

# 1st Annual

## ALICE MAY GALLERY READING EVENT 1:00-2:00



# June 23, 2018

Masonic Temple  
416 S. First St.  
Clinton, IA 52732

[www.BodyMindandSpirit.Info](http://www.BodyMindandSpirit.Info)

### THE GALLERY EVENT

In a group setting, Psychic-Medium Alice May, will help people to connect with their Loved Ones, Angels and Spirit Guides on the other side with evidential and validating information that only the person and spirit would know to be true. Gifted since childhood, Alice May can see, hear and feel spirit. Her abilities bring forth comfort, healing and messages from above touching the hearts of all those who attend her gallery events. Join us for this very enlightening experience with Spirit!



*This AMAZING SPECIAL EVENT will leave you uplifted and inspired!*

### ABOUT ALICE MAY

As a young girl growing up in Duluth, MN., angels appeared to Alice May during some family hardships and difficult times. They brought her great love and comfort. Throughout her childhood and teenage years, Alice had many profound precognitive dreams and psychic experiences, which she accepted as a part of normal life. The words psychic and paranormal were not in her family's vocabulary or understanding. However, Alice continued to grow with insight of intuition, clairvoyant, clairsentience and clairsaudience abilities. She discovered that it made some people uncomfortable so she learned at a young age to keep many experiences close to her heart and to herself. Alice also had a great love for children so after she married she began a Child Care Service in her own home which she managed for 35 years in Minneapolis, MN. She received the "Lifetime Achievement Award" in the year 2008 for all her years of service. Alice May has now retired from her business of child care. She does psychic and mediumship work on a full-time basis.

Tickets can be purchased at the Registration Desk (\$25)



## Mind, Body, & Spirit Expo 2018: Class Room A

9:30–10:00	<p><b>20 MINUTE ANGELIC MESSAGE GALLERY—TERESA GRONINGA</b></p> <p>Teresa will read from the audience present and see what the angels have to say!</p>
10:00–10:30	<p><b>WHAT IS HERBALISM?—DONNA BASS</b></p> <p>Discover herbs for Love and Lust.</p>
10:30–11:00	<p><b>MEDITATION—KAE APOTHECARY</b></p> <p>Start your day with meditation to connect with your inner spirit. Andrea will lead a “Be the Mountain” meditation</p>
11:30–12:30	<p><b>HEALING ENERGY—DR. RON DEYO</b></p> <p>Learn more about safe, simple, home-work activities to improve your life.</p>
1:00-2:00	<p><b>ALICE MAY GALLERY EVENT</b></p> <p>Tickets available at the registration desk</p>
2:30–3:00	<p><b>THE AMAZING MIND BODY CONNECTION—BECCA FORMENTI</b></p> <p>Learn about the amazing communication between our mind &amp; body &amp; our surprising power &amp; ability to control them both.</p>
3:30–4:30	<p><b>TOUCH THERAPY—OMAR</b></p> <p>Learn to release SHI-TAY, the stagnant, heavy tension energy, then to replace that negative energy with S’RELL, Spiritual Reiki Energy of Light and Love.</p>



## Mind, Body, & Spirit Expo 2018: Class Room B

9:30–10:30	<p><b>OPENING YOUR PSYCHIC GIFTS WITH HEMP OIL—ROCHEL RITTERS</b></p> <p>Essential oils are another way to assist your health in a holistic manner.</p>
10:30–11:00	<p><b>OPIMIZING THE POWER OF FOOD—SUE VAN BUER</b></p> <p>Providing you with the knowledge of how our bodies process the foods we eat and how to make food choices that will most highly benefit healing, energy, and sustainable weight loss.</p>
11:00–11:30	<p><b>CHANNELED MESSAGES FROM ANGELS, FAIRIES &amp; GUIDES—LAURA JONES</b></p> <p>Compassionate Psychic Guidance from Laura</p>
11:30–12:15	<p><b>ANGELS AROUND US—REV KEV</b></p> <p>Spirits and Angels surround us while we walk the earth. This engaging workshop guides you through several levels of knowledge to help you develop a communicative relationship with your own personal guides and Angels that surround you.</p>
1:00-2:00	<p><b>ALICE MAY GALLERY EVENT</b></p> <p>Tickets available at the registration desk</p>
2:30–3:00	<p><b>WORRY TREE MEDITATION—HEATHER MAGELSEN</b></p> <p>Leave all your worries at the door of the worry tree that you create.</p>
3:15–4:00	<p><b>YOGA—PAMELA HARRINGTON</b></p> <p>Join Pamela for a relaxing experience with Restorative Yoga. This time will focus on deeper breathing, slow movement and the option to hold gentle poses longer. Suitable for everyone to try, with or without a chair. A great end to your day at the Expo.</p>



## Mind, Body, & Spirit Expo 2018: Class Room C

9:30–10:30	<p><b>HOW ANDEAN ENERGY HEALING BRINGS FREEDOM &amp; EMPOWERMENT—THE JOYFUL JOURNEY</b></p> <p>Explore the principles of shamanic healing and how it removes traumatic imprints from the past and restores balance to the energy field. We also will discuss soul retrieval, psychopomp and entity intrusions.</p>
10:30–11:15	<p><b>WHAT'S UP WITH THE PLANETS?—KATHERINE METCALF</b></p> <p>What is the astrological forecast for 2018? Find out as Katherine reads the celestial bodies to bring you this weather report of the planets, moon, and stars.</p>
11:30–12:00	<p><b>SOUL RETRIEVAL—KATHLEEN COLLINS</b></p> <p>Soul Retrieval helps to recapture parts of your essence or energy that you have lost during painful life events; loss of a loved one, trauma, disappointments, surgery, anesthesia, accidents. These events can leave us feeling empty, that we "have never been the same since..." and keep us stuck and unable to move forward with strength and confidence!</p>
1:00-2:00	<p><b>ALICE MAY GALLERY EVENT</b></p> <p>Tickets available at the registration desk</p>
2:30–3:30	<p><b>THE SELF-LOVE PROCESS—RINA JENSEN</b></p> <p>Learn the difference between Traditional Power and Personal Power and some techniques to start loving yourself a little more.</p>
3:30–4:30	<p><b>PRACTICAL MEDITATION—PAIGE BROWN-ORR</b></p> <p>Meditate and find the space deep inside of you, learn practical methods with Paige for daily meditation in your life.</p>



## MIND, BODY, & SPIRIT EXPO 2018 VENDORS

### VENDOR DIRECTORY & BOOTH NUMBER

<b>1 INTUITIVE COUNSELOR</b> Katherine Metcalf	<b>11 PHOENIX GIFTS</b> Michael Leonard
<b>2 KAE APOTHECARY</b> Andrea	<b>12 INTUITIVE TAROT READER</b> Anita Shekinah
<b>3 MAMMA MOON HERBALS</b> Donna Bass	<b>13 UNITY CENTER</b> Members
<b>3 RESILIENCY COACH</b> Rina Jensen	<b>14 HEALTH &amp; LIFESTYLE COACH</b> Sue Van Buer & Becca Formenti
<b>4 LAURACLE COMPASSIONATE PSYCHIC GUIDANCE</b> Laura Jones	<b>15 THE JOYFUL JOURNEY</b> Angel & Steve Lyle
<b>5 OPEN LOTUS MASSAGE</b> JoAnn Hook	<b>16 OMAR'S TOUCH THERAPY</b> Omar
<b>6 SMOOTH GAIT RANCH</b> Dr. Dan Deyo	<b>17 MYSTIC CHOCOLATE</b> Laurie Moritz
<b>7 TOADILY FOR YOU GIFTS</b> Rev. Jamie Lynn Thompson	<b>18 REIKI BY HEATHER</b> Heather Mangelsen
<b>8 WILLOW CYPRESS SPIRITUAL INSPIRATIONS</b> Paige Brown Orr	<b>19 PSYCHIC MEDIUM</b> Marilyn Elliott
<b>9 HOME DEPOT</b> Staff	<b>20 GREYWOLF HOWLING</b> Janis Virant
<b>10 ANGELIC READINGS</b> Teresa Groninga	



**MIND, BODY, SPIRIT EXPO 2018 VENDORS**

**VENDOR DIRECTORY & BOOTH NUMBER**

**22 INFINITE LIVING  
CENTER FOR HOLISTIC  
EXPERIENCE**

Rochel Rittgers

**23 LOVE LINGO**

Positive Apparel

**24 KATHLEEN COLLINS  
COUNSELING**

Kathleen Collins

**25 RELAX & REVITALIZE**

Exie Tobin

**26 TREASURE CHEST**

Kathy Eilers

**27 ALICE MAY, MEDIUM**

Alice May

**28 ABSOLUTE JOURNEY**

Rev Kev

**30 PEACEFUL RIVER  
CREATIONS**

Staff

**30 DOTERRA**

Judy Nyquist

**30 REIKI BY RONDA**

Ronda Berg

**31 AUCTION AND CONCESSIONS**

All proceeds to benefit Family Resources. Founded in 1849 as a nonprofit with the mission to strengthen children, families, and individuals by providing quality services throughout eastern Iowa and western Illinois that engage community resources to create effective solutions.

*Peaceful River Creations is proud to bring you the  
Body, Mind, and Spirit Expo!*

We support local made, USA made and Fair Trade Products by maintaining a storefront in downtown Clinton. We have a metaphysical section for your spiritual needs. We also have a Promotional Products business. We can help your business, event or organization stand out from the crowd! We love helping! Check out our website and the call for your appointment. Our expertise will help you create something memorable!

*A huge thank you to all our  
sponsors & volunteers.*

**Mac**  
**94.7**

*We play everything!*



[WWW.PEACEFULRIVERCREATIONS.COM](http://WWW.PEACEFULRIVERCREATIONS.COM)

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Tues- Fri: 10-4:30, Sat 10-2

