

## Time Workshop

### 10:30 am **Sound Bath**

TAMMY PATTERSON & LILY ELKINS - SOUNDS OF HEALING

Join sounds of healing and experience, a vibrational sound immersion, while being surrounded with the healing frequencies of crystal bowls, gongs, drums, rattles, and a variety of healing instruments, as well as Reiki healing. Discover for yourself why sound is becoming the future in both health and emotional wellness! Ages 13+ only, and those 13-18 must be accompanied by an adult.

### 12 noon **Past Life Exploration**

REV. TERRY LAURIA-WHALEN – YOUR ENCHANTED TREE

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.

### 1:00 pm **Sound: A Vibration; A Path Back to You**

ANGELO RIZZO -

SOUND SPARK PRODUCTIONS, LLC/HEALING SOUND EXPERIENCE

As we have said many times, "Sound is a vibration. And with that we can do many things to help in the healing process." Sound can help remove emotional blockages, help reduce pain, help heal trauma, and help you find a path back to YOU!

### 2:00 pm **Introduction to Hypnosis**

DEBORA SARTAIN - HYPNOINC.

Discover what hypnosis is (and what it is not!) and why it works through an engaging and lively question-and-answer forum. Debora will expound upon hypnosis and all its applications including weight loss, behavioral change, performance enhancement and so much more! Have some fun while experiencing live interactions with hypnosis!

### 3:00 pm **Take Back Your Power**

SHARON PRICE

Sharon will share techniques, tools, and assessments to help you improve your choices that serve your needs, true desires, and passions. This information is from her bestselling book *Take Back Your Power*, which is part of her Transformation Series, *Your Tool Box For Life!*

### 4:00 pm **Sound Bath**

TAMMY PATTERSON & LILY ELKINS - SOUNDS OF HEALING

*See 10:30 description.* This presentation may run past the end of the event, so please plan accordingly.



# iLLUMINATE OCEAN CITY

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