

Mind Body Spirit Festival Workshop Schedule, April 13, 2019 - Belfast

Room 127 & 129	No extra charge for workshops in this column, which are included with admission and are 30 minutes long, unless otherwise indicated. All of those listed below will be in Room 127 unless indicated in red ink. (Attendees for the 10:00 workshop may arrive 10 minutes early)
10:00	The Energy of Animals Kate Fraser <i>Mountain Heart Animal Healing & Wellness</i> <i>What is the energy of your animals telling you? What is energy and how do we become aware of our animal family on a deeper level? Join us to learn about the differences in human versus animal energy, and domestic versus wild animals. We'll answer why we feel better when we're around our animals, how they help us energetically, as well as how we can help them! You'll leave with an understanding of the language of energy we knowingly and unknowingly use with our 4-legged friends, and basic tools to help put our animals at ease.</i>
10:30	Meditation Jerry Mayfield <i>Sahaja Meditation</i> <i>Sahaja Yoga is a unique method of meditation, a living science, by which we achieve the state of meditation or thoughtlessness awareness – when we are very much aware of our surroundings, yet there are no thoughts. At that moment we are in the present – thinking neither of the future nor the past.</i>
11:00	Past Lives Regina Strongheart <i>Forest Circles</i> <i>Regina will facilitate a Question & Answer session concerning past lives. She will share some of her experiences and offering a brief reading for some folks in the audience.</i>
11:30	Introduction to KaHuna Massage Violet Crichton <i>Violet Crichton Massage</i> <i>This workshop is an introductory to KaHuna and the principles that are practiced – to help heal the individual with Aloha and integrate Body Mind & Spirit = Self Love.</i>
12:00	Guided Chakra Clearing Tricia Blanchard <i>Heartlink Gems and Natural Stones</i> <i>Do you want to understand the deeper secrets of who you are? Do you want a greater degree of control over your life and the ability to heal blocks and wounds that you may not even be aware of? That's what this class is all about! You see, we are a lot more than just a physical body. We all have an energy body as well, that many of us take for granted. The energy body determines how you feel, how people respond to you and literally creates your reality. Come join me in an introduction course on the chakras with a guided meditation. I will go through your first chakra and help you connect and shift it. This is a great workshop to help anyone new or seasoned to clear up and manifest what your body needs.</i>
12:30	Introduction to Ayurveda Agnieszka Monsen <i>Rainglow Holistic Healing</i> <i>I am very pleased to invite you to another one of my workshops – The Introduction to the Ayurveda. During our time together, we will become familiar with the principles that are at the core of the oldest system of medicine. We will talk about Ayurvedic methods and we will also unmask a few myths surrounding the subject.</i>
1:00	NES Health: Your Journey to Health, Well-Being and Abundant Energy Ingrid Levasseur <i>Inner Image Thermography</i> <i>NES Health: A Revolution in Health Care. Come see how bio-energetic healing can locate the source of chronic ailments and introduce the correct vibration to help the body heal itself.</i>
1:30	Self-Mediumship Ernest Van Den Bossche <i>Psychic Mediumship and Hypnotherapy</i> <i>Everyone is psychic and most people can connect with spirit. Self-mediumship enables one to cross the veil of skepticism to meet and greet spirit loved ones. Spend time with spirit and navigate your spiritual path. (Guided meditation with hypnosis)</i>
2:00	Design Your Birth Laura Duffy <i>Mainly Birthing</i> <i>Join Laura as she guides you step by step to design the birth experience that you desire.</i>
2:30	Mindfulness and Spirit Helpers Annie Stillwater Gray <i>Author</i> <i>Your spirit helpers give you information and send you signs every day. Learn how to connect with your Spirit Guides on a day-to-day basis through mindfulness.</i>
3:00	Creating an Authentic Daily Practice Helena Melone <i>Datura/CEF (Creative Empowerment Facilitation)</i> <i>Activate and live from your authentic self by creating an easy-to-maintain personal practice unique to your physical and spiritual values and vision of your path.</i>

Workshops listed below require purchased tickets (purchase your tickets at the main entrance)

Room 129

Discovering the Wisdom Of the Akasha Linda Huitt Pathway of Joy

12:00 - 1:30 pm

Room 129 \$20.00 per person

Your Akashic Records contain the vibrational records of your soul through all lifetimes. By accessing your Records, you can gain incredibly helpful perspective to assist you with whatever is going on in your life.

- Learn about the wisdom contained within your Akashic Records, and a group of your Guides who oversees them.
- Begin to understand the types of questions that can most effectively be answered within your Records.

Spiritual Table Tipping Alice King Seeds of Grace

1:30 - 3:00

Room 129 \$20.00 per person

Spiritual Table Tipping is a direct communication tool to meet or reunite with your Loved Ones, your Spirit Guides, Guardian Angels, and pets who have passed on.

It is very powerful and also very healing physically, emotionally, and spiritually.

Volunteers from the audience will be chosen to participate.

**Due to the popularity of the paid workshops,
please purchase your tickets early**