

Time Workshop

11:00 am **The Art of ReWilding; Embracing our Seasons**

ANITA BROWN - INSPIRIT STUDIOS

Let's have some inspired conversation about being aligned to the rhythms of nature and how they are woven into the very core existence. We are a part of, not apart from, nature... and when we are in right relation, we are both better for it.

12 noon **Return to Joy!**

DENNIS LAWSON, MHT

NATIONAL ASSOCIATION OF TRANSPERSONAL HYPNOTHERAPISTS (NATH)

Join us for a guided imagery experience to access a happy memory in your past. Using methods of progressive relaxation and suggestion, Dennis will aid each participant in accessing their imagination and relocating and re-experiencing a happy occurrence they may have forgotten. These experiences become even more vivid in conscious memory.

1:00 pm **Why Woo-Woo Works!**

DR. CAROL A. POLLIO - INTUITIVE INVESTIGATIONS®

As practitioners of alternative or holistic healing methods, it is sometimes difficult to explain how or why these methods work. In this workshop, learn the science behind many of these practices, the benefits of nature in healing, the importance of human connection, and the relationship between suppressed emotions and disease.

2:00 pm **5 Tips to Living with your Psychic Abilities**

UMA ALEXANDRA BEEPAT

THE LOTUS AND THE LIGHT METAPHYSICAL CENTER

Uma draws on her years of experience and formalized training as a psychic medium to lay out an outline for new or developing psychic mediumship to follow in their own growth. Uma is one of the leading psychic mediums in the area and a festival fan favorite! Come watch her!

3:00 pm **Intro to Shamanic Journeying**

MELISA - WINDWARD PRIESTESS

Participants will learn the basics of shamanic journeying, and participate in a group journey during the session, led by Melisa Zamora.

4:00 pm **The Power of Sound**

WITH MARY LAMPERT - MARY LAMPERT/SOUND INTENTIONS

Sound bath meditation is the therapeutic application of sound frequencies using instruments such as Himalayan and crystal bowls, bells, chimes, tuning forks and more with the intention of bringing a person into a state of harmony, wellness, and relaxation. Join Mary Lampert on a relaxing and educational journey into how sound affects our nervous system.

Guided breath and toning techniques will be explored. Using a collection of instruments, she will bring your adrenals out of fight/flight/freeze/flood and provide a relaxing sound bath meditation.

Doors will close at 4:10pm. Please note that the session may run longer than 5pm, so please plan accordingly.



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