

## TIME WORKSHOP

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**11:00 am** **Messages from the Angels**  
**Katie and Tom Hirt – Angelic Connections**  
Katie and Tom Hirt deliver powerful, meaningful, Spirit-influenced presentations that positively change people's lives! Each presentation is Spirit chosen for that particular group, to meet participant needs. These life and love affirming sessions are interactive, enlightening and FUN! Find peace, direction, love, and clarity with the Angels starting NOW!

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**12 noon** **Stop Giving Away Your Power!**  
**Erika Crystal**  
One of the biggest misunderstandings in the spiritual community is the need for consistent external validation. Let's discuss how this happens and how to harness your personal power to connect to your guides, angels, and deceased loved ones.

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**1:00 pm** **Guided Meditation and Breathwork Workshop**  
**Chanin Storm**  
Join us for a guided meditation to create a space to use for healing and personal work that incorporates breathwork into the session to achieve a deeper meditative state.

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**2:00 pm** **Letting Go & Thriving: Transforming Pain Into Power**  
**Terrie Christine**  
Each one of you have experienced some form of pain. It may have been physical, emotional, or spiritual. Come with me so that I may show you how to reclaim your power. Let's turn your surviving into thriving! This workshop includes a group energy clearing.

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**3:00 pm** **Introduction to the Life Between Lives**  
**Chris Alvesig**  
The life between lives is everything that happens between the time we die in this form and are reborn in another. We spend a fraction of our existence in physical form. Learn about the time spent in-between lives; in the place where our consciousness lives.

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**4:00 pm** **Sound Bath with Sabrina**  
**Sabrina Madsen**  
Enjoy a relaxing, meditative sound bath journey with crystal singing bowls, drumming, native flutes, chimes, intuitive singing, and/or other beautiful sound healing instruments. A sound bath is like a vibrational massage for the body, mind, and spirit. 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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# iLLUMINATE FREDERICK

LOCAL ARTS & WELLNESS FESTIVAL

Sunday, April 28, 2024 – 10 am to 5 pm

**Clarion Inn Frederick Event Center**

5400 Holiday Drive, Frederick, Maryland 21703

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