



## About:

Abundance means different things to different people, but here at Abundance Fair we believe that abundance of resources, generosity and knowledge empower you to make intuitively led decisions and choices that serve your optimal health and wellbeing in harmony. Complimenting and integrating wisdom from the past with emerging advancements.

Here we provide alternatives and a holistic approach that merges higher consciousness with the innate wisdom and homeostasis of your body. Here we believe that spirit, mind, body and soul approach to overall wellbeing is imperative for a thriving and fulfilling life. We invite you to come, explore, discover and try different classes and modalities and learn and receive the beautiful teachings, guidance and gifts from our amazing facilitators from the Kootenays and Alberta.

We believe that health and wellbeing is in your hands. And you know deep down what is best for your needs. This is a safe, non-judgemental space to be nourished, to learn, explore, discover and also to play and enjoy. We will have a multitude of talks, classes and workshops throughout the day as well as a comprehensive vendor market to discover businesses that are here to serve your highest good.

A time to reconnect with yourself through a supportive and grounding day of discovery. The day will be a customizable a la carte approach to choose offerings that peak your interest and curiosity on a first-come-first serve basis.

Everything from talks on consciousness and intuition, somatic classes, Qi Gong, yoga, therapeutic arts, breath work, mindfulness and more.

Here at Abundance Fair we believe your health is paramount and is in your hands. We are here to showcase a variety of modalities that can help you on your life-long journey of wellbeing, healing, integration and thriving.

Come with an open mind and open heart to receive abundant blessings. In this world there is so much competition and survival. We ask you to leave your worries at the door and step into a world of possibilities and knowing there is more than enough health, wealth and happiness to live your most well rounded and abundant life.

Abundance Fair is open to men and women wanting to bring balance into their everyday experiences and nurture disciplined practices that foster overall wellbeing.

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Abundance Holistic Health & Yoga Fair was birthed in 2018 and held again in 2019. It was co-created/founded by Cristina Borgogelli and Danette Polzin (Wild Woods Wellness) to bring everyone together to share their wellness passions with the community.

Now in 2023, Abundance is back and we believe that a focus and return to well-being is needed more than ever. Danette is no long involved with the event but is busy in her hometown of Kitchener/Creston BC facilitating spiritual & wellbeing events and classes as well as in her studio with clients. We acknowledge and appreciate the contributions made by Danette during her time with the event that laid the foundation for this year's return.



### **Cristina Borgogelli (Founder)**

Cristina Borgogelli is an intuitive heARTist and the founder of Abundance Holistic Health & Yoga Fair and of heART Circle. As a heART Guide she leads beautiful souls on journeys into their heart spaces to explore and rediscover the beautiful and forgotten aspects of their true spirit that get neglected, numbed or overwhelmed through trauma, unexpected life events and the day to day grind. Via guided visualization and activation, she encourages people to tap into the body to release resistance and express stuck emotions and then to create a devotional piece of heART work. This process helps to transform the old and allow one to integrate the jewels received from the journey and brings the participant into a new field of potentiality and a liberated perspective of past traumas or issues. Through colour, shapes, play and imagination one gets to explore their inner landscape and then express it outwardly in a safe, non-judgmental space.

heART work (therapeutic art) focuses on the introspection and what wants/needs to be expressed that has been suppressed. The process reveals its own unique wisdom, insights, healing and expression. Through a playful, hands on approach you get to come home to yourself and use your voice without saying a word to witness yourself and express yourself in a way that transcends verbal communication. No art experience required.

Cristina is certified as a Coach in Therapeutic Art since 2018 and a Soul Art Body Mapping Facilitator since 2020. She prefers to call herself a Therapeutic heART Guide; a person who holds sacred space for you to delve into your tender heart to hear the whispers of your spirit. She holds you in a safe place while you explore the depths of your soul through a guided visualization and an art expression container. She also learned the practices of Ho'oponopono and Belief Clearing; and participated in Transcending Trauma through Imagination & Play sessions that provided more tools to illustrate the importance of therapeutic arts as a way to integrate past experiences that shape our lives and express emotions in a healthy way. Cristina is also a certified Event Planner and throughout her career she has coordinated a multitude events from fundraisers, trade shows, to conferences and weddings. Her work entailed connecting people and also celebrating life's most precious and meaningful moments.

Cristina believes in integrating an holistic approach will be the future of health & wellbeing. Every body and personality is unique and she believes that to empower oneself, we need to reclaim the ancient knowledge and resources that have been hidden or watered down and return to our innate wisdom. By tapping into all of our layers of spirit, body, mind and soul we will discover our truest potential, fulfillment, health and wealth that can not be counted or equated in dollars because this is truly priceless. We need to create an integrated system that fosters a nurturing and caring approach where the individual is seen as a WHOLE being and not just a compartmentalized body or problem to fix or solve (especially when the same issues repeat or resurface). To move from a fear based reactionary system to a compassionate and understanding one. Cristina believes that you are a precious and important individual who matters. Cristina's wants people to know that this is your epic earthly adventure and you deserve and have the right to thrive and fully enjoy your life and your body...your vehicle for this embodied human experience . To be fully accountable and responsible for your health & wellbeing and be your own best advocate to receive the care, dedication and attention you deserve through compassion, nurturing and understanding so you can enjoy & have fun along the way and to meet people who can help you along the way. These bodies do not come with a manual and we spend our lifetimes learning how to bring everything into balance and calibration for our highest potential learning what is best for us as we stumble along. Abundance Fair is an event to tap into new potentials and to discover something new about ourselves. To open ourselves up to new possibilities we never imagined or thought possible through a variety of modalities connecting you to your inner-wellspring of wisdom.

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