

# Time Workshop

## 11:00 am Messages from the Angels

KATIE & TOM HIRT - ANGELIC CONNECTIONS

Katie and Tom Hirt deliver powerful, meaningful, Spirit influenced presentations that positively change people's lives! Each presentation is Spirit chosen for that particular group, to meet participant needs. These life and love affirming sessions are interactive, enlightening and FUN! Find peace, direction, love and clarity with the Angels starting NOW!

## 12 noon Parenting by Design

LIBBY HOFFMANN – MODERNE HOMEMAKER

Libby Hoffmann will guide parents and caretakers to explore their family's unique human designs using the Human Design System. Learn how to honor your child's (or your own inner child's!) natural energy, and nurture their innate strength and wisdom to harmonize the relationship in alignment with your mind, body, and soul.

## 1:00 pm Wellness & Remedies through the Ages

LAUREN QUATTROCHI – ALCHEMY Q DESIGNS LLC

Before the wake of modern medicine, many cultures devised their own cures and remedies to soothe the sick and diagnose the unexplainable. In this workshop, explore the vast superstitions and ancient remedies of past medicines, and you may be surprised by what still lingers within your medicine cabinet even today.

## 2:00 pm What Is It Like to Have a Heart-to-Heart with Your Animal

AMBERLY LIVENGOOD – HEARING NATURE'S VOICE

Join me for an open discussion about what animal communication is and how it can deepen the bond between you and your animals. Learn about how animals see the world around them, their family, their home, and most importantly, their relationship with humans.

## 3:00 pm Energy Work 101

AVI CRYSTALE – CRYSTALENE ENERGY

Come and learn the basics of energy work! Energy healing promotes feelings of wellness, relaxation, and helps remove old and stagnant energies from the body centers. We will discuss the chakra system, the importance of grounding and how-tos, Reiki, crystal grids, crystal therapy, plant medicines, sound healing, and so much more!

## 4:00 pm Sound Meditation

BARB STONER - GRATITUDE & GRACE

Sound meditation is the therapeutic application of sound frequencies using various instruments with the intention of bringing a person into a state of harmony, wellness, and relaxation. Using a collection of instruments, Barb will help lift your body and mind to a higher vibration and encourage self-healing and overall wellness through a relaxing sound meditation. Doors will close at 4:10pm. Blankets, pillows, yoga mats are welcomed for your additional comfort. Please note that the session may run longer than 5pm, so please plan accordingly. Ages 13+ only, and those 13-18 must be accompanied by an adult.



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