



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 and received your swag bag*

*For the first 250 people through the gate, so get there early!

10:00 AM - 10:30 AM

WELCOME to the 1st Annual Free Spirit Fest

Location: Vendor Village Main Stage

Host & Founders: Jacinta Yang & Jennifer Aves

Land Acknowledgement: Daniel Gauthier of Twin Bytes Inc.

Performers: Lion Dancers of Wayland Li Wushu Martial Arts

Ribbon Cutting Celebration: Mayor Margaret Quirk

Mission: Hello and welcome. Wooooot! Let's get our Free Spirits On.

Morning session mission is to supercharge your soul by creating a beautiful mind & body connection through meditation, yoga, breathwork & inspirational speakers. Enjoy!

10:30 AM - 10:45 AM

MEDITATION

Location: Zen Garden - North End

Facilitator: **CJ -Carolynn Rodgers** of CJ Insightful Encounters

Mission: Meditation mission is to enable you to relax & quiet your mind into this present moment.

10:45 AM - 11:30 PM

BREATH-WORK & SOUND HEALING

Location: Zen Garden - North End

Facilitator: **Jennifer Aves** of Balance Health Solutions &

Facilitator: **Joey Damiani** of Awakening Owl Wellness

Mission: Breath-work's mission is to harness the healing power of your breath and release trapped emotions.

11:30 AM - 12:00 PM

YOGA FLOW

Location: Zen Garden - North End

Facilitator: Kendra of Kendra Yoga

Mission: Yoga's mission is to enable a deeper mind-body connection.

12:00 PM - 12:15 PM

INSPIRATIONAL SPEAKER - Fuel your body

Location: Zen Garden - North End

Speaker: Lauren Helmkey of NIA

Mission: Inspiration of Nutrition mission is to inspire a deeper connection with how we fuel our bodies.

12:15 PM - 12:20 PM

THANK YOU GRATITUDE

Location: Zen Garden - North End

Host: Jacinta Yang

Thank You: We would not have made this festival possible without our amazing sponsors, vendors, staff, and volunteers. Be sure to check out the original artwork or book in for alternative healing therapies in the red barn, check out the vendor village which will feature live music, acrobatics, delicious food, local handmade treasures and much, much more!

OPEN ALL DAY

RED BARN HEALING & ART CENTRE

Location: Red Barn

Red Barn is featuring original local artists works of art as well as all types of healing modalities sessions and much more.

OPEN ALL DAY

VENDOR VILLAGE

12:10 PM - 2:30 PM

LUNCH BREAK & SHOPPING

Location: Vendor Village

Make sure to check out our local vendors, one of a kind treasures, delicious food & treats in the festival Vendor Village.

LIVE FEATURE: MYSTIC MOVEMENT ACRO (12:30PM - 12:40PM)

Location: Vendor Village

Cirque Revolution - ACT 1

LIVE MUSIC (12:45 PM - 1:15 PM)

Musician: Pasit Banjongpanth

Location: Vendor Village

LIVE MUSIC (1:15 PM - 2:15 PM)

Musician: Lee Whalen & Notra Dame

Location: Vendor Village

- 1:30 PM - 1:35 PM** **WELCOME to the afternoon sessions**
Location: Zen Garden - North End
Host: Jacinta Yang & Jennifer Aves
Afternoon session mission is to create a deeper sense of self love.
- 1:35 PM - 1:50 PM** **INSPIRATIONAL SPEAKER - Confidence from Within**
Location: Zen Garden - North End
Speaker: Sandra DiDomenico of Sandradido.ca
Mission: The mission of Confidence from within is to love yourself where and how you are in this present moment.
- 1:50 PM - 2:20 PM** **HEALING CIRCLE**
Location: Zen Garden - North End
Facilitator: Jacinta Yang of Jacinta Healing Arts
Mission: Healing circle's mission is to amplify the energy as we all come together with a common goal of healing and releasing.
- 2:20 PM - 3:00 PM** **HOLISTIC VOICE HEALING**
Location: Zen Garden - North End
Facilitator: Madison Arsenault of Yogapella
Mission: Sound healing mission is to deepen self awareness as you allow your voice to connect with your soul.
- 3:00 PM - 3:15 PM** **INSPIRATIONAL SPEAKER - Your Mindset is Key**
Location: Zen Garden - North End
Speaker: Brian Coones of Rewire of Brian Coones
Mission: The mission of one's mindset is key in bringing awareness to all emotions that are a part of this human experience.
- 3:15 PM - 3:45 PM** **DANCE YOGA**
Location: Zen Garden - North End
Facilitator: Krista Young of Your Life: Take Two
Mission: Let the music move you as the mission of this session integrates a musical flow of movement to supercharge you.
- 3:45 PM - 4:00 PM** **INSPIRATIONAL SPEAKER - Continually Evolving**
Location: Zen Garden - North End
Speaker: Adrian Homer of JBZMusic
Mission: This speaker's mission is to inspire one to continual evolution and growth to a deeper self love and acceptance.
- 4:00 PM - 4:15 PM** **THANK YOU GRATITUDE**
Location: Zen Garden - North End
Host: Jennifer Aves of Balance Health Solutions
We would not have made this festival possible without our amazing sponsors, vendors, staff, and volunteers.
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OPEN ALL DAY

VENDOR VILLAGE

SUPPER BREAK & SHOPPING

Location: Vendor Village

Make sure to check out our local vendors, one of a kind treasures, delicious food & treats in the festival Vendor Village.

4:40 PM - 4:50 PM

LIVE FEATURE: MYSTIC MOVEMENT ACRO

Location: Vendor Village

Cirque Revolution - ACT 2

5:15 PM - 5:30 PM

WELCOME to the Evening Entertainment

Location: Vendor Village

Host: Jacinta Yang & Jennifer Aves

Mission: Evening entertainment's mission is fill up your hearts with community connection

5:30 PM - 6:30 PM

LIVE MUSIC - Classical / Pop

Location: Vendor Village Main Stage

Musician: Darryl Huang

6:30 PM - 7:30 PM

LIVE MUSIC - Rock

Location: Vendor Village Main Stage

Musician: Neil Chapman & the Bad Brothers

7:30 PM - 7:40 PM

FINALE LIVE FEATURE: INFERNO MOVEMENT ACRO

Location: Vendor Village Main Stage

Cirque Revolution - ACT 3

7:40 PM - 8:40 PM

LIVE MUSIC - Country

Location: Vendor Village Main Stage

Musician: Jayme Lynne & Band

8:40 PM - 9:00 PM

FINALE

Location: Vendor Village Main Stage

Host: Jacinta Yang & Jennifer Aves

We ask you to now join hands in gratitude for coming together today as one. One with the help of our sponsors. 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 in the light and love in today! We could not have done it without each and everyone of you.

See you next year!

