



**January 26 - 27, 2024**

**12<sup>th</sup> Annual**

**Mind, Body & Spirit Festival 2024**

**Friday 6 pm - 9 pm**

**Saturday 9 am - 5 pm**

**Visit Vendors in the following areas:**  
**First Floor - Lobby, Theater, and ES 109**  
**Second Floor - ES 216 and hallways**  
**Third Floor - Hallways**

**Food and beverages available for purchase on the 1<sup>st</sup> floor.**

## **SATURDAY SCHEDULE**

**9:00 – 10:00**

**Purchase wristband for access to Breakout Sessions (Lobby)**

**10:00 – 10:45**

**4-Workshops** (Please attend one of your choice or visit vendors)

**1-Group Sessions** (Use Sign-up sheet and pay fee to vendor)

**\*\*\* A Group Session allows attendees to participate in activities, receive information and experience services normally offered through private appointments with a vendor but in a group environment. Fees vary for each session. Group sessions are not included in the Saturday \$10 entrance fee for breakout session/workshops.**

**211/212:**

**Soul of Tarot – Mini class to Open your Intuition** with GERALYN St. Joseph

Are you curious about the Tarot? How can it be used? Is it innately positive, or negative? Do I use the Tarot differently than an Oracle deck? Join Psychic Intuitive GERALYN St Joseph as she answers these questions and more! In this mini experiential workshop we will discover the many uses of the Tarot, learn about the language of Tarot, develop your Intuition using Tarot, and answer your questions about Tarot. Begin the journey of understanding and utilizing the Tarot to develop your innate psychic skills and intuition. Feel free to bring your own deck, however, no deck is necessary for the workshop. Be prepared to have fun and enjoy!

**221:**

**Golden Squirrel Faerie Energy: How to Hunt for Nuts in a Small Space** with Zing Nafzinger

The Manifestation Journey is your life path--deciding what you want from the smorgasbord of life and taking those actions which will manifest it. "Hunting for Nuts" is a metaphor for finding that which you are looking for. When we collaborate with the Faerie Realms in our manifesting, untold possibilities emerge! Our "Small Space" is wherever we are. Come practice some faerie-led meditations with us for fun, frolic, and raising our vibratory resonance within the glory of all Creation!

**303:**

**Group Session (2 hours)**

**Past-Life Group Regression** with Karen Willis

**Sign-up sheet will be available by classroom or the Life Journeys vendor table.**

**NOTE: Cost is \$40 per person.**

Have you ever felt or wondered if you have lived other lives? Do total strangers somehow seem familiar? Do you have any fears, patterns or issues that can't be explained in your current life experience? Sometimes called spiritual journeys, or soul exploration, the Past Life Regression experience uses techniques of guided imagery, progressive relaxation, and hypnosis to focus on life patterns and more clearly understand the soul's journey. You'll be gently guided through a time of relaxation and exploration of memories past in a group setting, followed by an opportunity to talk and ask questions about your experience. Karen has had extensive training as a past life therapist and hypnotherapist in spiritual regressions for 16 years. Come join us for this amazing personal journey discovering your past life!

- 325:** **Creating Closeness and Connection through Communication** with Kylie Daiker  
All of us want to feel heard, supported, and understood when we talk with our friends, partners, and loved ones. However, strong emotions and the fear to share how we feel often get in the way of our relationships. In this workshop, we will learn about common communication issues that prevent closeness and develop new skills that allow us to assert ourselves, communicate how we feel, and listen to the people we care about the most.
- 326:** **Tapping into Feeling Calm: Find Freedom from Anxiety, Stress & Chronic Pain**  
with Lauren Fonvielle  
In this workshop you will learn all about the healing power of the Emotional Freedom Technique. The Emotional Freedom Technique (EFT) also referred to as Tapping, is a stress relief method that counteracts the physical "fight or flight" response caused by stress. In this workshop, you will learn practical strategies for reducing stress & anxiety, reducing physical pain, increasing energy, and improving patience & attentiveness.
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- 11:00-11:45** **4-WORKSHOPS** (Please attend one of your choice or visit vendors)  
**1-Group Session** (Use Sign-up sheet and pay fee to vendor)  
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- 211/212:** **Group Session (1 hour)**  
**Light Language Sound Healing & Art Gallery Reading** with Michele Buckley  
**Sign-up sheet will be available by classroom or the Alpha Trinity Health Ministry vendor table.**  
**NOTE: Cost is \$15 per person.**  
Experience an immersive and uplifting healing experience for individual and global healing intentions through Michele's live singing and drawing the frequencies of light language. Participants will be asked to submit one personal or global healing request. Participants will be afforded the opportunity to take a picture of the light language healing art created during the gallery healing for follow-on personal meditation and continuation of the healing process. Cost \$15. Prepay available via Venmo @alphatrinityhealthministry.
- 221:** **Spirit Guide Connection Workshop with Michelle Buss**  
Psychic Medium and Energy Healer, Michelle Buss, will be hosting a workshop focused on spirit guide connections. During this workshop she will give you tools and tips for how to connect to your spirit guides on your own and how to enhance these connections with your guides. This workshop will involve meditation and visualizations. Michelle's spirit team has been an integral part to her journey and she is excited to help teach others how to gain these life changing connections for themselves.
- 322:** **The Energy of Money: Clearing Money Clutter** with Tracey Ingram  
Leading women in a (R)Evolution to make peace with their finances and create financial freedom from the inside out.
- 325:** **Moving Forward on Your Spiritual Journey- Two Effective Methods with Barbara Augustson**  
No matter where you find yourself on your spiritual path, here are two suggestions that have been a tremendous help to me, and I highly recommend them if they resonate with you. The first half of the session will show you how to invoke Ascended Master St. Germain, the Keeper of the Violet Flame, to help you transmute negative energies, thoughts and behaviors and turn those lower energies into the Golden Light of God. Consistent use of this invocation will eventually lead to purification of your spirit from past, present and future karma. Befriending St. Germain might prove to be one of your best spiritual choices, and he awaits your interest. The

second half of the session will be devoted to learning how to build a Divine cocoon around your physical, mental, emotional, and spiritual bodies, and then how to grow and protect your energy inside that cocoon. No matter what reason, 3-dimensional or spiritual, that your energy might be zapped, these are effective ways to keep control and stay strong.

- 326:** **Candle Magic** with Raina Miller  
Candle Magic is a powerful tool for manifestation. This overview of Candle Magic will explore candle colors and their meanings, how to prepare your candles, setting intentions, and disposal.
- 12:00-1:00** **No sessions. Lunch break. Food and beverages available for purchase on the 1<sup>st</sup> floor.**
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- 1:00-1:45** **5-WORKSHOPS** (Please attend one of your choice or visit vendors)  
**1-Group Session** (Use Sign-up sheet and pay fee to vendor)  
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- 211/212:** **Completing the Circle – Path to Self-Empowerment** with GERALYN St. Joseph  
Searching for Joy? Find it in You. Completing the Circle will help guide you to fulfillment. Make the decision to be happy. Let me share my path with you, so that you may find your own way. Take the time to know yourself & reconnect with Spirit.
- 221:** **All About Crystals: How They Work & What They Do** with Lisa Gravely  
This workshop will cover the science behind how crystals work – it's not just magic! The healing properties of crystals and a simple way to finally remember what crystals you need in your life for healing.
- 303:** **Group Session (2 hours)**  
**Accessing the Akashic Records Group Session** with Karen Willis  
**Sign-up sheet will be available by classroom or the Life Journeys vendor table.**  
**NOTE: Cost is \$40 per person.**  
Come and join us for the amazing opportunity to access your record of your soul! The Records are the knowledge which contains every thought, every word, and every deed that every soul has experienced throughout time and space. You will be gently guided, utilizing the tools of hypnosis, guided imagery and progressive relaxation techniques through a time of relaxation and exploration of the Akashic Records. Come join us for the amazing journey!
- 322:** **Moving Forward on Your Spiritual Journey- Two Effective Methods** with Barbara Augustson  
No matter where you find yourself on your spiritual path, here are two suggestions that have been a tremendous help to me, and I highly recommend them if they resonate with you. The first half of the session will show you how to invoke Ascended Master St. Germain, the Keeper of the Violet Flame, to help you transmute negative energies, thoughts and behaviors and turn those lower energies into the Golden Light of God. Consistent use of this invocation will eventually lead to purification of your spirit from past, present and future karma. Befriending St. Germain might prove to be one of your best spiritual choices, and he awaits your interest. The second half of the session will be devoted to learning how to build a Divine cocoon around your physical, mental, emotional, and spiritual bodies, and then how to grow and protect your energy inside that cocoon. No matter what reason, 3-dimensional or spiritual, that your energy might be zapped, these are effective ways to keep control and stay strong.
- 325:** **Healing Spirit Group Readings** with Michelle Buss

Psychic Medium and Energy Healer, Michelle Buss, will be offering a group reading session. During this session, she will be doing readings/healings for members of the group. While a reading isn't guaranteed due to time and group size, you will often find insight and receive help from information given during the readings for others. Michelle's readings are a blending of all of her modalities: Medical Intuition, Psychic, Mediumship, and Energy Healing. She also answers mentoring questions during the readings for those looking for insight into their own gifts.

- 326:**                   **Get a L.I.F.T. to Create Your Heaven on Earth** with Jakki Gioia  
Use this 4-step process to raise vibration, heal with love and become a powerful manifestor. This interactive workshop includes live music, guided meditation, inspirational stories, qi gong and more to uplift, awaken the senses and restore energy. Taught by transformational healer, life coach, self-help author and singer-songwriter, Jakki Gioia of Journey into Joy
- 2:00-2:45**  
**211/212:**                   **5-WORKSHOPS** (Please attend one of your choice or visit vendors)  
**Psychic Self-Defense** with Geralyn St. Joseph  
Spend some time with Psychic Intuitive Geralyn St Joseph exploring the unseen world of energy. Geralyn was born with her talent and has honed her skills over the years. Psychic Intuitive Geralyn St Joseph began Spiritually guiding others in grade school. In 1994, she had her first experience dealing with a haunting, possession and demonic attack. Let her share her experiences with you! This workshop will open the world of Psychic Energy to you through exploring Psychic Awareness-Who/What is around you, Types of Psychic Self-Defense, we will do a quick clearing and bring your questions and personal experiences for the discussion!
- 217:**                   **Shortbread and Sunshine** with Cupcake Haven Bakery and Rocker Soaps  
Join Savannah of Cupcake Haven and Rachel of Rocker Soaps for a delicious and fun cookie and herbal tea paring! Learn the unique benefits of each herb while sampling their yummy goodness. View our full selection of treats and teas on the 2<sup>nd</sup> floor by the main stairs.
- 221:**                   **Undisturbable Peace & Sacred You – Reiki+** with Anne Maring  
Peace is a concept much debated, often declared by an outside source, and may even seem intangible. It can be as mystical, as down to earth, intrinsic, or extrinsic as we wish it to be. Although, I think we can all agree that it is very much a blessing when we have it. Let's explore this topic together and bring home some peaceful elements to incorporate in your everyday life. We will start with a Reiki Attunement.
- 325:**                   **The Key to Divine Evolution** with Rev. Ingrid Jolly  
We are this key & to be effective is best expressed as a fearless Agent of Conscious Evolution. This is more easily achieved by creating a relationship with our innermost being, our body of "living light" & its golden core essence, our soul. Learning to sense and feel from deep within will sharpen observation skills. To attain this, we need to be its expression in the way we live our daily life and our Earth will help us change this world magically. Let's take a journey on "Creation's Wheel of Living Light", and enter into its magical Celestial Lifestream.
- 326:**                   **Tapping into Feeling Calm: Find Freedom from Anxiety, Stress & Chronic Pain**  
with Lauren Fonvielle  
In this workshop you will learn all about the healing power of the Emotional Freedom Technique. The Emotional Freedom Technique (EFT) also referred to as Tapping, is a stress relief method that counteracts the physical "fight or flight" response caused by stress. In this workshop, you will learn practical strategies for reducing stress & anxiety, reducing physical pain, increasing energy, and improving patience & attentiveness.