

Time

Workshop

11:00 am **Me Happy**

KAILA SCHLAKE

Me Happy is where I share the journey to happiness with you. Sometimes Happy is hard. Happy at times can feel like a chore. Being happy is what makes your life go from just existing to completely living. You'll learn from me how to find more happiness in your daily life.

12 noon **Intuitive Food Therapy™**
Conscious Eating for High Vibrational Wellness

LAINIE SEVANTE WULKAN

Meet Lainie "Sevante" Wulkan, Founder of CIFT, The Center for Intuitive Therapy™ and Co-Author of *The Food Healing Oracle Deck® Vol I & II* and *SMOOTHIES - Nourishing Wisdom Beyond the Blend!* She'll be sharing how to eat with greater intention and learn to see the deeper meaning to nourishing your body temple.

1:00 pm **Energy Boost Self-Care**

HEATHER PHILLIPS -

ENERGY BOOST SELF-CARE SPECIALIST CERTIFICATION

Become a facilitator for wellness and call yourself an Energy Boost Self-Care Specialist! Your body is electric and maintaining it using energy techniques is as important as exercising, drinking clean water, having proper nutrition, and getting a good sleep! These techniques set up the body for daily vitality and resilience."

2:00 pm **The Vibrational Shift**

REV. NANCY LEE

This workshop teaches how to raise your vibrational frequency through clearing your energy bodies, empowerment of aligning with the higher soul, forgiveness and detachment from karmic ties and patterns and invoking each day gratefulness. By doing this it will help attune their body, mind, and spirit with Divine Guidance.

3:00 pm **Secrets of Chinese Medicine**

DR. DAVID MARTIN, AP, DOM – LOTUS BLOSSOM CLINIC

Chinese Medicine is a general practice medicine covering many health issues, especially those chronic or difficult to diagnose and treat. This workshop will uncover little-known secrets to the success of acupuncture in helping conditions ranging from pain that is physical to pain that is emotional and spiritual. Bring your questions!

4:00 pm **Phoenix Healing**

ALINA PHOENIX -

CERTIFIED EMOTION CODE® BODY CODE® PRACTITIONER

Muscle Testing: Unlocking Your Wellness by Trusting Your Higher Self
Demonstrating and teaching the skill of muscle testing on yourself to enable you to be able to communicate with your body and higher self to determine what your body needs for an optimal life.



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