



**2026**

**FESTIVAL GUIDE**

*Get Ready to RESET!*

# 2026 Free Spirit Festival

## Guide

*Welcome & Thank You!*  
*We are thrilled you have joined us*  
*today to reset, release & 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, staff and facilitators to create a safe, healing, & supportive space for our community.

Today we invite participants to try new wellness modalities which aid in shifting mental health as they experience a day of resets, reflection, release & rejuvenation through connection, delicious food, wellness sessions, live music, dancing & fun.

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

## **LAND ACKNOWLEDGEMENT**

Good morning and welcome to the Free Spirit Festival. We are so happy you chose to be here today.

Before we begin, we want to acknowledge that we are gathered on lands connected to the Williams Treaties and the traditional territory of the Anishinaabe people. We especially recognize our closest Indigenous neighbours, the Chippewas of Georgina Island First Nation, and offer our sincere gratitude to the original caretakers of this land, their ancestors, and their Elders.

June is National Indigenous History Month, leading into National Indigenous Peoples Day on June 21. This land acknowledgement reminds us of our ongoing responsibility. As we celebrate community, music, and healing today, let us do so with deep respect for this land, one another, and our shared history.

We encourage you to continue your support beyond today by recognizing National Indigenous Peoples Day on June 21, Orange Shirt Day on September 30, and attending the Georgina Island Pow Wow on September 27 and 28.

Miigwetch. Thank you.

## **TOWN OF GEORGINA WELCOME: COUNCILLOR DAVE NEESON**

Dave Neeson is a second-term Georgina Ward 3 councillor known for his community advocacy, municipal government experience, and support for seniors, accessibility, and local conservation efforts.

**SMUDGE:** Join **Ivy Henriksen** as we officially begin Free Spirit Fest with an inclusive and intentional community blessing and personal smudge. This grounding experience invites balance, harmony, and connection between body, mind, and spirit, setting the tone for a day of inspiration, wellness, and community. All are welcome.



# 2026 FESTIVAL GUIDE



Welcome! We are so happy you are here to enjoy our full day of RESETS.  
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)

## 9:30 AM - 10:00 AM: DRUMMING CIRCLE

Location: MAIN STAGE area  
Facilitator: **RHYTHMIC BY NATURE** will be supercharging the festival with a wake up drumming circle!

## 10:00 AM - 10:30 AM: OPENING CEREMONIES for the 4th Annual Free Spirit Fest

MC: **Daniel Gauthier** - @twinbytesinc

Grounding: **Shilpi Banerjee** - @moreu.ca

Welcome: **Councillor Dave Neeson** - @daveneeson

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

Guest Speaker: **Marcia Aguis** - @Kindness.Circle.Community

Entertainment: @RhythmicbyNature will drum in some positive energy to kick off the festival!

Smudging: **Ivy Henriksen** @lifehappenswithiv

## 10:30 AM - 12:45 PM: ZEN MORNING

Location: Zen Garden

### MEDITATION & YOGA FLOW (10:30am - 11am)

Facilitator: **NISHA SHANTI** - @nishshantiyoga

### BREATH-WORK JOURNEY (11am - 12pm)

Facilitator: **JOEY DAMIANI** - @awakening\_owl\_wellness

### INTRO TO KIRTAN (12pm - 12:45pm)

Facilitator: **BRIAN COONES** - @briancoones & @mindshft & @geoff\_rawa\_larden & @abrosolarkh

## 12:45 PM - 1:00 PM: GRATITUDE & INSPIRATION

MC: **DANIEL GAUTHIER** - @TwinBytesInc

Founder: **JENNIFER AVES** - @Free.Spirit.Fest

Gratitude Grounding: **SHILPI BANERJEE** - @moreu.ca

Speaker: **ABSANE IBRAHIM** - @DaretoRiseFoundation

## 1:00 PM - 2:00 PM

### THE CROSSROADS WRITERS' ROUND

Location: Vendor Village MAIN STAGE

Host: **BERNADETTE CONNORS** - @bernadetteconnors

Musician: **AMANDA CROWELL** - @theluckycharms2025

Musician: **PAT JAMES** - @patjamesandthewholetruth

Musician: **NEIL CHAPMAN** - @neilgitman

## AFTERNOON SOUND & MOVEMENT FLOW

Location: Main Stage Vendor Village

### 2:00 PM - 2:30 PM DANCE YOGA

Facilitator: **KRISTA YONGE** - @yourlife\_take2

### 2:30 PM - 3:00 PM OUR TISSUES HOLD OUR ISSUES

Facilitator: **IVY HENRIKSEN** - @lifehappenswithiv

### 3:00 PM - 4:00 PM MEDITATIVE SOUND JOURNEY

Facilitator: **SARA of Chakana Retreat** - @Chakana\_Retreat

### 4:00 PM - 5:00 PM DJ INFUSED ECSTATIC DANCE

Facilitator: **DJ Amin** - @justaminmusic

## 5:00 PM FINALE

Location: Main Stage Vendor Village

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

## ALL DAY: FULL RESET HOT & COLD EXPOSURE

Location: MAIN STAGE area

Facilitator: **ADRIENNE KASKIE** - @CoolDipRecovery

Facilitator: **DANIEL KRAKAUER** - @SaunaSocials

## 11:00 AM & 1:00PM : ART FOR THE SOUL

Location: WOODHEDGE (by main stage)

Facilitators: **MICHELLE RICHARDS-CLERMONT**

of ISLAND GROVE ART STUDIO - @MichelleRichardsClermont

**SCREEN PRINTING & PAINTING TEES** at WOODHEDGE

## 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

**AUTHENTICA BY JESSICA** | IG: @authenticabyjessica

**BALANCE HEALTH S.** | IG: @balance\_health\_solutions | Key Reset - Jen Aves

**BIG CANOE INDIGENOUS MARKET** | IG: @j.bigcanoe

**COOL DIP RECOVERY** | IG: @cooldiprecovery

**CROWQUILL PUBLISHING** | IG: @bonniella\_50

**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

**INFORMATION & FACILITATOR BOOTH**

**INSPIRED CYNATIONS** | FB: @inspirecynations

**ISLAND GROVE ART STUDIO** | IG: Michellerichardsclermont

**JENNIFER JOHNSTON** | EMAIL: jennifer@jennifercjohnston.ca

**LIFE HAPPENS WITH IVY** | IG: @lifehappenswithiv

**SAMAHRA ART** | IG: @samahra.art

**SAUNA SOCIALS** | IG: @saunasocials

**THE HIVE WELL COLLECTIVE** | IG: @thehive.well

**THE SANCTUARY** | W: Krasmancentre.com

**WELLNESS WITH JESS** | IG: @wellnesswithjess

**YORK REGION PARAMEDIC SERVICES**

### FOOD VENDORS

**BATTER UP COOKIES** | IG: @batter.up.cookiees

**CLEARWATER FARM** | IG: @clearwaterfarmontario

**DG SOCIAL** | IG: dg\_social140

**GATHERED AND SERVED** | IG: @gatheredandserved

**WIENERLICIOUS** | FB @murrytaylor

### 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!



#### ENTERTAINMENT & STAGE SPONSOR

Correia Family: In loving Memory of Beany Correia

**FREE SPIRIT FESTIVAL WINGS** Makayla Aves & FabriClad

**PHOTOGRAPHER** Maureen McDermott @m\_mcdphotography

& Sandra Leitch @shootingmonsters

**VOLUNTEER LEAD:** CJ Rodgers

**VENDOR LEAD:** Chris Bowman

**AUDIO TEAM:** Pasit Banjongpanith, Spencer Aves, Neil Chapman

#### VOLUNTEERS

Marylisa D, Darya D, Alicia E, Aunt Carol

Chein-Le H, Chris B, Erin F, Fatima, Gerard

H, Makayla A, Neil C, Pasit B, Parl B,

Renee B, Spencer A, Tony C, Olga D,

Maureen M, Sandra L, Ivy H, Valentina



SCAN FOR FULL FESTIVAL GUIDE

**SELFIE THE FREE SPIRIT WINGS & tag @free.spirit.fest & #freespiritfest**



enter to win 4 tickets to FreeSpiritFest 2027

# MEET THE FREE SPIRIT FEST TEAM...

## MEET THE FREE SPIRIT FEST FOUNDER...

**JENNIFER AVES** | @balance\_health\_solutions



FOUNDER: [FreeSpiritFest.ca](https://FreeSpiritFest.ca) & OWNER: [BalanceHealthSolutions.com](https://BalanceHealthSolutions.com)  
AUTHOR: Key Reset: How I fixed my sh\*tty attitude by finding my spark of joy from within. 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.



**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 2026 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. W: [www.twinbytes.ca](https://www.twinbytes.ca)



**CAROLYNN ROGERS (CJ)** | CJ's Insightful Encounters (retired)  
**VOLUNTEER LEAD**

Carolynn has a long history of being a passionate wellness advocate and intuitive guide dedicated to helping others reconnect with themselves through meaningful conversation, insight and personal growth. Even though Carolynn is retired from her wellness practice she continues to give back to the Free Spirit Festival which we are so grateful to have her as our volunteer lead.

**CHRIS BOWMAN** | CJ's right hand man ;) **VENDOR LEAD**

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

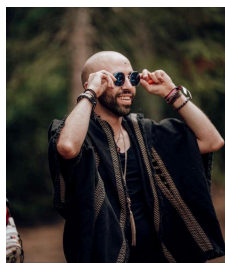
Marylisa D, Darya D, Alicia E, Aunt Carol, Chein-Le H, Chris B, Erin F, Fatima, Gerard H, Makayla A, Neil C, Pasit B, Pari B, Renee B. Spencer A, Tony C, Olga D, Maureen M, Sandra L, Ivy H, Valentina M, Vickylynn K, Heather S.

## ***Meet Our Session Facilitators...***



**ADRIENNE KASKIE** | IG: @cooldiprecovery | ALL DAY  
**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.



**AMIN** | IG: @justaminmusic | 4:00 PM  
**ECSTATIC DANCE DJ FACILITATOR**

JustAmin, a journey-driven DJ and sound curator, crafts immersive sets that blend deep rhythms, organic textures, and melodic storytelling. His sound guides dancers through a full spectrum of energy - inviting presence, release, and connection on the dance floor.



**BRIAN COONES | IG: @briancoones | 12:00 PM**

**KIRTAN FACILITATOR** Brian Coones is a TEDx Speaker on Emotional Fitness, mindfulness and breathwork facilitator, and founder of Rewire and MINDSHFT. Through keynotes, workshops, retreats, and coaching, Brian helps individuals, leaders, and organizations regulate stress, build resilience, and perform through pressure with greater clarity and

connection.

Blending emotional intelligence, mindfulness, breathwork, and nervous system regulation, Brian creates impactful experiences that are both practical and deeply human.

Brian is also a passionate student and facilitator of Kirtan — the ancient practice of call-and-response mantra music — leading immersive Kirtan and sound experiences at festivals and events focused on connection, presence, and transformation.

WEBSITE: [briancoones.com](http://briancoones.com)



**DANIEL KRAKAUER | @saunasocials | ALL DAY**

**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.



**IVY HENRIKSEN | @lifehappenswithivy | 2:30 PM**

**GRIEF FACILITATOR** Services include - life celebrant services for weddings, funerals, celebrations of life, grief counselling, death doula/end of life care services (wrap around support from sole to soul), guided meditation/energy work. Facilitator of Issues we hold in our Tissues

Session. Your soul support of life's most heart felt events. Wedding officiant, Celebration of Life & Death Dula. WEBSITE: [LifeHappenswithIvy.com](http://LifeHappenswithIvy.com)



**JOEY DAMIANI | IG: @awakening\_owl\_wellness | 11:00 AM**

**BREATH-WORK FACILITATOR** Joey Damiani is a Certified Breathwork Facilitator, Breathwork Coach and CCF Certified Life Coach. Joey is the CEO of Awakening Owl Wellness Ltd. and Co-Owner of Harbour Twenty a

luxury wellness and biohacking centre in Vaughan. 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. Joey also works and facilitates in Peru at the plant medicine retreat center called Case del amor. WEBSITE: <https://www.awakeningowlwellness.com/> IG: @HarbourTwenty



**KRISTA YOUNG | IG: @yourlife\_take2 | 2:00 PM**

**DANCE YOGA FACILITATOR** DANCE YOGA FACILITATOR: Krista Young is a Certified Yoga Instructor and Dance Teacher, Author, and Resilience & Transformation Coach who helps people in their 40's and beyond live with greater vitality, balance and ease so they can create and step into the lives they've always wanted. Through a blend of yoga, dance and music, she will

help you connect with your body, mind and spirit, shift your physiology, and get your energy flowing.

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

EMAIL: [getunstuck@kristayounglifecoach.ca](mailto:getunstuck@kristayounglifecoach.ca)



**MICHELLE RICHARDS-CLERMONT | Island Grove Art Studio**

**IG: @michellerichardsclermont | 11:00 AM & 1:00 PM**

**ART FOR THE SOUL** 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. *Be sure to attend her silk screening and painting session. Bring your own blank tee or grab one at the festival to create your own wearable art!*



**NISHA SHANTI** | IG: @nishashantiyoga | 10:30 AM

**MEDITATION & FLOW FACILITATOR**

Nisha Shanti is a dedicated yoga teacher, pranayama and meditation guide, reiki healer, and soundscape artist. Raised in yogic culture, she brings 30 years of practice and over a decade of teaching experience with her. Her heart-centred approach weaves mindfulness, gratitude, and creativity into all her teachings.



**SARA of CHAKANA RETREAT** | @chakana\_retreat | 3:00 PM

**SOUND HEALING FACILITATOR** A meditative journey with Terra (Sara), where vibration becomes a pathway inward. Through healing frequencies and intentional stillness, you are invited to soften, release, and reconnect with your natural rhythm - returning to a state of balance, presence, and inner peace.



**SHILPI BANERJEE** | IG: @moreu.ca | 9:00 AM & 11:45 AM

**GROUNDING FACILITATOR** Meet Shilpi, a certified yoga and a mindfulness instructor. Shilpi discovered yoga during challenging events in her life and found that it not only helped her physically, but mentally and emotionally as well. She is passionate about helping others in their life journey towards balance, inner peace & wellness. [shilpi@moreu.ca](mailto:shilpi@moreu.ca)



**TERRI of RHYTHMIC BY NATURE** | IG: @rhythmicbynature

**DRUMMING CIRCLE FACILITATOR** Rhythmic by Nature is a wellness and expressive arts organization that uses interactive drumming, rhythm, and creative expression to inspire connection, mindfulness, and community. Led by expressive arts therapist and

facilitator Terri Segal, their uplifting programs bring people together through music, movement, and shared creative experiences.

# *The CrossRoads Writers Round . . .*



## THE CROSSROADS WRITERS ROUND

**BERNADETTE CONNORS** | IG: @bernadetteconnors | 1:00 PM

### **THE CROSSROADS WRITERS ROUND HOST & MUSICIAN:**

Join Bernadette Connors for an immersive **Release Your Voice** workshop, where you'll explore the full potential of your vocal expression. Drawing on over 20 years of performance experience, Bernadette guides participants through a series of **vocalizations, breathing exercises, stretching, and techniques** designed to unlock vocal energy and deepen your connection to your voice.

These days, Bernadette has shifted her focus from performance to **facilitation**, bringing depth, energy, and clarity into every room. She believes in connecting with yourself fully to express your unique artistic voice—because everyone is their own artist, silence is your canvas, and your voice and breath are your brush.

Come **create, connect, and explore your dynamic range of self-expression** in a safe, playful, and inspiring environment.

**Yours in harmony,** Bernadette Connors xo



**PAT JAMES** | IG: @patjamesandthewholetruth | 1:00 PM

### **THE CROSSROADS WRITERS ROUND guest MUSICIAN:**

Pat is a versatile musician recognized for his strong stage presence and ability to connect with audiences through heartfelt, roots inspired performances. He has built a reputation as a collaborative artist, contributing his musical talent to a variety of live events and creative projects within the Canadian music scene.



**NEIL CHAPMAN** | IG: @neilgitman | 1:00 PM

**THE CROSSROADS WRITERS ROUND** guest **MUSICIAN:**

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.



**AMANDA CROWELL** | IG: @theluckycharms2025 | 1:00 PM

**THE CROSSROADS WRITERS ROUND** guest **MUSICIAN:**

Amanda is a Canadian musician and performer known for her expressive vocals and emotionally driven songwriting. She brings an authentic, story-focused presence to her performances, connecting with audiences through honest lyrics and a warm, engaging stage style.

## *Meet Our Inspirational Speakers...*



**MARCIA AGUIS** | IG: @kindnesscirclecommunity

**KINDNESS CIRCLE COMMUNITY** | 10:00 AM

Marcia Agius is a HumanKIND Influencer and founder of The Kindness Circle, a community-driven movement inspiring people to lead with compassion, connection, and purpose.

Guided by four core pillars: kindness to self, kindness to others, giving back, and making kindness fun. Her work focuses on creating meaningful moments that bring people together. With a belief that we are better together, Marcia is on a mission to make kindness visible, celebrated, and contagious. She is empowering others to create ripple effects of good in their everyday lives.

[www.kindnesscircle.ca](http://www.kindnesscircle.ca)



**ABSANE IBRAHIM | IG: @daretorisefoundation**

**DARE TO RISE | 12:45 PM**

Dare to Rise Foundation is a women-led, community-driven organization supporting single mothers and families through crisis, stability, and long-term empowerment.

Built from lived experience, we are committed to creating real pathways to healing, opportunity, and lasting change because it truly takes a village. Absane (Abbie) Ibrahim is the Founder of Dare to Rise Foundation and CEO of JamaFaceBeauty, with over 25 years of experience in beauty, empowerment, and community leadership. A speaker, mentor, and advocate, she transforms lived experience into impact helping others rebuild, rise, and step into their power. [aibrahim@daretorisefoundation.org](mailto:aibrahim@daretorisefoundation.org) w: [daretorisefoundation.org](http://daretorisefoundation.org)

## ***Check Out All The Vendors . . .***

### **WELLNESS SESSIONS & SHOPPING**

**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



**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.



**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.



**CROWQUILL PUBLISHING | IG: @bonniella\_50**

Crowquill Publishing is where curious minds wander, rules bend just a little, and stories flutter in with a hint of mischief. Filled with expressive illustrations, playful characters, and heart-led adventures, Crowquill books celebrate imagination, kindness,

Web: [crowquillpublishing.myportfolio.com/services](https://crowquillpublishing.myportfolio.com/services)



## **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. [www.darkhorsesigns.com](http://www.darkhorsesigns.com)

## **INFORMATION & FACILITATOR'S BOOTH**

NEED ANYTHING. Be sure to check out this booth to meet and greet our volunteers & facilitators.



## **GEORGINA CHAMBER OF COMMERCE | @GeorginaChamber**

The Chamber of Commerce is a non profit, member driven organization that promotes, fosters and develops the business community. We also support tourism on behalf of the Town of Georgina, running a tourism centre at our office at The Link, a mobile tourism centre at De La Salle Beach and hosting tourism kiosks at signature events throughout Georgina.



## **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**

NEW LOCATION ON LAKE DRIVE! 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 | IG: @hexen.haven | FB: @hexenhaven**

NEW STORE on BASELINE! 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.

*Inspired*



*Cynsations*

### **INSPIRED CYNsATIONS | FB: @inspiredcynsations**

My name is Cynthia, of Inspired Cynsations. I am a Fluid and Multimedia Artist inspired by movement and intuition. Most of my work is done in acrylics, inks, pigments as well as resin art. My art is on canvases, jewellery, vases, glassware, coasters, trays, etc. I am always getting inspired which enables me to continually offer new functional art pieces.



### **ISLAND GROVE ART STUDIO | 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.



JenniferCJohnston

## JENNIFER JOHNSTON | IG: [@cloverwellbeing.ca](https://www.instagram.com/cloverwellbeing.ca)

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, we can then affect our outer world and the people we love in a beneficial and loving way. Please reach out at [jennifercjohnston.ca](http://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.

WEB: [jennifercjohnston.ca](http://jennifercjohnston.ca) & PODCAST: Hypnosis & Beyond



Life Happens  
with Ivy

## LIFE HAPPENS WITH IVY | @lifehappenswithivy

Services include - life celebrant services for weddings, funerals, celebrations of life, grief counselling, death doula/end of life care services (wrap around support from sole to soul), guided meditation/energy work. Facilitator of Issues we hold in our Tissues Session. Your soul support of life's most heart felt events. Wedding officiant, Celebration of Life & Death Dula. WEBSITE: [LifeHappenswithIvy.com](http://LifeHappenswithIvy.com)



## SAMAHRA ART | @samahra.art

Handmade bead accessories crafted with love for the love of hats.



## 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](http://www.sauna-social.ca)

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

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



**THE HIVE WELL COLLECTIVE | IG: @thehive.well**

The Hive Wellness Collective is a modern, multidisciplinary clinic specializing in integrative wellness and holistic aesthetics. Our mission is to support your health, vitality, and confidence through personalized care—combining services like acupuncture, massage therapy, lymphatic drainage, women’s health support, herbal medicine, and holistic rejuvenation. Web: [thehive.well.com](http://thehive.well.com)



**THE SANCTUARY | W: [KrasmanCentre.com](http://KrasmanCentre.com)**

The Sanctuary is a peer support drop-in program for individuals aged 16 and older experiencing mental health or substance-use challenges. The Sanctuary provides a low-barrier, welcoming environment, where trained Peer Supports offer support focused on empowerment, connection and hope. [www.krasmancentre.com](http://www.krasmancentre.com)



**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. Web: [www.wellnesswithjess.square.site/](http://www.wellnesswithjess.square.site/)

**YORK REGION PARAMEDIC SERVICES**

# Check Out All The FOOD Vendors . . .



## **BATTER UP COOKIES | IG: @batter.up.cookies**

Craving something sweet that's impossible to resist? Batter Up Cookies creates fresh, homemade cookies baked with love, quality ingredients, and unforgettable flavour. Founded by Cali, this small business is dedicated to making every batch special, whether you're treating yourself or celebrating a big moment. With creative flavours, beautiful presentation, and a passion for baking, Batter Up Cookies delivers desserts that keep customers coming back for more.



## **CLEARWATER FARM | IG: @clearwaterfarmontario**

ClearWater Farm in Willow Beach is a non-profit, regenerative education farming hub located on the shores of Lake Simcoe that focuses on environmental education, sustainable agriculture, and community engagement. Since 2016, the organization has transformed a historic 30-acre property into a vibrant space that hosts educational youth programs, community events, and weddings in their timber-frame barn. [www.clearwaterfarm.ca](http://www.clearwaterfarm.ca)



## **DG SOCIAL | IG: @dg\_social140**

DG Social is serving up sweet, refreshing treats guaranteed to keep you energized and smiling all day long. Stop by for our delicious, creamy *rice pudding and fresh fruit cups*—the perfect wholesome fuel to enjoy as you take in the festival! DG Social is a dynamic digital agency dedicated to elevating brands through intentional, impact-driven social media management and creative strategy. We help businesses connect authentically with their community, amplify their voice, and turn digital presence into real-world growth. <https://tdgsocial.com/>



## **GATHERED AND SERVED | IG: @gatheredandserved**

Power Bowls & Energy Balls. Creating food that nourishes the body, comforts the soul and brings people together.

[www.gatheredandserved.com](http://www.gatheredandserved.com)



**WIENERLICIOUS | FB: @murrytaylor**

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

## *Gratitude to our Sponsors & Donors . . .*



## *SPECIAL THANK YOU TO . . .*

### **PAY IT FORWARD TICKET SPONSORS**

Kindness Circle Community, Handmade by Linda, Inspired Cynsations, Balance Health Solutions - Free Spirit was able to donate 40 tickets to Sandgate, Jericho and Hospice Georgina to continue to make a difference in our community!

### **ENERGETIC DRUMMING**

Terry from Rhythmic by Nature for the energetic alignment today!

### **FREE SPIRIT FESTIVAL WINGS**

Beautifully designed by Makayla & Spencer. Materials graciously donated by FABRICLAND who's donation went the extra mile to give back to Georgina!

### **PHOTOGRAPHY & VIDEOGRAPHY**

Stunning images captured by Sandra Leitch @ShootingMonsters & 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. Chris for being our Vendor Lead and your endless support. Daniel Gauthier for graciously accepting to be the MC at this year's festival. 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 . . .

**About the Sanctuary**  
 The Sanctuary is a peer support drop-in program for individuals aged 16 and older experiencing mental health or substance-use challenges. The Sanctuary provides a low-barrier, welcoming environment where trained Peer Supporters offer support focused on empowerment, connection and hope.

**Start date: May 1, 2026 (Six-month program)**  
 The program will run for six months at the locations below:

- **Sutton Avenue Hall** (Sundays from 1:30 p.m. to 7:30 p.m.)
- **Ice Palace Multi-purpose Room** (Fridays from 9:30 a.m. to 3:30 p.m. (Except for July 3, July 30 and Aug. 2))
- **Ice Palace Library Program Rooms** (July 3, July 30 and Aug. 2) from 9:30 a.m. to 3:30 p.m.

**Activities:**

- 1:1 Peer Support
- Peer-led Support Groups
- Social, recreational, arts/crafts-based activities
- Skill building Workshops
- System Navigation
- Coffee, tea, light snacks

**In Partnership With**

Northern York South Simcoe  
 GEORGINA  
 thesanctuary@krasmancentre.com

Scan the QR Code to learn more →

