



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: @theHealthHut.JP & **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

RADIANT 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



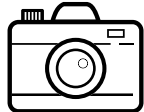
DRUMMING
Chris Serran & Jared Bigcanoe
FREE SPIRIT FESTIVAL WINGS
Makayla Aves donated by FABICLAND



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