

Workshop Schedule - May 11, 2019 - Fairfield (free of charge unless indicated **in red ink**)

10 : 00	Chair Yoga Wendy Webb Indra Holistic Studio	<i>Enjoy a brief (20 minute) chair yoga class that offers strengthening, centering, and stretching to those with all mobility levels and all ages. If you've never tried yoga or have thought about getting back to yoga but didn't know where to start, this "sampler" is just right for you. No special clothing required. A great way to start your day. (you may arrive 10 minutes early for this workshop)</i>
1 0 : 3 0	Muscle Balancing for Pain Relief and Wellness Josh Warren neuromuscularbalancing.com	<i>Since muscles pull bones, learn how to release, shorten, and lengthen appropriate muscle groups to bring your body toward balance. "Slacken" muscles in minutes, even if they have been tight for years.</i>
1 1 : 0 0	Mindfulness and Spirit Helpers Annie Stillwater Gray Author	<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>
11 : 30	Past Lives Regina Strongheart Forest Circles	<i>This is a Question & Answer session concerning past lives. Regina will share some of her experiences and offering a brief reading for some folks in the audience.</i>
1 2 : 0 0	Animal Communication Kathy Drage Earth Talk	<i>Kathy will explain how animal communication works and she will share her experiences as an animal communicator over the years.</i>
1 2 : 3 0	Guided Chakra Clearing and Meditation Tricia Blanchard Heartlink Gems and Natural Stones	<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>
1:00-2:30	Spiritual Table Tipping Alice King Seeds of Grace \$20.00 tickets can be purchased on the day of the festival at the admissions table	<i>Spiritual Table Tipping is a form of physical mediumship - a means of communicating with your Spirit Guides, Guardian Angels, and Loved Ones who have passed on. It is very powerful and healing physically, emotionally and spiritually. At a Table Tipping Session, the Spirit's energy comes through the table to answer your questions by tipping the table, once for "yes" and twice for "no" to answer your question. You can learn what your soul's plan is, how to gain the most out of your relationships, how you're deceased family members are doing, and what they are doing on the other side for their own soul development? (Depending on attendance, not everyone will be guaranteed a reading.)</i>
2 : 3 0	Self-Mediumship Ernest Van Den Bossche Mediumship and Hypnotherapy	<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>
3 : 0 0	Sacred Healing for Women Katt Tozier Mystic Katt	<p>The human experience is often traumatizing, and women experience many traumas that are related to simply being female. We embody these personal traumas in our energy field, in our cells, and in our subconscious mind.</p> <p>Women also carry the traumas of their own mother line, as well as the collective women's trauma experience. Once again, we embody these traumas in our energy, cells, and subconscious mind, along with the epigenetic alterations created by family trauma.</p> <p>Collective beliefs about what it means to be female have been passed from mothers to daughters for centuries, and those beliefs are deeply encoded within us, <i>creating personal negative feedback loops and family patterns. All of this has led to the current epidemic of chronic anxiety, illness, pain, and depression that is rampant among women today.</i></p> <p><i>This workshop explores how to release this deeply held trauma encoding, which opens the way to healing.</i></p>
3 : 3 0	Design Your Birth Laura Duffy Mainely Birthing	<i>Join Laura as she guides you step by step to design the birth experience that you desire</i>