

Mind Body Spirit Festival Workshop Schedule - April 16, 2022 - Belfast

	<p>Workshops in this column are included with your admission fee and will be located in Room 127, unless shown in red ink.</p> <p>These workshops are 25-30 minutes long.</p>
10:30	Sahaja Yoga Meditation Jerry Mayfield <i>Sahaja Meditation</i>
Room 127	<i>Sahaja Yoga is a unique method of meditation, a living science, by which we achieve the state of meditation or thoughtless 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	Animal Communication Kathy Drage <i>Earth Talk</i>
Room 127	<i>Kathy will explain how animal communication works and she will share her experiences as an animal communicator over the years.</i>
11:30	The Benefits of Belly Dancing Megan Crochere <i>Eye Candy Dance and Fitness</i>
Room 129	<i>The Benefits of belly dancing are undeniable. It promotes balance, strength, digestion, coordination and confidence. It's empowering and fun!</i>
12:00	Miracles and Messages from the Quantum Field of Source Energy
Room 127	<i>Experience a taste of 'the hollow bone of healing' where Source does all the works, and the result is always for our highest and best. Offered by the author of The Hollow Bone of Healing, Phoenix Rising Star.</i>
12:30-1:00	LUNCH BREAK FROM WORKSHOPS
	<i>Don't forget to visit Crazy Spuds, the outdoor food truck.</i>
1:00	The Science Behind How Sound and Light Benefit your Health Joanne Liljeholm <i>Joanne Liljeholm, LLC</i>
Room 127	<i>We are living in a time where the esoteric world is blending with the scientific world. Come find out fascinating discoveries about light and sound waves. Learn how to best use this knowledge for your wellness.</i>
1:30	Tools for Transformation Diana Maria Chapin <i>Maine Integrative Wellness Center</i>
Room 127	<i>Diana shares how your energy centers (Chakras) are always offering guidance as they process the energy and information of your life. Learn how you can use naturally easy Yoga Nidra meditation to self-regulate, heal your emotional past and master your energy, recalling your creative energy to you to create the life you want.</i>
2:00	Tarot for Self Love Tracy Williams
Room 127	<i>Some participants will draw a card and Tracy will read as many as time permits. She will read for you what will helpful for self care. Since we tend to neglect ourselves, let's give to ourselves for a few minutes.</i>
2:30	Create Sanctuary Where You Live Julie Sells
Room 127	<i>Do you feel supported, nurtured and safe when at home? Have you wondered why a certain houseplant, neighborhood tree, garden bed or direction calls to you? Learn ways to begin and develop a relationship with the Green Nations and the nature beings where you live. Regardless of whether you own your home, rent an apartment, live in the city or suburban, you can begin a connection with nature consciousness today. Using practical steps, sample scripts and a blessed offering, Julie will walk through the basic steps. The first 15 participants will receive a small pouch of medicinal white sage, sacred tobacco and organic rose petals blessed by the Divine to use as an offering.</i>
3:00	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>

Workshops in Room 129 require purchased tickets (purchase your tickets at the main entrance)

Room 129

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.

(Limited to 20 people)