

Time

Executive Board Room

Monocacy Room

Winchester Room

12 noon

The Nature and Power of Limiting and Expansive Beliefs

DR. JOSEPH MANCINI, JR.
LIFE TRANSFORMING HYPNOTHERAPY
In this workshop, Dr. Mancini will discuss the nature and power of beliefs to hinder or advance your stated intentions. Some beliefs are "hidden in plain sight." Fear of significant disorientation and "ontological shock" make changing dominant beliefs very difficult. Here's a chance to "see" some of your beliefs.

Opening Intuition by Learning to Muscle Test

REBECCA COHEN - THE PATH TO HEAL
In this workshop I will teach participants to muscle test. This tool will deepen participants trust of their intuition and will also deepen their intuitive gifts. I will share specific crystals and essential oils that help us trust our intuition. I will also channel an encouraging message for participants.

Messages from the Angels

KATIE HIRT 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!

1:00 pm

Discovering Essential Oils

CYNTHIA WEATHERBIE
ESSENTIAL WELLNESS - BODY, MIND, SPIRIT
In this interactive workshop with Cynthia Weatherbie you will discuss what essential oils are, how to safely use them and what to look for when choosing your essential oils as well as experience 10 of the most popular essential oils.

Changing Your Relationship With Money

DEBRA CARTER - ELEVATED WISDOM LLC
This will be a program to help people understand that money is a form of energy exchange and that they have the power to change their relationship to it. I speak to Law of Attraction Principles, the use of affirmations, and introduce the benefits of Money Reiki.

What Really Happens in the Afterlife

DEBRA DIAMOND PSYCHIC/MEDIUM
As a hospice death doula and psychic/medium, Debra discusses ten lessons the dying teach us about the afterlife. The workshop includes a meditation to connect to higher vibrations and time for questions and discussion.

2:00 pm

How to Stay Young the First 100 years

HADLEY POSS - SPRING RIDGE CHIROPRACTIC
A 20-minute presentation explaining how chiropractic care can assist you in staying young for the first 100 years of your life, as well as all its other health benefits.

Awakening and Finding the Authentic You

MARLANA WHITE - GRACEFUL HEALING RETREAT
Do you want to improve your relationship with the most important person in your life, YOU!! High Priestess Marlana will discuss CORE issues as to how your relationships can improve if you...Through life challenges we learned to adapt to others' expectations all while losing sight of who we are individually.
Take a journey to help uncover your true AUTHENTIC YOU!

Honor Their Legacy: How to lead a Meaningful Life After Losing a Loved One

BRIDGET C HILL - TRANQUIL WATERS LIFE COACHING
This workshop will look deeper at what acknowledging the feelings of grief, knowing when and what moving on looks like, knowing you're ok not being ok, how to stay connected with your love one who has passed, finding a way to feel meaning again through service to others no matter how small, and how to help someone who is grieving - knowing what they need.

3:00 pm

Crystal Magic for Prosperity and Peace

KELLY NEYLAN - LASTING LIGHT WELLNESS
Kelly Neylan, who is a shaman, Reiki Master and aromatherapist will assist you to discover new ways of self-care. Want to find out alternative ways to handle stress and increase abundance by using crystals and essential oils? Learn specific techniques to address these issues through crystals, grids, sprays and baths. Surround yourself with the good vibes of prosperity and peace. www.LastingLightWellness.com

Hope and Healing for Parents of Addicted Individuals

PENNY STOEVER - INNER P.E.A.C.E., LLC (INNER PURPOSEFUL EMOTIONAL AND COGNITIVE EMPOWERMENT)
This workshop will introduce EFT (tapping) as a tool for parents dealing with their son's or daughter's drug addiction. We will discuss five intentions that parents can strive to implement as they get stronger. Since the tools for all loved ones dealing with addiction overlap, this workshop will be helpful to any family member of an addicted individual, whether it's a spouse, sibling, parent, or friend.

The Gift of Reiki

MELISSA MULLEN-BOMANGO AND ANNA A. SEE
NTEGRAL REIKI CENTER FOR HEALING ~ INRCH
A meditative storytelling about the intuitive journey into the field of Reiki. Enter into Sacred Space and listen to the voice of a Healer describe her soul's journey to Mastering the Gift of Reiki in this lifetime.

4:00 pm

Nutritional Response Testing

THOMAS K. LO - ADVANCED CHIROPRACTIC AND NUTRITIONAL HEALING CENTER
Nutrition Response Testing® (NRT) is a non-invasive system of analyzing the body through the autonomic nervous system to determine the underlying causes of ill health. When these are corrected through safe, natural, nutritional means, the body can repair itself in order to attain and maintain more optimum health.

Gratitude: Can It Really Change Your Life?

LIORA BRUNN
Liora reminds us of this important concept we tend to forget when things aren't going perfectly our way. With an attitude of gratitude, we may find that ALL is working for us.

Relationships and the Law of Attraction

ALIX MOORE
Looking for a new significant other or ready to improve the relationship you have? Join Alix & the Archangels for a practical, metaphysical conversation about relationships. Make the law of attraction work for you – co-create the relationship happiness you're looking for!

5:00 pm

Mandalas For Mindfulness

DEB MUELLER - TRINITY GIFTS
Come and create a Dot Mandala that merges art and mindfulness where you will create a finished product that can be used for meditation. Create a work of art using simple tools and learn a practice that you can continue at home.

Vision Boards

DIANE SHARR - TRANSFORM TO JOY, LLC
Change your life with the use of vision board. Come and learn how to unlock your deepest desires to create a vision board that will transform your life!

Energy Healing 101

ANITA KUHN CARRIA - SACRED SOUL INSPIRATION
You, too, can heal yourself and others. The Energy Body is not an automated system. You will practice techniques tuning up your energy centers and energy bodies. You will learn how to relieve a headache & arthritic pain. Eliminate jet lag and other issues. No experience required.