

TIME WORKSHOP

- 11:00 am** **Mind, Body, Spirit Alchemy: Elevate Your Life Through Self-Care**
Kari Ainsworth - Moonbeams Unlimited
Embark on a transformative journey of self-discovery and well-being. Join us in exploring the alchemy of mind, body, and spirit through practical self-care strategies. Discover how embracing self-care can elevate your life, fostering harmony and radiance in every aspect of your being.
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- 12 noon** **Book Reading Discussion of Tarot Life Lessons & the Occult Sylvia Plath**
Julia Gordon-Bramer
Book reading and discussion of Tarot Life Lessons and the Occult Sylvia Plath by the author. Some tarot readings will be done with the audience, and Julia will share tips for successful tarot card reading.
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- 1:00 pm** **How to Heal Ancestral Lines**
Dr. Carol Pollio - Intuitive Investigations®
We inherit much more from our ancestors than the color of our eyes! Their trauma, abuse, addictions, and difficult life experiences can also be passed down through the process we now call epigenetics. In this workshop, a variety of methods of healing our ancestral lineage will be presented.
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- 2:00 pm** **How Electromagnetic Fields Affect You, Your Home, and Crystals**
Nora Lawson – InTouch Therapies
Come and learn more about how electromagnetic fields (EMFs) affect you, your home, and your crystals, as well as what you can do to protect yourself and your space.
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- 3:00 pm** **Introduction to Breathwork and Conscious Breathing**
James Beard – Thirteen Breaths
James will be introducing a wide variety of conscious breathing practices, from pranayama to breathwork. He will share information, theory and application. He loves to share the healing revealing power of breathwork and the truth of what we are. Take a moment, a breath, come hear what he's offering.
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- 4:00 pm** **Cosmic Shift Sound Bath**
Julie Fisher - HeartWish Healing Center
The Cosmic Shift Sound Bath is a really special event using various instruments. We have witnessed profound changes in the lives of the participants. The magic is real, and its intent is to show you that the life you've always wanted is already here. Come see for yourselves! Doors will close at 4:10pm and may run past the end of the festival. Please plan accordingly. Minors 13-18 are welcome to attend and must be accompanied by an adult.
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