



Free
Spirit

FEST.CA

2025
FESTIVAL GUIDE

Get Ready to Supercharge Your Soul!

2025 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, wellness sessions, live 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. New Book: KEY RESET: How I fixed my sh*tty attitude by finding my spark of joy from within. Will be at her booth to sign copies!



2025 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 3RD Annual Free Spirit Fest

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

Founder & Land Acknowledgement: **Jennifer Aves** Founder of Free Spirit Fest

Blessing & Sage: **Deanna Big Canoe, Becky Big Canoe**

Singer & Drummer: **Jared Big Canoe**

Welcome: **Mayor Margaret Quirk**

Entertainment: **Chris Serran, Southern Ontario's Handpan Player** will drum in some positive energy to kick off the festival!

10:30 AM - 1:00 PM: ZEN MORNING

Location: Zen Garden

MEDITATION

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

DANCE YOGA FLOW

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

BREATH-WORK

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

TAPING INTO THE EMOTIONAL BODY

Facilitator: **BRIAN COONES** of Rewired

1:00 PM RECOVERING FUN

Location: Vendor Village MAIN STAGE

Host & Founder: **JENNIFER AVES**

Inspirational Speaker: **SANDRA LEITCH** | @RecoveringFun

LIVE MUSIC & ENTERTAINMENT

Location: Main Stage Vendor Village

1:10 PM - 1:30 PM CHRIS SERRAN

Southern Ontario's Handpan Player

1:30 PM - 2:10 PM CHEATIN' HEARTS LINE DANCE

Sandra DiDomenico & team

2:10 PM - 2:25 PM MICHAELA BRUNTON

2:25 PM - 2:45 PM NOHELPIAN

Aven McLeod, Bradley Keenan, David Roblin, Monique Cuillierier, Spencer Aves

2:45 PM - 3:15 PM JARED BIGCANOE

3:15 PM - 4:15 PM BERNADETTE CONNORS

Bernadette Connors, Mike Bowell

4:15 PM - 5:45 PM NEIL CHAPMAN & Bad Brothers

Neil Chapman

6:00 PM FINALE

Location: Main Stage Vendor Village

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

ALL DAY: FULL RESET HOT & COLD EXPOSURE

Location: Across from the Zen Garden

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

ALL DAY: ART FLOW & RELEASE

Location: WOODHENG (behind main stage)

Facilitators: **MICHELLE RICHARDS-CLERMONT**
of ISLAND GROVE ART STUDIO

MISHMASH KIDS ART at WOODHENG
CREATIVE FLOW & RELEASE for ADULTS

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.

VENDORS

AURA HEALING & WELLNESS | IG: @aurahealingandwellness

AUTHENTICA BY JESSICA | IG: @authenticabyjessica

BALANCE HEALTH S. | IG: @balance_health_solutions | Key Reset - Jen Aves

BIG CANOE INDIGENOUS MARKET | IG: @j.bigcanoe

CHE HOOKS YARNED & DANGEROUS | IG: @THENATURALSECRET_CHEHOOKS

CHRIS SERRAN | FB: @SouthernOntarioHandpanPlayer

COOL DIP RECOVERY | IG: @cooldiprecovery

DARK HORSE DESIGNS | IG: @darkhorse.amanda

GEORGINA CHAMBER OF COMMERCE | WEB: GeorginaChamber.com

HANDMADE BY LINDA | FB: @HandmadeByLinda

HEALTH HUT | FB: @theHealthHutJP & **RICK HIHNALA** | @RickHihnala

HEXEN HAVEN | IG: @hexen.haven | FB: @hexenhaven

INNOVATIVE SPINE AND WELLNESS | IG: @Innovative.spine.wellness

ISLAND GROVE ART STUDIO | IG: Michellerichardsclermont

JENNIFER JOHNSTON | EMAIL: jennifer@jennifercjohnston.ca

JENNIFER COXWORTHY | WEB: jcoxworthy10@gmail.com

MAKE ANYTHING POSSIBLE | FB: @makeanythingpossible

RADIENT REFLECTIONS by SLOANE | IG: @radi.entreflections

SAUNA SOCIALS | IG: @saunasocials

THE AQUARIAN SHIFT | Pamela Robinson | @theAquarianShift

WELLNESS WITH JESS | IG: @wellnesswithjess

YORK REGION PARAMEDIC SERVICES

FOOD VENDORS

EDDY & TOOTSIE CATERING | @eddybeeandtootsie

FOOD LOVE SELF LOVE | @foodlove.selflove & **SAVOR**

SHORELAND PERSIAN CUISINE | @shorelandrestaurantbar

WELA'S KITCHEN | @welaskitchen

WIENERLICIOUS | FB @murrytaylor

FESTIVAL GUIDE KEY

MASTER OF CEREMONIES

HOLISTIC SESSIONS

COLD PLUNGE & HOT SAUNA

LIVE MUSIC

VENDORS

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!



ENTERTAINMENT & STAGE SPONSOR
Correia Family: In loving Memory of Beany Correia

DRUMMING

Chris Serran & Jared Bigcanoe

FREE SPIRIT FESTIVAL WINGS

Makayla Aves donated by FABICLAND

PHOTOGRAPHER Maureen McDermott @m_Mcdphotography

VIDEOGRAPHER Seamus O'Hara @artinflight

VOLUNTEER LEAD: CJ RODGERS

VENDOR LEAD: TERRY TALN



SCAN FOR
FULL FESTIVAL GUIDE

**SELFIE THE FREE SPIRIT WINGS &
#freespiritfest**
to enter to win a Fabricland Gift Basket



DANIEL GAUTHIER | TWINBYTES

IG: @twinbytesinc

FREE SPIRIT FEST MASTER OF CEREMONIES

Many Thanks to Daniel for accepting the role of master of ceremonies once again for the 2025 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 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>



CAROLYNN ROGERS (CJ) | CJ's Insightful Encounters

VOLUNTEER LEAD

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



MAUREEN MCDERMOTT | Maureen McDermott Photography

FESTIVAL PHOTOGRAPHER

Bold story-driven photography for brands, empowered women, events, and families.

Capturing the authenticity that drives you forward.

Serving Georgina & surrounding areas.

Web: maureenmcdermottphotography.ca email: mcdermottpics111@gmail.com

Huge thanks goes out to all of our volunteers...

Birgitta Samavarchian, Makayla Aves, Victoria Villecco, Jennifer Johnston, Caitlyn Moskalyk, Spencer Aves, Darya Dincel, MaryLisa Dincel, CJ Rodgers, Carol Thornhill, Daniel Gauthier, Sophia Leo, Xinghua Huang, Renee Blake, Lynda Howe, Erromy Camilus Sanjeev, Chris Bowman, Vickilynn Kelly, Patricia Doyle

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.



BRIAN COONES | IG: @briancoones

BODYWORK 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 RODGERS (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



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/> Owner of HarbourForty



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



MICHELLE RICHARDS-CLERMONT | Island Grove Art Studio

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...



BECKY BIG CANOE

BLESSING OF FARM & SAGE

Becky Big Canoe, of the Chippewas of Georgina Island First Nation, has been a business owner, a sustainable house builder, a community energy planner, and an activist for water and for Missing and Murdered Indigenous Women. In 2013, she co-produced a walk across Canada to bring attention to the Missing and Murdered Indigenous Women, the last before the National Inquiry was announced in 2015. Becky has long been an advocate for natural building and, having built her own home using all-natural materials, she believes that Indigenous women can play a crucial role in tackling the enormous housing problem Indigenous people face. As founder of EnviroNative Training Initiatives, she hopes to bring some Indigenous women's wisdom and sensibility to the issue. Becky is currently an advisor to the University of Toronto's Center for Global Engineering on natural building materials and supply chains, as well as co-founder and Managing Director of the Mno Aki Land Trust which provides national opportunities for Indigenous access to land and land-based programming.



DEANNA BIG CANOE | @deannabigcanoe

BLESSING OF FARM & SAGE

Once again the Free Spirit Fest is honored to have Deanna & Becky 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.



JARED BIG CANOE | @j.bigcanoe

BLESSING OF FARM & SAGE

The Big Canoe Indigenous Market, founded by Jared Big Canoe. Is a vibrant marketplace showcasing authentic Indigenous art, culture and products. Located at 26102 Highway 48, Sutton, ON. This unique market offers a diverse range of items, including handmade crafts, traditional clothing and local artis like Brian Dwayne Sarazin. The market also provides a platform for cultural exchange, offering workshops, traditional healing services, and access to medicine people. Jared Big Canoe's vision is to create a welcoming space where the community can come together to learn about Indigenous culture. Be sure to check out his booth and store for one of a kind finds and beautiful works of Indigenous art. He is also a talented musician performing traditional singing, drumming & REZ RAP @ IT'S Finest!!!!

SANDRA LEITCH | IG: @RecoveringFun | TT: @RecoveringFun

SPREADING AWARENESS



Sandra Leitch is a former first responder, published photographer, and advocate for legal psychedelic-assisted therapy in Canada. She is pursuing access to MDMA therapy for PTSD and created

'Recovering Fun' - a storytelling project about reconnecting with joy, play, and embodiment after trauma. Her work invites all people, not just those with trauma, to explore what healing and fun can truly look like.

Live 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



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. Bad Brothers: Joe Agnello, Rob Duffus, Sooch.



BERNADETTE CONNORS | IG: @bernadetteconnors

LIVE MUSIC

Born and raised in Georgina, Ontario, Bernadette Connors is a singer-songwriter with a voice that stops you in your tracks and songs that hit straight to the heart. Rooted in rock, soul, and folk, her music is a wild mix of raw emotion, sharp songwriting, and pure energy - equal parts intimate and electric. Joining Bernadette Connors today is Mike Bowell - Guitar

A natural storyteller and seasoned performer, Bernadette brings honesty, edge, and a spark of rebellion to every stage she steps on. Her original songs dive deep into resilience, love, and finding your way - always with a little grit and a lot of heart.



JARED BIGCANOE

LIVE MUSIC

REZ RAP @ IT'S Finnest!!!!



NOHELPIAN

LIVE MUSIC

New to the music scene. Aven MacLeod, Bradley Keenan, David Roblin, Monique Cuillierier, Spencer Aves - Celebrating their debut performance.



MICHAELA BRUTON

LIVE MUSIC

New to the music scene. Michaela is a singer songwriter and will be performing her original songs "Mothers Dreams" & "I'm Sorry"



CHRIS SERRAN | Southern Ontario Handpan Player

LIVE MUSIC

Meet Chris - also known as the Southern Ontario Handpan Player
Chris has been drumming in some form or other since he was a teenager, but usually on a standard drum kit. Then through the magic of the internet, he discovered the handpan, and knew he had to learn to play this magical instrument. Since that first introduction, Chris has been happily tapping away, playing various rhythms and patterns for yoga classes, parties and most frequently for his two dogs, who find the gentle sound of the handpan soothing and relaxing. Hopefully you all enjoy it as much as they do.

Check Out All The Vendors . . .

WELLNESS SESSIONS & SHOPPING

AURA HEALING & WELLNESS | IG: @aurahealingandwellness

Aura Rose is a certified reiki master. Be sure to check out her booth for a wellness session and beautiful crystals.

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 | Jennifer Aves

IG: @balance_health_solutions

Author: KEY RESET - How I fixed my sh*tty attitude by finding my spark of joy from within.

Owner: Balance Health Solutions - mobile wellness services for individuals & corporate!

Founder: Free Spirit Fest

Makayla will be offering facepainting, tattoos, Mr. Freezes!



BIG CANOE INDIGENOUS MARKET |

IG: @j.bigcanoe

The Big Canoe Indigenous Market, founded by Jared Big Canoe. Is a vibrant marketplace showcasing authentic Indigenous art, culture and products. Located at 26102

Highway 48, Sutton, ON. This unique market offers a diverse range of items, including handmade crafts, traditional clothing and local artis like Brian Dwayne Sarazin. The market

also provides a platform for cultural exchange, offering workshops, traditional healing services, and access to medicine people. Jared Big Canoe's vision is to create a welcoming space where the community can come together to learn about Indigenous culture.



BLUE SKY QUANTUM HEALING |

E: Bluesky.qhealing@gmail.com

Blue Sky Quantum Healing uses a quantum energy approach to identify and address any underlying and or contributing factors that are manifesting in our spiritual, mental, emotional and or physical reality. The tools used is the Emotion code/Body Code. Be sure to check out this booth if you had the pleasure of attending any one of the many fantastic sessions. Here you will find anything from how to connect and attend their up coming events to purchasing their books or t-shirts!



CHE HOOKS YARNED & DANGEROUS |

IG: [@THENATURALSECRET_CHEHOOKS](https://www.instagram.com/thenaturalsecret_chehooks)

Custom crochet! Anything you can think of, I can crochet custom for you! “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.



CHRIS SERRAN | FB: [@SouthernOntarioHandpanPlayer](https://www.facebook.com/SouthernOntarioHandpanPlayer)

Meet Chris - also known as the Southern Ontario Handpan Player
Chris has been drumming in some form or other since he was a teenager, but usually on a standard drum kit. Then through the magic of the internet, he discovered the handpan, and knew he had to learn to play this magical instrument. Since that first introduction, Chris has been happily tapping away, playing various rhythms and patterns for yoga classes, parties and most frequently for his two dogs, who find the gentle sound of the handpan soothing and relaxing. Hopefully you all enjoy it as much as they do.



COOL DIP RECOVERY | 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.



DARK HORSE DESIGNS | IG: @darkhorse.amanda

Amanda Currie a.k.a. Dark Horse Designs is a jewellery designer/maker from Newmarket, ON. She works intuitively with clients to create customized jewellery that facilitates personal growth through the curation of gemstone energies and design style that aims to tell the story of their healing journey. She is inspired by the wonders of the natural world and by connecting to Spirit through nature. Her work aims to help people to feel seen and understood as they grow through transformative healing experiences, realizing their own potential and reconnecting with the fullest expression of their true authentic self.



MAKE ANYTHING POSSIBLE | FB: @anythingispossible

Certified MAP (Make Anything Possible) Practitioner Diane Joy Schickerowsky uses the MAP Method to eliminate fears, phobias, anxieties and traumas so you can achieve the goals you desire. MAP coaching utilizes the power of your subconscious mind to eliminate self-limiting beliefs and mental roadblocks in order for you to achieve your dreams and realize the abundance that is possible in your life! Be sure to pop in for a chat!

INFORMATION & 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!



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.



HANDMADE BY LINDA | FB: @HandmadeByLinda

Hi, I'm Linda!

My love for crafting began when I was a child, starting with simple projects and growing into a lifelong passion. Over 15 years ago, I discovered wire—and everything changed. What started as a hobby quickly turned into a deep fascination, inspired by videos and talented designers from around the world. As I honed my skills, friends began asking for custom pieces, and I found joy in the challenge of creating something truly unique just for them. While I still love exploring new crafts, I always find myself returning to wire—especially bare copper, which remains my favorite medium to work with.



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. Sampling of kombucha and sample grab bags with information about natural health and what the health Hut has to offer. Raffle for gift basket of natural products!



HEXEN HAVEN | IG: @hexen.haven | FB: @hexenhaven

Hexen Haven is a unique purveyor of metaphysical and apothecary offerings, deeply rooted in the old ways of alchemy, herbalism, folklore,

and hedge-witchery. Our carefully curated and hand-crafted offerings are designed to enhance intuition, support manifestation, and connect with ancestral traditions. Our handcrafted items are lovingly and meticulously created in a sacred space, and according to magickal principles, correspondences, and element and energy balancing. Also offered are customized creations, workshops, and other services to further inspire and empower your spiritual journey.



INNOVATIVE SPINE AND WELLNESS

IG: @Innovative.spine.wellness

We are a Total Wellness Facility incorporating cutting edge technologies including Digital X-ray, over 50 spinal traction stations, exercise/rehab equipment including true 3D PowerPlate vibration technology and TRX suspension training. We offer all the services one would need to get well including: Acupuncture, Chiropractic, Massage Therapy, Naturopathy, Orthotics, Personal Training, Physiotherapy, Scoliosis Bracing and our new Osteoporosis Reversal Program! We will have a free raffle for a wellness themed gift basket, along with giving out certificates for discounted services in our clinic.



ISLAND GROVE ART STUDIO | MICHELLE RICHARDS

IG: @michellerichardsclermont

Located in WOODHENG 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.



JenniferCJohnston

JENNIFER JOHNSTON | WEB: jennifercjohnston.ca &

PODCAST: Hypnosis & Beyond

Certified master hypnotist, nlp coach and reiki practitioner. Through my own life journey as an entrepreneur, mom and wife. I have dealt with my own wellbeing struggles. Through the tools that I now use in my practice I was able to experience major personal breakthroughs that lead to my desire to help others who are struggling and want to live a more harmonious

life. The most important thing we can learn is to love and accept ourselves. It's often one of the most difficult things we can do but I believe it's the only way to live a peaceful inner life. When we have a peaceful inner life then we can affect our outer world and the people we love in a beneficial and loving way. Please reach out at jennifercjohnston.ca if you are interested in learning how hypnosis and the various tools I employ can help you understand and overcome limiting beliefs, self sabotage, unwanted habits and emotional dis- ease. Please check out my podcast Hypnosis and Beyond with my podcast partner Dana Bagdasarian where we explore hypnosis and all kinds of healing modalities you can use to live your best life.

JENNIFER & IAN COXWORTHY | WEB: jcoxworthy10@gmail.com

At my booth, you'll discover how stress, emotions, and energy can affect physical health — and how to begin releasing what your body no longer needs to carry. I blend holistic nutrition, body-based practices, and a powerful technique called SIT (Subconscious Imprinting) to help women find deeper balance and lasting healing. Come say hi, explore a free guide, and feel into what your body might be holding."

Ian's Handcrafted Leather: Leather bags, belts, pouches, cases, dog collars, custom orders taken. Ian Coxworthy – Handcrafted Leather Goods, 60 Years of Leatherwork Tradition. With over six decades of experience in leathercraft, Ian brings deep skill and timeless craftsmanship to every piece he creates. From belts and bags to dog collars, leashes, and custom cases, each item is individually handcrafted with care, precision, and purpose. Ian began his journey in the horse industry, designing and building tack and equipment. Now in retirement, he continues to honor his passion for leather by creating functional, beautifully made goods meant to last. Come explore leatherwork that blends tradition, durability, and timeless design.



RADIANT REFLECTIONS BY SLOANE |

IG: [@radi.entreflections](https://www.instagram.com/radi.entreflections)

Radiant Reflections by Sloane is a charming small business located in Ontario, dedicated to creating beautiful handcrafted items that bring joy and comfort to your life. Our specialty lies in crafting exquisite crystal suncatchers that fill your space with radiant light and positive energy. In addition, we offer cozy chunky knit blankets, comfortable dog beds, and adorable baby items, all made with

love and care. We are also excited to introduce our new line of energy cleansing body scrubs, designed to rejuvenate your skin and spirit. At Radiant Reflections by Sloane, we believe in the power of handmade creations to enhance your everyday living!



RICK HIHNALA | IG: @RickHihnala

Listening comes from within. Make sure to visit Rick at the Health Hut booth for all things Reiki. Offering sessions!!! Located at the Health Hut booth - 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. Sampling of kombucha and sample grab bags with information about natural health and what the health Hut has to offer. Raffle for gift basket of natural products.



SAUNA SOCIALS | @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/>



THE AQUARIAN SHIFT | PAMELA ROBINSON

IG: @theAquarianShift | www.theaquarianshift.com

Pamela Robinson also known as Sacred Sage—a Spiritual Alchemist, intuitive healer, and trauma-informed guide with a foundation in clinical practice. She's the creator of the Point of Awareness Method, a transformational process that helps people release emotional blocks, subconscious patterns, and energetic residue from past wounds. Blending spiritual insight with therapeutic tools, Pamela holds sacred space for those ready to reconnect with their truth, reclaim their power, and remember who they really are.

I work with souls who are...

- Overwhelmed by emotions they don't fully understand
- Stuck in cycles of overthinking, self-doubt, or self-sabotage
- Aware something within needs to shift, but unsure how to start
- Blaming others or external circumstances for internal distress



WELLNESS WITH JESS | IG: @wellnesswithjess

Jess Louisa is a certified wellness coach, author, and intuitive empath dedicated to empowering individuals on their journey to holistic wellness. With a focus on helping people heal and transform their relationships, body, mind, and soul, Jess provides transformative guidance to help individuals feel healthier, more empowered, and at peace.

As the author of three books covering spiritual wellness, social wellness, and a comprehensive guide to healing, Jess brings a wealth of knowledge and experience to support those seeking balance and fulfillment. Through personalized coaching and wellness resources, Jess strives to create a positive impact by fostering growth, healing, and lasting well-being.

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.

Check Out All The FOOD Vendors . . .



EDDYBEE & TOOTSIE'S CATERING COMPANY

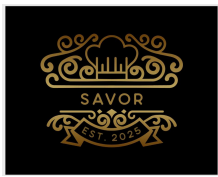
IG: @eddybeeandtootsie

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

FESTIVAL MENU

Quesadillas - cheese, veg, or jerk chicken

Jerk Chicken Sammie or on rice - you choose!



SAVOR & FOOD LOVE SELF LOVE |

IG: [@foodlove.selflove](https://www.instagram.com/foodlove.selflove)

Soraya & Wilson are here to satisfy your taste buds with pulled chicken & pork sandwiches!

1: slow cooked pull pork w/ traditional pico de gallo salsa in a cibatta bun

2: grilled and pulled chicken w/ traditional pico de gallo salsa in a cibatta bun

Both can be made spicy

Assorted pop , Water, Packed plantain chips

SHORELAND PERSIAN CUISINE | [@shorelandrestaurantbar](https://www.instagram.com/shorelandrestaurantbar)

SHORELAND
Restaurant & Bar

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 Keswick. Yummy!



WELA'S KITCHEN | IG: [@welaskitchen](https://www.instagram.com/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](https://www.facebook.com/murrytaylor)

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



Gratitude to our Sponsors & Donors . . .



ENTERTAINMENT & STAGE SPONSOR

Correia Family: In loving Memory of Beany Correia



SPECIAL THANK YOU TO . . .

PAY IT FORWARD TICKET SPONSORS

Andy & Susan Eaton, Pam McQueen, Elemental Spirit Wear, Handmade by Linda, Balance Health Solutions - Free Spirit was able to donate 55 tickets to Sandgate, Jericho, Hospice Georgina and Routes to continue to make a difference in our community!

ENERGETIC DRUMMING

Chris - Southern Ontario Handpan Player for the energetic alignment today!

FREE SPIRIT FESTIVAL WINGS

Beautifully designed by Makayla & Spencer Aves. Materials graciously donated by FABRICLAND

PHOTOGRAPHY & VIDEOGRAPHY

Stunning images captured by Maureen McDermott @maureenmcdermottofficiant
Beautiful memories captured by Seamus O'Hara @artinflight - Check out YouTube mini documentary <https://www.youtube.com/watch?v=aMehBUcqlUw>

MANY THANKS ALSO GOES TO: ClearWater for continually evolving their beautiful farm. Neil & Pasit for the use of his PA system and all their technical help. CJ for being the festival

Volunteer Lead and your sweet smile. Terry for being our Vendor Lead and your endless support. Daniel Gauthier for graciously accepting to be the MC at this year's festival and technical help with social media. Spencer, Makayla & Tony for putting up with me & my festival planning.

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 . . .

BLUE SKY
QUANTUM HEALING

THE EMOTION CODE/BODY CODE

CERTIFIED
EMOTION CODE
PRACTITIONER

CERTIFIED
BODY CODE
PRACTITIONER

416-712-4084
bluesky.qhealing@gmail.com
blueskyquantumhealing.com

BeautifullyBold.ca

Facials \$375
6 Hydro, Jelly Facials
Savings of \$75 - You can share them with a friend!

Present this coupon to redeem offer by Dec 2025
BeautifullyBold.ca

Micro Channeling \$750
Like micro needling but BETTER & SAFER!
4 Treatments - Savings of \$150

Present this coupon to redeem offer by Dec 2025
BeautifullyBold.ca

Body Contouring 25%
Look Good. Feel Good.
25% off packages of 8, 12, or 16 treatments for body contouring. Reduce cellulite or hard to target areas

Body Contouring
Present this coupon to redeem offer by Dec 2025

