bodies and Prevent Disease**

DR. MARIA TALTON

Join Dr. Talton in this energetic discussion on healing fruits and preventing disease holistically. Dr. Talton is an expert holistic health practitioner with over 30 years of expertise in clinical mind and body therapy. She holds a Doctorate degree in physiology & Ayurvedic health, Master's degree in clinical aromatherapy, is a certified drugless practitioner, certified surgical technologist, master herbalist, reiki master and published author. Her qualifications give her a superior knowledge of botany and herbal compositions. Let's work towards a mind and body completely free of negativity!

12 noon

Qigong Breathing

MICHELE BUCKLEY -

ALPHA TRINITY HEALTH MINISTRY WITH MICHELE BUCKLEY

Come and learn more about Qigong breathing for stress relief and PTSD, immune boosting and spiritual growth.

1:00 pm

Angel Mentors

REV. MARY PERRY - WINGS UNFURLED

cancelled

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

Beliefs and Your Healing

SHANNON N. SMITH - SNS WELLNESS LLC

Are your beliefs holding back your healing?

This may not be something we think about, but what if the beliefs we hold, the ones deep in our subconscious (from this lifetime or another) are influencing whether we have the health we want? Let's talk about how we can shift this!

3:00 pm

Exploring the Akashic Records

DEBRA CARTER - ELEVATED WISDOM LLC

Come learn what the Akashic Records are and how I use them to clear out issues from past lives and change the direction of this lifetime to one that more accurately reflects what I want to accomplish.

4:00 pm

Scry with Me

CELESTIAL HEALINGS - STARLET LEBRUN

Scry with Me is a beginner class that teaches participants the basics of divination using crystal balls, black mirrors and more. This is a hands-on workshop and participants will have the opportunity to try out their new skills with a partner!