



*Free
Spirit*

FEST.CA

2024

FESTIVAL GUIDE

Get Ready to Supercharge Your Soul!

2024 Free Spirit Festival Guide

*Welcome & Thank You!
We are thrilled you have joined us
today to supercharge your soul!*

**The Free Spirit Fest mission and goal is to make the
“Georgina Area a Mecca for Wellness.”**

Free Spirit Fest has joined forces with the many gifted business owners, entertainers, sponsors, donors, volunteers and facilitators to create a safe, healing, & supportive space for our community.

Where participants are invited to try new wellness modalities which aid in shifting mental health as they experience a day of reflection, release, rejuvenation, delicious food, music, dancing & fun.

This mission will not only support those in the Georgina area but create economic growth with those traveling from the GTA & beyond.

Meet the Free Spirit Fest Founder ...

JENNIFER AVES of Balance Health Solutions | @balance_health_solutions



Jennifer Aves is the founder of the Free Spirit Festival. She is the owner of Balance Health Solutions - a local mobile wellness business. Jennifer is a holistic practitioner & author with over twenty years of wellness & corporate experience. Jennifer’s mobile wellness business services the Georgina area & the GTA with the following services: massage, reflexology, reiki, nutrition, fitness, cold exposure, corporate education talks, retreats, and mindset coaching. Keep an eye out for her exciting new book 'KEY RESET' coming this fall!



2024 FESTIVAL GUIDE



Welcome! We are thrilled you have arrived today with your smile on.
So get ready to be supercharged with positive energy!

9:30 AM - 10:00 AM: REGISTRATION

Please ensure that you have registered & received your swag bag*
(*For the first 111 people through the gate)

10:00 AM - 10:30 AM

OPENING CEREMONIES for the 2ND Annual Free Spirit Fest

MC: **Daniel Gauthier** of TwinBytes Inc.

Founder & Land Acknowledgement: **Jennifer Aves**

Blessing & Sage: **Deanna Big Canoe**

Welcome: **Mayor Margaret Quirk**

Guest Speaker: **Arati Nijasure** - Sandgate Women's Shelter

Entertainment: **Shaw Percussion** will drum in some positive energy to kick off the festival!

12:30 PM - 12:45 PM

SPREADING KINDNESS Location: Vendor Village MAIN STAGE

Host & Founder: **JENNIFER AVES**

Inspirational Speaker: **MARCIA ANGIUS** - Spread Kindness

12:45 PM - 1:15 PM

MORE LIVE MUSIC with NEIL CHAPMAN & LEE WHALEN

Location: Vendor Village MAIN STAGE

ART FLOW & RELEASE

10:30 AM - 11:30 AM MISHMASH KIDS ART at WOODHEDGE

Location: WOODHEDGE (behind main stage)

Facilitators:

MICHELLE RICHARDS-CLERMONT & AMY BELL

1:30 PM - 2:20 PM CREATIVE FLOW & RELEASE for ADULTS

Location: WOODHEDGE (behind main stage)

Facilitators:

MICHELLE RICHARDS-CLERMONT & AMY BELL

FARM TO TABLE

Location: ClearWater Farm Stand (Vendor Village)

10:30 AM - 11:30 AM

FOOD LOVE SELF LOVE with SORAYA MENA

This session takes you on a journey from the field to your plate as you connect within the love of food to self love.

1:00 PM - 2:00 PM

FOOD THAT MOVES YOU with LAUREN HELMKAY

This session will move you in an inspiring way to better connect with the food that fuels you.

10:30 AM - 12:30 PM

ZEN MORNING Location: Zen Garden

MEDITATION

Facilitator: **PAMELA ROBINSON** of The Aquarian Shift

BREATH-WORK

Facilitator: **BRIAN COONES** of Rewired

YOGA FLOW

Facilitator: **NINA PATTERSON** of Sun & Sage Wellness

USE YOUR BODY AS A PENDULUM

Facilitator: **APRYL JONES** of Naturally Enchanted

FULL RESET HOT & COLD EXPOSURE

Location: Across from the Zen Garden

Facilitators: **ADRIENNE KASKIE** of Cool Dip Recovery & **DANIEL KRAKAUER** of Sauna Social

1:30 PM - 3:30 PM

ZEN AFTERNOON Location: Zen Garden

MEDITATION

Facilitator: **CJ - CAROLYNN RODGERS** of CJ Insightful Encounters

BREATH-WORK

Facilitator: **JOEY DAMIANI** of Awakening Owl Wellness

DANCE YOGA

Facilitator: **KRISTA YOUNG** of Your Life Take 2

USE YOUR BODY AS A PENDULUM

Facilitator: **APRYL JONES** of Naturally Enchanted

OPEN ALL DAY VENDOR VILLAGE

Be sure to check out all the amazing vendors, one of a kind finds, healing sessions and delicious eats just to name a few.

*Fees may apply for one-on-one sessions.

ALPHA KHAMCEH | @alpha.outdoorschool

AMY BELL | @amybell.ca

AUTHENTICA BY JESSICA | @authenticabyjessica

BALANCE HEALTH S. | @balance_health_solutions | @free.spirit.fest

CHE HOOKS YARNED & DANGEROUS | FB: @ChelseySchafer

ELEMENTAL SPIRIT WEAR | @elemental.spiritwear

FOOD LOVE SELF LOVE | @foodlove.selflove

FREQUENCY MICRO GREENS | @frequencymicrogreens

GEORGINA CHAMBER OF COMMERCE | @GeorginaChamber

HEALTH HUT | @theHealthHut.JP

HEXEN HAVEN | @hexen.haven

HIGHER HEALING HACIENDA | @higherhealinghacienda

JENNIFER JOHNSTON | email: jennifer@jenniferjohnston.ca

KANGAN WATER GEORGINA | @zettlercarolynn

KCOUNTRY 93.7 FM | @kcountr937fm

NATURALLY ENCHANTED | @_Naturally_Enchanted

MAKE ANYTHING POSSIBLE | web: makeanythingpossible.ca

MESSHALL EATERY | @eddybeeandtootsie

MICHELLE RICHARDS | @michellerichardsclermont

MINA'S CRAFT SHOP | @minas.craftshop

PAMELA ROBINSON | @theAquarianShift

RICK HIHNALA | @RickHihnala

SANDGATE WOMEN'S SHELTER | @SandgateWomen

SAUNA SOCIAL | @saunasocials/

SHAW PERCUSSION | @shaw_percussion

SHORELAND PERSIAN CUISINE | @shorelandrestaurantbar

SIMIN NOORANI | email: simin.noorani@gmail.com

SOULFUL BLESSINGS | @soulfulblessingsstudio

WELA'S KITCHEN | @welaskitchen

WILD ASS APPAREL | @savethewildass

WIENERLICIOUS | FB @murrytaylor

YORK REGION PARAMEDIC SERVICES

LIVE MUSIC

Location: Main Stage Vendor Village

4:15 PM - 4:30 PM NO HELPIAN

Spencer Aves, Bradley Keenan, Madison Clark, Monique Cuillerier, Andrew Amato

4:30 PM - 5:00 PM MICHAELA BRUTON

5:00 PM - 5:30 PM HANNAH HUTCHINGS & SADIE BUNN

5:30 PM - 6:00 PM CHEATIN' HEARTS LINE DANCE

Sandra DiDomenico & Antonietta Botticelli

6:00 PM - 7:00 PM LORIE DIETRICH & NIC NOLET

7:00 PM - 7:30 PM CHEATIN' HEARTS LINE DANCE

Sandra DiDomenico & Antonietta Botticelli

7:30 PM - 9:00 PM THE ROLLING COYOTE

Mikey Cuthbertson, Amanda Currie, Tyler Angelo, Bookachov

9:00 PM FINALE

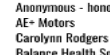
Location: Main Stage Vendor Village

FOUNDER: **JENNIFER AVES & the FREE SPIRIT TEAM!**

FESTIVAL GUIDE KEY

	MASTER OF CEREMONIES		LIVE MUSIC
	HOLISTIC SESSIONS		VENDORS
	COLD PLUNGE & HOT SAUNA		CREATIVE ART

Thank You: We would not have made this festival possible without our amazing participants, sponsors, vendors, musicians, facilitators, volunteers and Free Spirit Fest team! Deepest Gratitude!



SCAN FOR FULL FESTIVAL GUIDE

ENTERTAINMENT & STAGE SPONSOR

Correia Family: In loving Memory of Beany Correia

DRUMMING

Shaw Percussion @shaw_percussion

FREE SPIRIT FESTIVAL WINGS

Alpha Khamceh @alpha.outdoorschool

PHOTOGRAPHER Sandra Leitch @ShootingMonsters

VIDEOGRAPHER Seamus O'Hara @artflight

TICKET SPONSORS - GOOD KARMA

Anonymous - honor of Free Spirit

AE- Motors

Carolynn Rodgers - Intuitive CJ

Balance Health Solutions

Black River Coffee

Dawna & Pat Burrows

Direnfeld Law

Ian Robertson

Krista Young - Your Life Take 2

Terry Tain - Higher Healing Hacienda

Meet Our Session Facilitators...



ADRIENNE KASKIE | IG: @cooldiprecovery

COLD PLUNGE FACILITATOR

This experience is sure to rejuvenate your entire body, mind and spirit through cold exposure for a full body reset. We Highly recommend it after 'Zen Sessions'. Paired with Hot Sauna Exposure. Owner of Cool Dip Recovery. Adrienne holds a Social Service Work diploma and has been in this field for 8+ years working with children, youth, families, and individuals that struggle with behavioral and mental health challenges. She is an advocate for positive behavior and mindset shifts to promote better overall health for the individual and the community of York Region. Adrienne is the owner and founder of Cool Dip Recovery, a wellness group specializing in cold water therapy, breathwork, yoga, and more. Her skills align with our project's vision, and she's dedicated to supporting the wellness of our community now and for the next generations.



AMY BELL | IG: @amybell.ca

CREATIVE ART FACILITATOR

Amy Bell dances to the rhythm of her own creative curiosity weaving together a tapestry of passions, transforming them into a harmonious and fulfilling journey in Design, Branding, Teaching and Coaching - all with a heavy nod to the wisdom locked inside the psychology of colour and numerology. She is the creator of the Branding with Soul™ method (<https://www.amybell.ca/services>) & founder of White Lightning Communications, this elite branding house combining masterful design, authentic language and revolutionary marketing strategies to create unique brand stories for clients. Amy Bell is the Founder and Creative Director of United Colours of Design (<https://unitedcoloursofdesignmag.com/> a magazine set to inspire entrepreneurs to tap into the transformative power of colour and align their business with their soul's purpose, leading to a magical and prosperous life full of love and joy.



APRYL JONES | IG: @_naturally_enchanted

INTUITION FACILITATOR

This part of the session will teach you tips on how to use your body as a tool to tap into your intuition. Apryl's wholistic healing studio offers everything from intuitive readings, reiki, crystal healings so be sure to attend this session and stop by her vendor booth.



BRIAN COONES | IG: @briancoones

BREATHWORK FACILITATOR

Brian's purpose is to help business professionals manage stress, cultivate self-awareness, enhance health and happiness, build resilience and achieve personal growth. He provides mindfulness-based programs for individuals and companies offering practical, experiential coaching, workshops, courses, and retreats that yield tangible results.

With his guidance, hundreds of clients and organizations have achieved greater confidence, resilience, and purpose-driven success. WEBSITE: www.briancoones.com

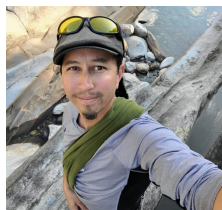


CAROLYNN ROGERS (CJ) /CJ's Insightful Encounters

MEDITATION FACILITATOR

A mindfulness practice concentrating on meditation and wellness services to help others meditate effectively to relieve stress and gain clarity.

EMAIL: intuitivecj@gmail.com WEBSITE: www.intuitivecj.ca



DANIEL KRAKAUER | @saunasocials/

HOT SAUNA FACILITATOR

This experience is sure to rejuvenate your entire body, mind and spirit through cold exposure for a full body reset. We Highly recommend it after 'Zen Sessions'. Paired with Cold Exposure.



JOEY DAMIANI | IG: @awakening_owl_wellness

BREATH-WORK FACILITATOR

Joey Damiani is a Certified Breathwork Facilitator, Breathwork Coach And CCF Certified Life Coach. CEO of Awakening Owl Wellness Ltd.

The practice of breathwork teaching has heavily impacted Joey's spiritual journey in outstanding ways not only for himself but for thousands of people within Ontario, British Columbia and Costa Rica through ceremonial retreat circles, private corporate events, weekly group breathwork classes and individual one-on-one private sessions. WEBSITE: <https://www.awakeningowlwellness.com/>



KRISTA YOUNG | IG: @yourlife_take2

DANCE YOGA FACILITATOR

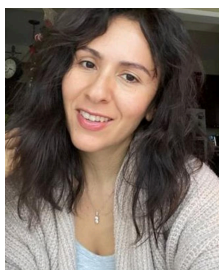
Krista Young is a Dance Yoga Instructor and Personal Transformation Coach who will help you align your body, mind and spirit so you can

become the best version of yourself in every aspect of your life.

She loves supporting people on their journey to find their inner strength and use it to create the lives they've always wanted. You can find her on Facebook and Instagram at Your Life: Take 2.

FB: <https://www.facebook.com/KristaYoungLifeCoach>

EMAIL: getunstuck@kristayounglifecoach.ca



SORAYA MENA, RHN | IG: @foodlove.selflove

FARM TO TABLE FACILITATOR

This session takes you on a journey from the field to your plate as you connect within the love of food to self love. Soraya is a registered holistic nutritionist who empowers women to eat-move-heal-breathe-grow all for the love of food!

Soraya Mena, RHN, Holistic Health Coach, Reiki Master, Yin Yoga Instructor, Holistic Nutritional Chef. Transforming lives through vibrant, delicious nutrition and rejuvenating holistic retreats. EMAIL: foodlove.selflove@gmail.com

WEB: www.foodloveselflove.com FB: @foodlove.selflove IG: @foodlove.selflove



LAUREN HELMKAY | IG: @laurenhelmkaywellness

FARM TO TABLE FACILITATOR

Lauren HelmKay is the passionate founder of Lauren HelmKay Wellness, a practice that empowers women to cultivate vitality through mindful food choices, movement, and conscious decision-making. With certifications as a Culinary Nutritionist, Functional Medicine Health Coach, Creatively Fit practitioner, and Nia instructor, she expertly guides women towards building fulfilling lives. Beyond her coaching, classes, and workshops, Lauren also runs a vibrant private Facebook group called @LivingYourVibrantLife, which provides support to over 2400 women striving to live their best lives. Lauren is dedicated to helping others live with intention and lives by the motto, "Your future is created by what you do today, not tomorrow." WEBSITE: www.laurenhelmkay.com
FB: @laurenhelmkaywellness PRIVATE FB GROUP for WOMEN: @LivingYourVibrantLife



NINA PATTERSON | IG: @sunandsagewellness

MEDITATION FACILITATOR

Nina is a long time resident of Georgina who has been working in the spiritual energy fields for over 10 years, teaching yoga, meditation and breath-work.



MICHELLE RICHARDS-CLERMONT

IG: @michellerichardsclermont

CREATIVE FLOW FACILITATOR

Michelle is a visual artist and art teacher who is here to share her beautiful view of the world through art, release and flow. This enchanted little forest space was created for kids by kids. Inviting all ages big and small to come to this session to let their creative spirit guide them through art. Michelle is a creative soul with many creative, & holistic interests. She has combined her strengths to offer a creative art experience at this year's Free Spirit Festival. Michelle also works as a Creative Guide, Master Artist & Art Instructor. She has been a Certified Aromatherapist since 2004, which combined with art, energy & frequency healing, intuitive downloads, & a fun atmosphere provides a body & soul experience for the entire family. Michelle is always learning and is currently experimenting with floral extracts, natural dyes, paper making, printmaking, and furthering her holistic education.

Meet Our Inspirational Speakers...



SANDGATE WOMEN'S SHELTER | ARATI NIJSURE

SPREADING AWARENESS

Sandgate is dedicated to providing shelter and support. Take the First Step to Getting Help. If you or someone you know is experiencing violence, we can help. Call our confidential, free helpline to talk to someone today. We're here to help answer your questions, offer you options, and help you develop a safety plan. When you're ready, we'll be there with as much assistance as you need.

<https://www.sandgate.ca/>



MARCIA ANGIUS | IG: @_inspirealways

SPREADING KINDNESS

Kindness has infinite potential. Kindness costs nothing to give. Kindness is heart felt. Over the years I have been inspired by so many awesome women which has prompted me to launch Inspire Always. Inspire Always is a forum that highlights and features incredible women showing their strengths and struggles.

<https://www.inspirealways.ca/kindness-circle/>



DEANNA BIG CANOE | @deannabigcanoe

BLESSING OF FARM & SAGE

Once again the Free Spirit Fest is honored to have Deanna present the festival blessing and sage this year. Deanna is a single mom of six and a grandmother to nine grandchildren. She has worked a variety of jobs with her favorite being fundraising for Green Summer Camp run by natives. After living in many different areas Deanna in 1999 moved back to Georgina Island First Nation where she still resides today.



DANIEL GAUTHIER | IG: @twinbytesinc

MC FOR THE 2024 FREE SPIRIT FEST

Many Thanks to Daniel for accepting the role of master of ceremonies for the 2024 Free Spirit Festival.

Daniel went from going through police college to serve and protect to finding his calling with computers where he now serves and protects people from cyber criminals with managed IT services and computer repair. He finds balance in his spiritual practice doing daily meditation, gratitude and practicing Reiki on the side. Increasing his involvement with the community living up here for just over a year, including now serving on the board of directors with the Georgina Chamber of commerce.

FB: <https://www.facebook.com/Twinbytesinc> IG: <https://www.instagram.com/twinbytesinc/>
<https://www.youtube.com/twinbytesinc>

LinkedIn Company profile: <https://www.linkedin.com/company/410883>

LinkedIn Personal profile: www.linkedin.com/in/daniel-gauthier-6b5629

Check Out the Music & Entertainment ...



CHEATIN' HEARTS | @cheatinhearts

SANDRA DIDOMINICO & ANTONIETTA BOTTICELLI

LINE DANCING

Welcome to Cheatin' Hearts, where the dance floor comes alive with the rhythm of good times and country beats! We're thrilled to introduce a new addition to our repertoire – LINE DANCING LESSONS. Join us for a boot-scootin' good time as we guide you through a variety of lively line dances set to the tunes of classic Country hits and the latest chart-toppers. EVENTS - LESSONS - PARTIES www.cheatinhearts.ca



SHAW PERCUSSION | @shaw_percussion

HANDCRAFTED DRUMS & DRUMMING

Family owned and operated! Handcrafted drums tunes percussion and imported hand drums since 2003. We help drummers, from beginner to expert. Check it out www.shawpercussion.com



LEE WHALEN | IG: @lpwhalenjewelry

LIVE MUSIC

Lee Whalen, has been singing and performing her own original music since the mid-80s which began with her all female band “Notre Dame”. Lee has shared the stage and sang with some of her favourite female artists such as Rebecca Jenkins, Jane Sibery, Mary Margaret Ohara, and Lori Yates. Her timeless music has its roots in country, folk and pop, and expresses a rich tapestry of universal experiences with memorable melodies. Lee is currently recording a body of work that will soon be released and available on Bandcamp as well as all major streaming services.



NEIL CHAPMAN | IG: @neilgitman

LIVE MUSIC

Neil Chapman is one of North America's most inspiring guitarists. As well as being a first call session player, having recorded with the likes of Dan Hill, Rita McNeil, Rough Trade, The Satellites, Heat Exchange, Zombo Zombo, Bill King's Saturday Night Fish Fry and Alan Frew. He has played on stage with great artists such as Leonard Cohen, Carol Pope, Buffy Sainte-Marie, Randy Bachman, Leroy Sibbles and many more.



NOHELPIAN

LIVE MUSIC

New to the music scene. Spencer Aves, Bradley Keenan, Madison Clark, Monique Cuillerier, Andrew Amato - Celebrating their debut performance.



MICHAELA BRUTON

LIVE MUSIC

New to the music scene. Michaela will be performing her original song "Mothers Dreams".



HANNAH HUTCHINGS & SADIE BUNN | @blinking_morse_code

LIVE MUSIC

Meet Sadie and Hannah: A Dynamic Duo. Sadie and Hannah form a dynamic duo, bringing their combined musical talents to life in every performance.

Sadie is a versatile musician, seamlessly switching between lead guitar, drums, and harmonica. Her multifaceted skills and deep passion for music drive the rhythm and melody of their performances. Whether delivering intricate guitar solos, keeping the beat on drums, or adding soulful harmonica touches, Sadie's musicianship is the backbone of their sound.

Hannah is a captivating lead singer who also plays guitar and tambourine. Her powerful, emotive voice captures the hearts of the audience, while her guitar and tambourine playing infuse vibrant energy into every song. Hannah's stage presence is magnetic, drawing listeners into the emotional core of their music. Together, Sadie and Hannah have developed a diverse repertoire, breathing new life into a wide range of song covers across various genres. From rock and pop to folk and blues, they bring their unique interpretations to every performance. Their chemistry and shared passion for music shine through, creating a seamless and captivating experience for listeners.

In addition to their covers, they also perform original music. Their single, "Time For Me To Go (Be Brave)," showcases their ability to craft meaningful and personal songs that resonate with their audience.

Beyond their performances, Sadie and Hannah have organized events like the Teens Open Mic Night at Jackson's Bistro, providing a platform for young, aspiring musicians to showcase their talents. Join Sadie and Hannah on this musical journey, and let their harmonious blend of talents be the soundtrack to your most memorable moments.



LORIE DIETRICK & NIC NOLET | @lovelor.xo | @nic.nolet **ENTERTAINMENT**

Lorie Dietrich is a uniquely-voiced singer / songwriter based out of Kitchener, Ontario. Influenced by traditional roots forms and the prettiest elements of popular music she writes and performs in a variety of configurations, ranging from solo with her ukelele to performances with her band Sundown Saints. Her recent songwriting exploits with Canadian producers Jon Knight (Soulstack) and Conor Gains have caught the attention of ears and eyes far and wide and her singing captures hearts wherever it is heard.

Lorie is pleased to perform today with Nic Nolet.

Nic Nolet, a singer-songwriter and guitarist from the Niagara region. His style is progressive yet traditional, deeply rooted in the legacy of Americana and folk musicians who shaped the sonic landscapes that continue to enchant modern listeners. A talented and versatile guitarist, he has kept in demand as a side man on records and stages throughout the country.



THE ROLLING COYOTES | @therollingcoyotes **ENTERTAINMENT**

The Rolling Coyotes are a Country and Rock four-piece from Newmarket, Ontario. The band formed in 2019 through their collective reverence for old soul blues and playing solid Country Classics like Roger Miller, Hank Williams and Johnny Cash. Their unique brand of entertainment fuses tight vocals and soaring guitar solos with a heart as true as the Cowardly Lion's. Their upbeat, driving style will make you want to jump out of your seats and rock out!

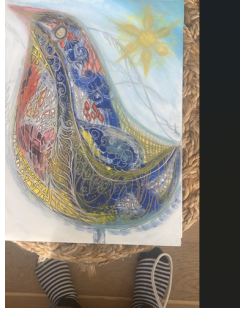
They also perform original single: "Frozen".

Set to headline Free Spirit Fest in Georgina this summer, the Rolling Coyotes are currently accepting bookings and would be thrilled to be the life of your next party or event. For more info or to book, visit @therollingcoyotes on Instagram or email mikeyc.sound@gmail.com.

Band members: Mikey Cuthbertson, Amanda Currie, Tyler Angelo, Bookachov

FB: @rollingcoyotes Twitch: www.twitch.tv/rollingcoyotes

Check Out All The Vendors . . .



ALPHA KHAMCEH | IG: @alpha.outdoorschool

Creator of this year's stunning Free Spirit Wings!!!

Alpha is a local artist and outdoor guru! Infusing the two Alpha offers outdoor art classes and activities to help you build a stronger connection within. Classes range from drawing and painting classes, integrated sports activities such as kayaking and paddle boarding to cold plunging and breathwork.



AMY BELL | IG: @amybell.ca

Amy Bell dances to the rhythm of her own creative curiosity weaving together a tapestry of passions, transforming them into a harmonious and fulfilling journey in Design, Branding, Teaching and Coaching - all with a heavy nod to the wisdom locked inside the psychology of colour and numerology. She is the creator of the Branding with Soul™ method (<https://www.amybell.ca/services>) & founder of White Lightning Communications, this elite branding house combining masterful design, authentic language and revolutionary marketing strategies to create unique brand stories for clients. Amy Bell is the Founder and Creative Director of United Colours of Design (<https://unitedcoloursofdesignmag.com/>) a magazine set to inspire entrepreneurs to tap into the transformative power of colour and align their business with their soul's purpose, leading to a magical and prosperous life full of love and joy.

AUTHENTICA BY JESSICA LTD.

Inspired by Nature's Inner Healing

AUTHENTIC BY JESSICA

IG: @authenticabyjessica

Experience the transformative wonders of Authentica by Jessica. Discover herbal remedies, skincare, and tea that nurture body and mind. Crafted with love and respect for nature, our products restore balance, enhance radiance, and promote well-being. Embrace authenticity and unleash the power of nature for optimal health and beauty.



BALANCE HEALTH SOLUTIONS

IG: @balance_health_solutions | Jennifer Aves - Author: NEW BOOK! - 'Key Reset' coming soon & Where the Dark + Light Meet journals and Dream journals. Owner: Balance Health Solutions - mobile wellness services for individuals & corporate! Co-Founder: Free Spirit Fest, One Holistic Organics and Alpha & Jen High Vlbe News. See you at our booth!



CHE HOOKS YARNED & DANGEROUS |

IG: @THENATURALSECRET_CHEHOOKS

“The Natural Secrets” Homemade with love Che Hooks Yarned & Dangerous is a one of a kind artisan so be sure to check out all her beautiful creations.

Come by and say hello to Chelsey.



ADRIENNE KASKIE | IG: @cooldiprecovery

This experience is sure to rejuvenate your entire body, mind and spirit through cold exposure for a full body reset. We Highly recommend it after ‘Zen Sessions’. Paired with Hot Sauna Exposure. Owner of Cool Dip Recovery. Adrienne holds a Social Service Work diploma and has been in this field for 8+ years working with children, youth, families, and individuals that struggle with behavioral and mental health challenges. She is an advocate for positive behavior and mindset shifts to promote better overall health for the individual and the community of York Region. Adrienne is the owner and founder of Cool Dip Recovery, a wellness group specializing in cold water therapy, breathwork, yoga, and more. Her skills align with our project's vision, and she's dedicated to supporting the wellness of our community now and for the next generations.



ELEMENTAL SPIRIT WEAR

IG: @elemental.spiritwear

Mindfully pieces handcrafted to move freely. Handcrafted right in Orono Ontario. We select conscious materials and design pieces that can be worn in a multitude of ways to express all the beauty within. Be sure to stop by this booth to check out quality clothing and say hi to Tara.

FACILITATOR'S BOOTH

Be sure to check out this booth to meet and greet our facilitators. Here you will find anything from how to connect and attend their upcoming events to purchasing their books or t-shirts!



FOOD LOVE SELF LOVE | IG: @foodlove.selflove

SORAYA MENA facilitator of Farm to Table. Be sure to stop by her booth to tantalize your taste buds with her Buddha Bowls!

Not only delicious food but more information about Nutrition and Wellness. Empowering your journey with nutrition insight, food, positive mindset and yes body movement! Services: Reiki, Meditation and Yoga



FREQUENCY MICRO GREENS | IG: @frequencymicrogreens

Stop by our patio spot for more information on how we have super charged our super micro greens and all find out all the benefits of adding them into your daily meals and snacks. So what's the next level beyond 'organic' in terms of our food. Introducing 'High Vibration Nutrition'. Want to learn more and sample some super foods, be sure to stop by Frequency Micro Greens and say hi to Tracy.



GEORGINA CHAMBER OF COMMERCE | @GeorginaChamber

Proudly supporting small and large businesses in the Georgina area. If you have a business and are not part of the Georgina Chamber or want to learn more about local businesses and services be sure to stop by their booth.



HEALTH HUT | @theHealthHut.JP

The Health Hut is located right in the heart of Jackson's Point. Be sure to stop by our booth to find out more about all the health and wellness products we carry. We carry a variety of natural vitamins, supplements, dried teas, local honey, skin care products, kombucha, and so much more. Owner Emily Klotz.



HEXEN HAVEN

@hexen.haven

Metaphysical shop & apothecary located right in Willow Beach, ON.

KANGA KANGAN WATER GEORGINA | IG: @zettlercarolynn

I've never felt better since drinking healthy chemical free water. Change your water. Change your life.



HIGHER HEALING HACIENDA

IG: @higherhealinghacienda

Stop by our booth for more information about hot stone massage, Indian head massage, and check out our healing pyramid as we attune your body with the vibration of tuning forks.

JENNIFER JOHNSTON

email: jennifer@jennifercjohnston.ca

Be sure to stop by Jennifer's booth for more information about hypnosis, reiki and energy sessions.



KCOUNTRY 93.7 FM | @kcountry937fm

Today's best country radio station! Be sure to stop by our SUV and say hello.



MAKE ANYTHING POSSIBLE | www.makeanythingpossible.ca

Endless possibilities! Come check out Diane's booth. She coaches people using their subconscious minds to eliminate mindset & memory barriers, resulting in huge perspective shifts.



MICHELLE RICHARDS | IG: @michellerichardsclermont

Located in WOODHENGE behind the main stage! Michelle is a visual artist and art teacher who is here to share her beautiful view of the world through art, release and flow. This enchanted little forest space was created for kids by kids. Inviting all ages big and small to come to this session to let their creative spirit guide them through art. Be sure to stop by the session or booth.

MINA'S CRAFT SHOP | @minas.craftshop

You never really know a woman until you've seen her accessories. Beautifully crafted accessories.



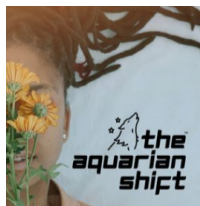
MESSHALL EATERY | IG: @eddybeeandtootsie

YUMMY! Hungry be sure to check out Messhall. Home cooked deliciousness, sure to give your tummy a big hug!!



NATURALLY ENCHANTED | IG: @_Naturally_Enchanted

All-natural intention set healing candles, handmade crystal jewellery and healing sachets using the finest ingredients from Mother Earth. Ethically sourced, high quality healing crystals specimens from all over the world.



PAMELA ROBINSON - The Aquarian Shift |

IG: @theAquarianShift

Pamela is a Master Hypnotist, RSSW Psychotherapist. Helping people to unlock and heal all that is holding them back from living their fullest vibrant lives. Exploring blocks and how you can heal them. Bridging the spiritual and energy with the human experience. Creating balance and peace. Be sure to stop by Pamela's booth to find out how trauma shows up in people's lives and what they can do about it.



RICK HIHNALA | IG: @RickHihnala

Listening comes from within. Make sure to visit Rick at the Health Hut booth for all things Reiki. Offering reiki sessions!!!



SAUNA SOCIAL | @saunasocials/

Sauna Social is a mobile wellness events company based in the Beaver Valley. We bring the community together through a healthy, outdoor & unique sauna experience. Enjoy the benefits of a Hot-Cold cycle as we team up with Adrienne at Cool dip recovery this year. We invite you to explore, relax and connect in the Sauna Social community space. Web: www.sauna-social.ca

FB: <https://www.facebook.com/profile.php?id=61556483752846&mibextid=ZbWKwL>

Insta: <https://www.instagram.com/saunasocials/>



SANDGATE WOMEN'S SHELTER | @SandgateWomen

Dedicated to providing shelter and support to women. If you or someone you know is experiencing violence, we can help. Call or better yet stop by our booth. 1-800-661-8294



SHORELAND PERSIAN CUISINE | @shorelandrestaurantbar

Tantalizing fusion of traditional Persian cuisine meets Canadian favorites. Shoreland is a local restaurant located on the beautiful shores of Lake Simcoe right in the heart of Kewicks. Yummy!



SHAW PERCUSSION | @shaw_percussion

Family owned and operated! Handcrafted drums tunes percussion and imported hand drums since 2003. We help drummers, from beginner to expert. Be sure to look them up at www.shawpercussion.com.



SIMIN NOORANI | IG: [paperly_south](#)

Bringing wood to life through art. Explore the beauty of live wood painting and illustrations. International artist Simin encapsulates her essence in each whimsical detailed piece of stunning artwork. This artist uses wood, carving techniques and paint to infuse her piece with supercharged energy. Be sure to stop by her booth.



SIMIN NOORANI | www.peacefullwaves.com/

Embark on a transformative journey of healing and self-discovery with our medical intuitive and energy healer. Explore the power of chakra balancing and energy healing for holistic wellness. Discover the hidden realms of spiritual dreaming and unlock the secrets of your subconscious mind.



SOULFUL BLESSINGS | IG: [@soulfulblessingsstudio](#)

Our beautiful studio mission is to support your mind, body + soul, through ancient Chinese medicine modalities, energy healing, breathwork to activate your body's innate healing wisdom. Be sure to stop by our booth for a one on one session and to learn more about fire cupping, energy healing, herbal products, tea tinctures and ceremony sessions. Web: www.soulfulblessingsstudio.com email: soulfulblessingsstudio@gmail.com



WELA'S KITCHEN | IG: [@welaskitchen](#)

NEIGHBORHOOD EATS: 'Taste the love' in every homemade empanada from Wela's Kitchen in Georgina. Hand-chopped stuffing, hand-crimped edges, Wela's Kitchen bakes empanadas made from mother's mother's recipe.



WIENERLICIOUS | FB: [@murrytaylor](#)

Festival eats that are sure to please the big kid in you. Hot dogs, sausages and soft drinks.



WILD ASS APPAREL | IG: @savethewildass

Wild Ass is a new, edgy and fun lifestyle brand bringing colour back to life. We grew up skateboarding, waterskiing, playing sports and playing music and the Wild Ass brand was originally highly influenced by that free lifestyle, and of course, the environment that seems to come with (sun, beach, palm trees, water, boats, concerts and the city). Today, we strive to connect with 'Wild Asses' who don't judge others -- who are free thinkers and follow their passions in life... no matter what others may think. Wild Asses love adventure, travel, new experiences, the outdoors, music and sports. Life can be very dark at times for many people and Wild Ass just wants to bring some colour back into the picture through our apparel.

YORK REGION PARAMEDIC SERVICES

YRPS are dedicated to providing the highest quality of care to emergency and non-emergency calls. We are excited to be part of the Free Spirit Fest and look forward to seeing you be sure to come check out the ambulance.

Gratitude to our Sponsors & Donors . . .



SPECIAL THANK YOU TO:



Routes for helping make this day epic! Our vision of the community moving from one epic event to the next in an accessible way was made possible by Routes.

EPIC EVENTS: Music in the Streets, Military Museum and Free Spirit Fest. Routes Connecting Communities is a York Region community based not-for-profit organization dedicated to helping people get to where they need to go on their journey since 1989.

ENTERTAINMENT & STAGE SPONSOR

Correia Family: In loving Memory of Beany Correia

ENERGETIC DRUMMING

Family owned & operated! Handcrafted drums tunes percussion & imported hand drums
shawpercussion.com

FREE SPIRIT FESTIVAL WINGS

Beautifully designed by Alpha Khamceh | @alpha.outdoorschool

PHOTOGRAPHY & VIDEOGRAPHY

Stunning images captured by Sandra Leitch @shootingmonsters

Beautiful memories captured by Seamus O'Hara @artinflight

TICKET SPONSORS

Carolynn Rodgers - Intuitive CJ

Black River Coffee

Jennifer Aves - Balance Health Solutions

Krista Young - Your Life Take 2

Terry Taln - Higher Healing Hacienda

Direnfeld Law

Ian Robertson

AE+ Motors

Anonymous - honor of Free Spirit

Dawna & Pat Burrows

MANY THANKS ALSO GOES TO: No Frills for supplying our volunteers with water, food and snacks for the festival day. Alpha for creating this year's beautiful festival wings. Georgina Rent-All for the donation of the tents. Neil & Pasit for the use of his PA system. CJ for being a Volunteer Lead and your sweet smile. Terry for being our Vendor Lead and your endless support. Daniel Gauthier for being the MC at this year's festival and help with social media.

Social Community Engagement: Georgina Food Pantry

Free Spirit Fest GOAL is to raise 1000 pieces of food donations made during Free Spirit Fest!

\$5 Parking OR bring your food donation June 22 to Free Spirit Fest and supercharge your soul!

DEEPEST GRATITUDE . . .

We ask you to now join hands in gratitude for coming together today as one.

One with the help of our participants,

One with the help of our sponsors & donors.

One with the help of our vendors.

One with the help of our facilitators and volunteers.

One with the help of each and every beautiful spirit for allowing the in light and love today!

We could not have done it without each and everyone of you.

SEE YOU NEXT YEAR . . .