

# iLLUMiNATE NASHVILLE

*local arts & wellness festival*

Saturday, September 17, 2022 - 10 am to 5 pm

**Hilton Garden Inn Nashville Franklin/Cool Springs**

9150 Carothers Parkway, Franklin, Tennessee 37067

**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

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## Time Workshop

### 12 noon **Four Energy Gates for Total Health**

AMBER SUTER - LMT, DRAGON'S WAY QIGONG INSTRUCTOR - HARMONY HEALING THERAPY

Learn four acupressure points to use daily to promote general health and wellness. These four points, if used daily, help tune up the body, preventing illness, boosting immune system, relieving symptoms at the root, such as, headache, high blood pressure, arthritis, neck pain, back pain, hip pain, PMS, and more!

### 1:00 pm **How to Talk to and Hear Your Guides**

PAUL MCCOY, HP RPMTC – C&M ENERGETIC SERVICES

Ever wonder how your guides and Guardian Angels try to communicate with you? This workshop will explain some of the ways they try to speak to us.

### 2:00 pm **Untangle From the Matrix - Guided Mindful Practice**

REV. DEBORAH BISHOP - BISHOPWORLD

Energies like stress, lack and struggle have crept into our reality in bigger and bigger ways, and it is taking its toll. This guided mindful practice will release all that doesn't serve you while reigniting your personal power and recharging your internal battery. Align to your highest good!

### 3:00 pm **Becoming an Infinite Human**

MRS. ELIZABETH MONROY - INFINITE HUMAN SCHOOL

"There is emerging on the face of the earth a New Human, an Infinite Human and that Human is YOU!" Thirty years ago, Elizabeth Monroy wrote these words not fully understanding how deeply they relate to current world events and the consciousness wars on our planet now!