

**9:30am-10:15am
Classroom A**

Learn About The Paranormal—Rex Nielson

Through my years of experience and study, Rex shows equipment, evidence, and locations to better understand the paranormal, the true hazards of paranormal investigations and more. Rex shares his knowledge of the paranormal to help educate others.

**9:30am-10:15am
Classroom B**

Explore Meditation—Wendy Weig, Unity Center

What better way to start your day than with some time in meditation. Explore a drill in silence.

**10:30am—11:15am
Classroom C**

Opening Your Third Eye For Advanced Seekers—Rochel Rittgers

We will highlight many basic and advanced techniques for opening the third eye, discuss why it might be closed in the first place; ways to protect against it getting blocked again and how you can effectively use your third eye in your Spiritual growth or healing practice.

**11:30am—12:15pm
Classroom A**

Healy for Better Health—Autumn Wright

Energy medicine from Healy is an extraordinarily powerful modality to use as a standalone or in conjunction with other modalities for overall health and well-being. In my experience using Healy both in private practice and as an individual with a family, nothing has been as transformative and worked as quickly as Healy. I use it as a first line of defense; it is the #1 go to in my tool belt of options!

**11:30am—12:15pm
Classroom B**

Zap Covid-19 Naturally—Omar

Don't Worry, Be Happy! Mother Nature already has our anti-virals. Learn how to stop viral reproduction with essential oils, medicinal mushrooms, zinc, etc. Try this two-step exercise to strengthen immunity & respiration. Power up your Glands, Joints, Nerves, and Organs with Einstein Exercises! Who do you think really cares how healthy you choose to be? Free hand outs to all attendees. We Love You!

**1:00pm—1:45pm
Classroom C**

Spirit Gallery

In this session, Jamie will deliver mini-readings (messages) to random audience members. It is interesting to see and hear who comes through to some of those in attendance. If you have never attended a Spirit Gallery but are curious about how messages come through, you won't want to miss this session!

**2:00pm-2:45pm
Classroom A**

The Biology of Bioenergy—Arthur Cronkrite

The average human body, and its 75 Trillion cells, operate as a unified and integrated electrical system. An incredible bio-machine, capable of total self repair and renewal at every level. This is why cellular voltage is critical to your health and how you can live an energized and pain-free life, by keeping your cells charged to their full potential, through technology offered by BioElectra.

2:00pm-2:45pm
Classroom B

Hypnosis—Katey Simon

Have you ever wondered how to use hypnosis in your daily life? This interactive class will cover what hypnosis is and how it can be used to manage stress. Who doesn't need that these days? Katey will lead the class in guided self-hypnosis and do some demonstrations.

3:00pm—3:45pm
Classroom C

Mischief, Magick & Musings—Living Magickally Everyday - Lydia & Thomas, The Broom Closet

Thomas and Lydia will be sharing their simple magickal practices for daily living amongst the muggles. Wonder what that means? Check out this fun class to learn more!

4:00pm-4:45pm
Classroom A

Essential Oils For Meditation— Sheila Bosworth, Peaceful River Creations

Incorporating essential oils into your meditation routine can help you focus and center. They are a truly amazing way to enhance your meditation experience. You will get to smell and try some oils followed by a short 10 minute meditation. A perfect ending to a great day!

4:00pm-4:45pm
Classroom B

Learn To Take Time—Bonita Howes, Inst. Of Therapeutic Massage

Learn how to stay calm in a stressful environment. With some different approaches to resetting your mind and body and staying focused.