

4th Annual



August 21, 2021

Riverfront Event Center
215 South 2nd Street
Clinton, IA 52732

www.BodyMindandSpirit.Info

Mind, Body, & Spirit Expo 2021

WELCOME TO THE EXPO!

Peaceful River Creations is proud to present this event to the Clinton area! We love providing the opportunity for people to 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 we hope we can help you achieve that.

Our store is located at 246 5th Ave S. in Clinton. It is a showcase for other small businesses including local made items, USA made products from small family business, Fair Trade Products and of course Body, Mind and Spirit items. We have recently added a new apothecary section at the request of our valued customers!

Fair Trade is an organization that helps people in developing countries to get their handmade products to market. It ensures that people earn a fair wage so they can support their families, get an education, get healthcare and improve their living conditions. We are the only Fair Trade shop in Clinton!

Our Body, Mind and Spirit section has the biggest selection in town! We have items for your spiritual needs such as crystals, sage, natural soaps, essential oils, Himalayan salt products, singing bowls, tapes, jewelry and much more! We invite you to stop into our peaceful, relaxing and loving environment. You are welcome to play our new crystal singing bowls!

SAFETY MEASURES

COVID-19 variants are active in many locations. We encourage social distancing and wearing a mask around crowds. We are not requiring masks, but recommend it, especially for people who are not vaccinated. Our vendors are spread out to enable social distancing.

FOOD is provided by D-lectible D-lites. The food truck is located outside. She has a wonderful selection of healthy choices for lunch!

ENJOY THE DAY AND
THANK YOU FOR COMING!!



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<p>9:30am— 10:15am</p>	<p>MORNING MEDITATION - SHUBHANGI GARG</p> <p>Shubhangi has extensive experience in yoga with certification under Swami Anandanand, and specializes in different types of meditation. Trained in Yoga for cancer patients, she provides voluntary services twice a week at the Gilda Cancer Center for patients and care givers. Shubhangi will be leading our morning meditation to help us find our inner-peace for this exciting and educational event</p>
<p>10:30am— 11:15am</p>	<p>THE BIOLOGY OF BIOENERGY</p> <p>The average human body and it's 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 in an energized and pain-free life, by keeping your cells charged to their full potential, through technology offered by BioElectra.</p>
<p>11:30am— 12:15pm</p>	<p>HOW TO RAISE YOUR VIBRATION</p> <p>Come and learn how to raise your own vibration with earth energy to live a more healthy and positive lifestyle. Theresa will teach us ways to stay grounded through these stressful times, including breathing techniques, and how to recognize and listen to our inner voice.</p>
<p>12:30am— 1:15pm</p>	<p>ALL ABOUT ZERO-THC HEMP PRODUCTS AND THE VALUE TO DAILY LIFE</p> <p>Hemp products, commonly referred to as "CBD" can be purchased in a variety of places from dispensaries to the local gas station. Hemp extract products are much more than "CBD" and the quality varies depending on the cultivation, extraction and delivery form. The news feeds are full of buzz words, and internet searching can leave you confused. Let Iowa-based and family-owned HM Nutritionals answer your questions regarding broad spectrum hemp products. The difference between hemp and marijuana, and how they effect your body and mind, will be discussed.</p>



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<p>1:30pm— 2:15pm</p>	<p>RECONNECT TO RENEW</p> <p>You will be guided through a Heart of Creation where you will reconnect to yourself and your higher self. From this heart space you can heal yourself, find clarity and make choices for your highest and best good. There will also be a few healing alignments used to help with the connections, clearings and shifts.</p>
<p>2:30pm— 3:15pm</p>	<p>YOGA FOR KIDS</p> <p>With 50 years practicing and teaching yoga and 40 years teaching children, writing yoga books for kids seemed like the next step. I have written 3 books. During my class, I will show parents, grandparents, care takers, and teachers how and why they need these books. The books are perfect for any age with easy poses for the beginner.</p>
<p>3:30pm— 4:15pm</p>	<p>HEALING SPIRIT THROUGH DIMENSIONS OF TIME</p> <p>We are multi-dimensional beings in a multi-dimensional world learning lessons and evolving as we travel through time. This presentation is a personal journey to Dream-time Healing using Holographic Kinetics (HK) and how basic essential principals of Universal Law and LORE can be applied to everyday life. We will understand the difference between Spirit, Soul and Mind, how we create our personal reality and how looking external and agreements with outside forces can have effects through time. The intent is that the participant will come away with a deeper knowing and connection with their own internal Spirit, more empowered to heal thyself and navigate the challenging time in which we live.</p>
<p>4:15pm— 5:00pm</p>	<p>AFTERNOON MEDITATION</p> <p>Join us for a time of meditation to align or realign your Chakra centers. This can become a practice you can use daily to calm your busy life energy. A great way to end a great day!</p>



VENDOR DIRECTORY

BIOELECTRA
Arthur Cronkhite

BRAVELY AUTHENTIC
Bobbiejo Yarbrough

CHRISTIE'S HEALING ENERGY
Christie Stineman

DREAMTIME HEALING
Kathi Burns Britton

DWELL WITH PRUDENCE
Daniel Loeb

FARMHOUSE READINGS
Lisa Sedlacek

HM NUTRITIONALS
Toby Evans

IMS CHIROPRACTAIC
Dr. Kortni Richards

INSTITUTE OF THERAPEUTIC MASSAGE
Bonita Howes

THE INTUITIVE COUNSELOR
Selina Witt

LUNA RAVENWING
Luna Ravenwing

LUNAR SOUL
Ashleigh Jewell

MY VITAL FORCE
Kari Renee

MOMMA CAT
Tarot Readings

PEACEFUL RIVER CREATIONS
Staff

PSYCHIC CHAKRA CENTER
Rose Unich

SACRED DESIGNS BY SPIRIT
Shamin Averhoff

SHEKINAH LIFE PURPOSE CENTER
Anita Shekinah

STREGA LUNA'S APOTHECARY
Donna Lancianese

TINA'S ENERGY WORK & HOLISTIC HEALING
Tina Belding

UNITY CENTER OF CLINTON
Members

UP N'SMOKE
Nicole McCloskey

VIBES UP HEARTLAND
Theresa Brown

YOGA BEES
Sheri Coate

LIVE YOUR BEST LIFE!

BE INQUISITIVE!

BE OPEN!

HAVE FUN!

There are blank pages in here for you to take notes, keep inspiration and write down your questions



Notes, QUESTIONS, Inspirations



Notes, QUESTIONS, Inspirations

Thank you to our Sponsors!



Shop online at:
www.PeacefulRiverCreations.com
www.PeacefulRiverPromotions.com

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