

Illuminate Lewes 2026 Workshops

WORKSHOP

TIME

Improving Health & Wellness with Energy Kinesiology

DR. CAROL POLLIO

11:00 am Many long-standing health problems are caused by energetic blockages - chronic pain, constant low energy, stuck weight, and autoimmune conditions. When energy is shifted, it opens up the flow of energy to the entire body, releasing the blockages, interrupting pain signals, disrupting disease, releasing trapped emotions, and improving health.

Whispers of the Ancients: A Journey through the Frankincense Varieties

NORA LAWSON

12 noon Did you ever wonder if there was more than one kind of Frankincense? Journey into the ancient & modern world of the different frankincense varieties. In this interactive workshop, we will explore their locations, scents, applications, and their properties backed by scientific research.

Using Tarot for Healing, Creativity, and Decision Making

JULIA GORDON-BRAMER

1:00 pm Author of *Tarot Life Lessons*, and the forthcoming *Tarot Health, Love, and Money Lessons*, Julia Gordon-Bramer, shows you how to read tarot to understand yourself and others and to use the cards for guidance, creative exercises, and finding workable solutions. Live reading demonstrations and Q&A for participants.

Scalar Energy: What Is It, and How Can It Help My Health?

DOUG LEONARD, DO

2:00 pm Come and learn more about Scalar energy and its role in human health and disease from prehistory to present. Experience a guided meditation that will enable participants to appreciate the energetic and spiritual significance of this powerful energy source.

Melt Method + Chair Yoga

ANDREA KENNEDY

3:00 pm Experience the powerful combination of the Melt Method and Chair Yoga, led by Andrea Kennedy from The Yoga Studio in Rehoboth. Participants will use a soft ball on specific meridian points of the hands and feet—available for both standing or seated positions—to improve strength and balance. Yoga will be integrated throughout the session to create a whole-body experience that improves circulation, hydrates fascia, and calms the nervous system.

Sound Immersion

WENDY BORROR

4:00 pm Join Wendy Borrer for a sound immersion designed to calm the nervous system, quiet the mind, and restore balance to the body and energy field. Wendy will play crystal bowls, hand pans, chimes, and a variety of other instruments to help you reach a meditative state where healing and integration can naturally occur. Door will close at 4:10pm. Ages 13+ only. Ages 13-18 must be accompanied by an adult.



illuminate

LEWES

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University of Delaware Virden Retreat Center
700 PILOTTOWN ROAD, LEWES, DELAWARE 19958



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