

# ABUNDANCE

Holistic Health & Yoga Fair

Saturday, Nov 4, 2023  
Kimberley Conference  
Centre

## Meet the Vendors & Exhibitors:



### Wellness Market Exhibitor Spotlights:

#### Sara Dreher

Hello, I'm a dedicated stretch therapist here to help you enhance your physical well-being and reach your flexibility goals. Through personalized sessions, I specialize in utilizing targeted stretches to improve your range of motion, release tension, and promote relaxation. Whether you're an athlete aiming for peak performance, someone looking to reduce muscle stiffness, or seeking to improve your overall quality of life, my expertise in guided stretching will support your journey. Let's work together to unlock your body's full potential and achieve greater comfort and mobility.

Performance stretch therapy is a mixture of myofascial release, breathwork, thai massage and PNF Stretches.

Now offering 60min and 100min sessions, which includes, mobility assessment, personalized stretch session as well as stretches to go home with.

Keep an eye out for my upcoming mobility and stretch classes in your community.



**Tristen**  
**@maidenperras**

Hi, I'm Tristen! I'm the designer and creator behind Maiden Perras based out of Fernie, BC. I am a wife, a mom to two handmade boys, and a teacher by day, who makes jewelry at night. Being self-taught from a young age, I have worked hard to refine my craft over the years. My pieces are often inspired by nature and contrasted by geometric shapes. Although I am known for my use of high quality gemstones and my brass work, I also love wire wrapping, metal stamping, and silver smithing too. When not creating, you can find me vending a variety of handmade markets, snowboarding, playing guitar, camping, enjoying the mountains with my family, or tending to our hobby farm where we have raised goats, chickens, pigs, and lambs.

Maiden Perras  
Handmade in the Rocky Mountains of British Columbia





### **Tiny Family Grows**

Hey, I'm Megg - I'm a Holistic Empowerment Coach. My zones of genius are. Self-development & confidence building. I do this through Education ~ writing/speaking; Connection ~ body/business; Support ~ self journey

Over the last ten years I've been perfecting my natural home care craft. After my son had a respiratory infection I couldn't work for a month. I was determined to be able to create a cleaner more holistic environment for myself and my son to live. After many trials and errors. I finally started to find my footing with holistic care. And my work started to show. I began to support my friends and family and with that. More continued to ask for my support. From there I created my line. Natural Products for the Natural Home and my partner invested in our tiny herbal farm. Growing herbs indoors and outdoors to support our community all year old.

Our business is now. Tiny Family Grows. We grow herbs all year round in Elk Valley BC. Our Products have turned from the basic smell goods. To more direct care. After I got diagnosed with shingles and cervical cancer. I turned a lot of my craft into supportive products for my body.

It birthed: Hormone support. Natural Laundry Powder and deep Muscle care made from dandelion and Holy Basil. I still continue to work with herbs for all kinds of ailments. And take deep care in creating products that not only support YOUR personal growth. Also we are FINANCIALLY sustainable. We love hearing people's stories. There is a herb for everyone and I love educating about it.

Megan & Andrew [tinyfamilygrows.com](http://tinyfamilygrows.com) [tinyfamilygrows@gmail.com](mailto:tinyfamilygrows@gmail.com) [@tinyfamilygrows](https://www.instagram.com/tinyfamilygrows)



### **Jennifer Moes**

Hello! My name is Jennifer Moes and my husband and I own an art for wellness business. It is our goal to share and provide an holistic approach for healing through art, wellness products and healthy living so that it can help others increase positive emotions, help with depression, heal past emotional trauma, and find clarity and meaning in their lives. We provide therapeutic art classes, Reiki classes, energy healing treatments, mindfulness life coaching and workshops. We have a selection of crystals, essential oils, eco friendly/organic skincare and other items for purchase as continued support through clients healing!



## **The Nectar Nest- Flower Essences**

Caitlyn is an RMT + CST, menstrual educator, flower essence alchemist, artist, poet and somatic movement practitioner based in Kimberley, BC.

Her practice and process is in devotion to the breath, the rivers of blood, the wisdom of flowers and the memory of bone. To rhythm, fluid, beauty. To nuance and subtlety. To the undeniable pulse of creativity, expression and poetic attunement. To the heart. Oh, the heart. To be devoted to the primordial drumbeat of the heart. To embrace this flesh and tissue, this human body, as the earth's body. To plant seeds of belonging with each footstep. To move like honey, like water and wind. To dance with this heartbreaking and breathtaking experience that is life. To walk with you, along this unfurling path of remembrance.

As a practitioner of subtle medicine, through the lenses of craniosacral therapy and somatic movement arts, flower essences have served as a key to healing and deep, reverent connection. They are the interweaving thread, the bridge between earth body and human body. I have always carried an affinity for flowers, in all of their forms, their beauty, their uniqueness, their cycles. Flowers are the most honest, fullest expression and exaltation of a plant, they carry all of the potential and wisdom that each plantbody wishes to offer to the world. They are the embodiment of beauty and truth, as are we.



Flower Essences are the subtlest form of botanical medicine, with roots in homeopathy. They are crafted by capturing the energetic blueprint, signature, healing information, and harmonic resonance of the flowering part of a plant into a water matrix using the light and heat of the Sun. Flower essences work through the various human energy fields, which in turn influence mental, emotional and physical well-being. Their subtle nature carries an affinity and deep connection to the emotional and energetic rhythms of our bodies. Flower essences function beyond the limits of the symptomatic approach of the modern medical system, they are not merely remedies to fix emotional symptoms, rather they serve as catalysts for awareness, transformation and connection. They invite us into presence with gentleness, sensitivity and receptivity to life and its flourishing potential. Receiving their frequency and wisdom into our bodies allows us to attune to the energetics, properties, virtues and resonance of the flower and helps us bloom in our own lives to bring forward our unique gifts and medicine that we came here to share. Flower essences are medicine of the Heart and Spirit.



## Vendors & Exhibitors:

- Focused Life-Force Energy (FLFE)
- Shannon Brenda Fraser Tie-Dye by Shani, Art & Light Therapy
- Melanie Folk- Source Energy Healing
- Haley Folk- Affirmations of Light
- Sharon Coombs of Attune Wellness
- Alicia Larrey- Qi Gong
- Grace from Grace Preservery & Holistic Nutrition
- Emma from Soma & Soul
- Follow your HeART by Cristina Borgogelli
- Kyla Gent Intuitive Art
- Carol Brown
- What a Bag! Rieva McQuaig
- BEyond Just Rocks
- Jen's Body Balms
- Alexander Boyd of LAAB Enterprises
- Nutter's
- Irie Bodywrks & Essential Oils
- Community Table
- Door Prizes and more!

## SPONSOR SPOTLIGHT:



Sign up today for your 2 week free trial from Focused Life-Force Energy who are generously sponsoring Abundance Fair 2023. Check out their amazing service of raising consciousness levels and EMF mitigation services at [flfe.net](http://flfe.net). No credit card required.

