

Time Workshop

11:00 am **Introduction to Past Life Recall**

REV. TERRY LAURIA-WHALEN

This workshop discusses the concept of past lives, understanding regression through hypnosis, discover the objective of exploring past lives; and distinguishing that past life exploration may contribute to healing current life challenge(s), even when you don't believe in past lives.

12 noon **Chair Yoga**

PAMELA URBAS, A YOGA ALLIANCE CERTIFIED INSTRUCTOR
- THE INDIGO SANCTUARY

Yoga for Every Body. A 20-minute, chair-based, spiritual practice to start your day, with breathwork, crystals, and simple yoga asanas.

1:00 pm **Sound Healing: Sound as a Healing Device**

ANGELO RIZZO -
SOUND SPARK PRODUCTIONS, LLC/HEALING SOUND EXPERIENCE

This sound workshop will be one that will help you learn how to use some of the tools in sound therapy in order to help in the healing process. It is both educational and experiential.

Come learn how to move energy with sound!

2:00 pm **Muscle Testing: Unlocking Your Wellness by Trusting Your Higher Self**

ALINA PHOENIX - PHOENIX HEALING

Demonstrating and teaching the skill of self-muscle testing to enable participants to be able to communicate with their bodies and higher selves in order to determine what their own body needs for optimal life.

3:00 pm **Meet your Spirit Guide and Learn How to Practically Read your Reality!**

KAYLA BLOOM – THE LAVENDER LIGHTHOUSE

Kayla will speak about how to practically navigate your reality and finding your unique spirit reference point. Enjoy an inner journey to meet your spirit guide and begin to build a relationship with your psychic self.

4:00 pm **Introduction to Primordial Sound Meditation**

NICOLI SINCLAIR - DIRECTOR OF VEDA DEN

Primordial Sound Meditation (PSM) or Mantra Meditation, is a powerful, yet simple meditation technique rooted in the Vedic tradition of India. It is a healing practice that allows you to experience inner calm and deep relaxation quickly and effortlessly using a personalized mantra.

To experience the benefits of Primordial Sound Meditation, join Nicoli for an introductory workshop where we will use a unique primordial sound mantra to help you relieve stress and calm the mind and body.



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