Illuminate Annapolis Nov 2026 Workshops

TIME	ROOM A	ROOM B
11:00 am	**Welcome Home: A Journey Back to the Light Within** Cheryl Pace What if transformation isn't about becoming someone new, but remembering who you've always been? Join Cheryl Pace for a heart-centered experience of guided meditation, soulful reflection, and reconnection with the Divine Light within. Release what no longer serves you, embrace yourself!	**Messages from the Angels** Katie and Tom Hirt 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!
12:00 noon	**Emotion Code** Atoussa Davis Emotion Code uses techniques to communicate with your subconscious to clear and release trapped emotions and heart walls from your energy field as well as the energy fields of your ancestors and generations to come after you. This system can support the reduction and elimination of traumas, stresses, phobias, etc.	**The Soul Speaks Through Art: A Journey into Spirit Portraits & Auragraphs** Ellen Edmondson Discover how spirit-inspired art opens a doorway to healing and connection. Ellen shares her journey, techniques, and insights from her mediumship and creative process, revealing how art carries soul messages across the veil. The session includes a live interactive experience.
1:00 pm	**Where Am I on the "Space Between" Spectrum?** Pat Rain The day my life changed came with a rippling effect across my life anchors. How do I know when I have mourned the life I had and am ready to intentionally take action towards my ideal state? Pat Rain will share her experiences and wisdom about the "space between."	**Rising Up Through Energy and Frequency: From Autopilot to Sovereign** Jamie Bourne Jamie guides you through the practical R.I.S.E. framework paired with Reiki and singing bowls. Learn somatic tools to regulate your nervous system to break free from chronic overdrive and reclaim grounded sovereignty.
2:00 pm	**The Chamber of the Rose: Waters of Remembrance** Elohi Magdalena Rosa You are mostly water and water remembers. Enter the Chamber of the Rose for voice alchemy with the Blue Whale Mother Elders. Through sacred sound, song, and light language, we recalibrate your body's waters, awaken new light-body blueprints, restore heart coherence, and activate higher consciousness within you.	**Living with the Angels in your Life** Andrea Brachfeld I will share how I live with the angels on a daily basis and how they always help me. They are with us always and as benevolent beings who will never encroach upon your free will, you must ask for their help. I will share the experiences I have had with them.
3:00 pm	**Life - Laughter is Freedom Expressed** Liana Morris Come learn strategies to transmute: release, reorganize and revel in your body's energy and power. Breathe, laugh, scream and transform your emotions and feelings. You will leave the session feeling lighter and more free! Become aligned with your breath, your laugh!	**Demystifying Dreams: Multiverse and You Are Your Own Creator!** Olesya Rudin Change your perception of dreams: attune to the timeless language of your soul! Discover the spectrum of dream experiences, astral travel, guidance from Angels, Spirit Guides, your Higher Self, visits to simultaneous realities, the nature of prophetic messages learn to recall, decode, and reconnect to the Divine.
4:00 pm	**Sacred Resonance** Luz BrandLopez & Pitz Quattrone Sacred Resonance is an immersive healing experience weaving grounding meditation, Restorative Yoga, Yoga Nidra, Reiki, and the ancient vibrations of the didgeridoo. Through mindful stillness, deep rest, sound, and energy, participants journey inward, releasing tension, restoring balance, and reconnecting with themselves in a nurturing space of profound relaxation and renewal.	**Protecting Your Energy: Science-Backed Ways to Stay Calm and Grounded** Rebekah Owens Protect your energy with evidence-based mindfulness and somatic boundaries. Learn how to stay grounded, handle stress, and prevent emotional burnout with daily protocols for clarity and calm.

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Anne Arundel Community College Main Campus
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