

TIME WORKSHOP

- 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** **Meditation 101**
Liora Brunn – Founder, Zoetic Workshops
Whether you've never meditated or have been meditating 40 years or have tried and failed or started and stopped, this workshop is for you. Get back to basics and find your way into breathing room for yourself and world around you.
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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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