

Time

Workshop

10:30 am **Authentic Men's Drum Circle** CHAD HOLMES

Feel the power of rhythm to reconnect us as 21st-century men as we expand our growth, our strength, our dignity in community. Join men of The Mankind Project as Chad from Annapolis Drum Circles leads a quick shot of vitality and balance. No musical experience necessary.

11:00 am **Angel Messages** KATIE & TOM HIRT

Tom and Katie Hirt connect to the Spirit realm to provide messages of love, peace, healing, insight and comfort to all. Their presentations are lively, upbeat and timely. Every presentation is different depending on what the Angels and other Spirit Beings determine the audience needs to hear at that time.

12 noon **No, You're Not Losing Your F-ing Mind.
It's Your Spiritual Awakening.** CHERYL PACE

A raw and grounding workshop about the emotional, physical, and energetic shifts that happen during spiritual awakening. Learn why awakening can feel overwhelming, how to support your nervous system through transformation, and how to trust yourself through the process.

1:00 pm **The Chamber of the Rose: A Rose Grail Journey of
Divine Love and Remembrance** ELOHI MAGDALENA ROSA

The Rose remembers what the heart has never forgotten. Through Rose Grail teaching, guided meditation, and Voice Alchemy transmission, Elohi Magdalena Rosa creates sanctuary for remembrance, healing, and embodied Love through sound, sacred frequencies, spoken word, song, and Divine Mother-Grace.

2:00 pm **Prosperity Energetics:
Turning Your Gifts into Predictable Income** JOEL SALOMON

Come and learn practical manifestation tools you can apply immediately to help create prosperity, positivity, and peace. Joel is a Finance, Mindful Money Expert and Prosperity Coach who helps others overcome obstacles standing in the way of their financial freedom. He has learned that the true foundation of wealth is a mindset of gratitude, love and service.

3:00 pm **Life Artist Visioning Process** JEN NORTON

Bring your inner Life Artist to this guided meditative Life Visioning experience with spiritual speaker, Jen Norton. We will practice Life Visioning to provide a place in individual consciousness where Spirit's Great Idea may reveal itself. We participate in this process to catch God's vision for our creative life.

4:00 pm **The Healing Didgeridoo** PITZ QUATTRONE

The world's oldest instrument, the Didgeridoo from Aboriginal Australia, has many healing applications. Studies show that playing the Didgeridoo is an effective alternative treatment for sleep apnea. Playing the Didgeridoo requires relaxation, relieves stress and anxiety, boosts lung capacity, self-awareness, and confidence. It is an outstanding meditation portal. Come and learn more about this incredible instrument, and enjoy a grounding and healing experience!



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**Anne Arundel Community College Main Campus
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