



iLLUMINATE COLUMBUS

LOCAL ARTS & WELLNESS FESTIVAL

Saturday, March 30, 2024 – 10 am to 5 pm

Hilton Garden Inn Columbus Easton

3600 Morse Road, Columbus, Ohio 43230

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

www.illuminatefestivals.com

575.519.5883



TIME WORKSHOP

Muscle Testing: Unlocking Your Wellness by Trusting Your Higher Self

12 noon Alina Phoenix - Owner, 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.

Peace of Mind Now; Peaceful Death Later

1:00 pm Emily Kent - End of Life Doula

When the inevitable happens, we are often not prepared. A beautiful time of transition might instead be a time of chaos and anxiety. Come learn about planning for a good death, the role of a death doula, and how we can reconnect to an essential part of being human.

Energy Cultivation with Chigong

2:00 pm Helen H Yee - Sifu/Instructor

Chigong was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit with the goal of strengthening the body's life force energy by cultivating, circulating, and storing Chi.
