

## TIME WORKSHOP

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- 11:00 am** **Discover Your Life Purpose**  
*Deb Morton - Inspired Career Options*  
Do you ever feel lost as to why you are here, what's next for you, or what you should be doing in your career? We will explore four questions to help you discover and/or uncover your life purpose to provide guidance and peace.
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- 12 noon** **Sigil/Symbol-Making for Intention and Focus**  
*Donna Ester - Metaphysical Donna*  
We will discuss the background of powerful symbols, also known as sigils, that help you set your intention and focus on what you want to manifest. Learn how to produce one, and each participant will make at least one sigil to take home and use as a tool for manifestation.
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- 1:00 pm** **Developing Your Connection to Spirit**  
*Joy Andreasen - Whispers of Joy*  
This year is your year for increasing your relationship to the Spirit world. In this workshop, you will learn some tools and tips for increasing or developing your ability to sense the Spirit world and how to know if you are having a spiritual awakening.
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- 2:00 pm** **Leading a Life You Deeply Love**  
*with Author & Poet Lisa McCrohan, MA, LCSW-C, SEP*  
Come join us for a soulful and practical exploration of what delights your heart and how to lead a life you deeply love. Through poetry as well as practical tools, you'll discover how to cultivate simple habits that enliven your spirit and bring you into alignment with what matters most.
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- 3:00 pm** **Group Gallery Reading**  
*Amy Shuford - Medium*  
Curious about mediumship readings? Dip your toes into how mediumship works while in the comfort of a group setting. Join Amy and Angelic medium as she relays messages from Spirit. Not all individuals will receive a reading, but all messages are for the highest use of the group as a whole.
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- 4:00 pm** **The Power of The Chakras Workshop**  
*Kim Steinmetz - Come To Life Yoga and Sound Healing*  
Learn the key principles of the seven chakras and how they relate to your body. Learn how to use chakra exercises, breathing, meditations, sounds, visualizations, and healing techniques to maintain balance and encourage personal growth. We will end the day with a mini-sound bath.
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# iLLuminate FORT MYERS

LOCAL ARTS & WELLNESS FESTIVAL

Saturday, March 2, 2024 – 10 am to 5 pm

**Doubletree by Hilton Fort Myers at Bell Tower Shops**

13051 Bell Tower Drive, Fort Myers, Florida 33907

**Try a holistic mini-session!**

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*featuring Special Guest Speaker*

Lisa McCrohan, MA, LCSW-C, SEP

Poet and Author of "*Gems of Delight*"

and "*Your Light is Rising*" will be  
presenting "*Live A Life You Love*"

[www.illuminatefestivals.com](http://www.illuminatefestivals.com)

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