

We Appreciate Our Vendors!

BioElectra - Arthur Cronkhite

The Herbalist Cottage Apothecary - Danielle Farr

Susan Lukas, Psychic Medium

Teresa Mary, Psychic & Angel Communicator, Angel Cards, Pendulums

Einstein World Healing - Omar

Unity Center of Clinton

Esoteric Echoes - Stephen Ulrich

Love Lingo Positive Apparel - David Anderson

Shekinah Life Purpose Center - Anita Shekinah

Palmistry by Kathleen - Kathleen Darling

Angelic Reading by Teresa - Teresa Groninga

THS Custom Jewelry - Tamra Albright

Show Me Tarot - Rosanne Roy

The Mystic & Merrow - Amanda Brown

Aura Photos with Ravenous for Life Healing Center - Dr. Marina Kostina

Anam Saining - Trisha Falconer

TreeHeart Shamanic Therapy - Amy TreeHeart Raab

Institute of Therapeutic Massage & Wellness Center - Jordan Sexton

CORE Energy Work - Ed Mueller

Peaceful River Promotions/doTERRA



Presenting Sponsor



6th Annual



www.BodyMindandSpirit.Info

August 26, 2023

Riverfront Event Center, 215 S. 2nd St., Clinton, IA

Welcome! Peaceful River Promotions is happy to welcome you to the 6th Annual Body, Mind and Spirit Expo. We love the opportunity to help people learn about more holistic and natural ways of living. Spiritual growth makes for a more peaceful and loving world. We want you to live your best life ever and hope that we can help you achieve that. We have some of the best people around participating today. Check our website for their information as it will be up for the whole year.

CLASS SCHEDULE

9:30 – 10:15 Powerful Change: Let It Be Simple - Sandra Grace

Essential oils can help in every aspect of your life from physical/structural, mental/emotional to spiritual/energetic. Come and learn how to use oils for meditation, self-healing and an overall sense of well-being. Essential oils can change your life!

10:30 – 11:15 The Biology of Bio-Energy – Arthur Cronkhite

The average human body and its 75 trillion cells operate as a unified and integrated electrical system. This is why cellular voltage is critical to your health. Learn how you can live an energized and pain-free life, by keeping your cells charged to their full potential, through technology offered by BioElectra. Join Arthur in a dynamic presentation on how the body is a fully integrated, frequency based, hydrogen powered electrical system capable of complete repair and maintenance, when supplied with the appropriate energy. Also covered I how Chakras relate to your body's Endocrine system. This is a critical body regulator that, when compromised, creates the numerous symptoms of burnout, which include depression, exhaustion, hopelessness, cynical and resentful feelings, weight gain, etc. This is why your body's cellular voltage is critical to your health.

11:30 – 12:30 The Art of Taking Care of Your Energy and Vibing High

Dr. Marina Kostina

“Hips don't lie”- sings Shakira, and it must be true. Your energy can either create or destroy your life and your body is a vessel of this energy that reflects all blocks and incoherent vibrations that are caused by trauma, dis-ease, or negative mindset. In this workshop Dr. Kostina shares her near-death skydiving accident that happened in June 2022 and resulted in 52 broken bones, 10 reconstructive surgeries and miraculous recovery. She will share how not listening to her inner voice and lingering in low vibration attracted this near-fatal situation; and how her work as a hypnotherapist and energy healing practitioner helped her create magic in her healing: attracting the right doctors, beating all prognoses and deadlines and even writing an Amazon-bestselling book. You will learn to recognize blockages in your body and release them in order to keep your vibration high. This is a hands-on, engaging workshop that gives you concrete tools to become creators of your circumstances and your well-being.

1:00 – 1:45 Integrative Hypnosis for Health - Sandra Grace

Sandra is well trained in so many modalities that she is almost a one stop shop! She says "Our ability to change is one of our most powerful resources. How would a great change benefit your life?" She has been a presenter at several national hypnosis conferences. She teaches a lot of different techniques, but one of the most common skills is self-hypnosis. It's quick and easy to practice and the results can be amazing.

2:00 – 2:45 Herbal Healing – A General Overview – Danielle Farr

Danielle is highly educated in Plant Science, Alchemical Herbalism and is beginning a journey into Ayurvedic integrative medicine. She will go over the properties of plants and the form in which they can heal. She will also cover some common and not so common herbs, along with their healing properties for medicinal, spiritual and magickal needs.

3:00 – 3:45 Making Symbolism Personal – Stephen Ulrich

Find out what everyday symbols are at the most basic level. Learn how a symbol is made of various parts that come together to create an idea far greater than the sum of those parts. There are various ways of receiving symbols, which can be connected to the theory of consciousness as well as how they can be connected to the “clairs.” Symbols can have many and varied meanings which can sometimes conflict with each other. The language of symbolism is deep and personal. Understanding and translating symbols should always and ever be what resonates with you and you alone.

4:00 – 4:45 Introduction to Shamanic Journeying – Amy TreeHeart Raab

Amy says, “The fast-paced lives we lead often cause us to disconnect from our souls, our bodies, each other and Spirit. Over time, these disconnections can lead to Soul-loss, stress related physiological issues, relationship issues and depression. When we take the time to reconnect and remember who we truly are, we can live our lives more consciously and make healthier choices.”
Come relax in the Sacred Space to the beat of a Shaman's Drum and invite your True Authentic Self to lead the way for a deep healing experience for you Body, Mind and Spirit.