

TIME WORKSHOP

11:00 am Self-Actualization Reiki Sessions

Kimberly Huff - Eulistic Goddess Co.

This workshop will provide information and demonstration of self-Reiki while practicing mindfulness and Breathwork to enhance the experience and keep one in the present moment while utilizing life force energy!

12 noon Discover Your Inner Harmony: A Journey in the World of Emotional Healing and Hypnosis

Amanda Lyn and Tj Schaaf of Soul Quest Energetics

Embark on a transformative journey with Amanda Lyn, a Certified Emotion Code® & Body Code® practitioner and intuitive medium, and Tj Schaaf, a certified professional hypnotist. Join us on a self-discovery voyage, unraveling emotional mysteries, and unleashing your untapped potential through energy healing and hypnosis.

1:00 pm Crystal Gids for Intention Setting

Donna Ester - Metaphysical Donna

We will discuss the use of stones and their properties to enhance intention setting. Learn how to set up, activate, and charge a grid.

SPECIAL PRESENTATION!

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.

3:00 pm Near Death - Closing the Gap

with Noreen Bill

An interactive presentation about why we have death experiences, and the knowledge we bring back that helps others understand the connection between life here on earth and the spiritual side of who we really are. Noreen shares her four personal death experiences and how they changed her life forever.

4:00 pm The Awakening Process

Pamela Malloy M.A. - Expressive Healing Enterprises, LLC

What does the word "awakening" mean in the spiritual sense? In this workshop, we will discuss how our personal experience happens as we awaken to our true selves and remember who we are. This workshop will include an interactive portion and a writing experience.



iLLUMINATE PUNTA GORDA

LOCAL ARTS & WELLNESS FESTIVAL

Sunday, March 3, 2024 – 10 am to 5 pm

Charlotte Harbor Event and Conference Center

75 Taylor Street, Punta Gorda, Florida 33950

Try a holistic mini-session!

Shop, sample & delight your senses

Energywork, Bodywork and Intuitive Readers

Crystals • Essential Oils • Luxurious Spa Products

Amazing Artisans • Jewelry & Gifts • Cool Stuff • Good Vibes

Free admission | Free workshops



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

575.519.5883

