

## 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** Harmonizing the Mind, Body, and Spirit: The Transformative Power of Biofield Tuning

Christina Petito

Experience Biofield Tuning, a transformative healing technique that harmonizes the intricate connection between mind, body, and spirit. Envision the sensation of a gentle energetic wave sweeping through you, dissolving blockages and restoring harmony at the deepest levels. This natural, noninvasive approach to total health revitalizes your inner verve, aligns internal coherence, and fosters a radiant state of holistic wellness, guiding you on a journey toward deep, lasting wellbeing and harmony.

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### **1:00 pm** Introduction to Energy Healing

Terry Lauria

Learn what energy healing is and how it works. Come to an understanding of how you may use it personally or develop skills in a healing modality and create and build a practice. Join us for this informative workshop!

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### **2:00 pm** 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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### **3:00 pm** The Five Pillars of Energy Work

Donna Conley

Following lunar cycles for self-growth and self-discovery is a powerful healing tool. Each moon phase holds unique energy and timeless wisdom that affects nature, including your nature. Learn to tap into the moon's energy to help you create your unique rhythm for moving through life.

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### **4:00 pm** Sound Bath

Mia Proctor

A sound bath meditation with Mia Moon includes a variety of singing bowls to immerse you in sound. The meditation will include singing bowls, gentle movement, and Reiki— a total package to bring your body, mind, and spirit into a harmonious state. Doors will close at 4:10pm. Please note that the session may run longer than 5pm, so please plan accordingly. Ages 13+ only, and those 13-18 must be accompanied by an adult.

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# iLLUMINATE ANNAPOLIS

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