



# ABUNDANCE

Holistic Health & Yoga Fair

**Saturday, November 4, 2023**

Class Schedule:

Doors open at 8:00 am

**Opening Session: New Dawn Ballroom B**

9:00am-9:45 am **Awakening Sound Healing & Activating Yoga Session** with Sharon Coombs & Nate Taron

9:50 am- 9:55am **Welcome** with Abundance Fair Founder Cristina Borgogelli

9:55 am-10:00 am **Raising Consciousness** with Monica Hubiers of Focused-Life Force Energy (FLFE)

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**Session 1 10:00am-11:15pm**

Choose one:

**Soul Flow Embodiment** with Emma Gourlie (New Dawn Ballroom B)

**Tap into Happiness** with Julie Ann Waldock (North Star Room)

**Overcoming Limiting Beliefs** with Carly Eldred (Galena Room)

**Group Mediumship Reading** with Jody Lutzke (Sullivan Room)

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**Session 2 11:30am- 12:45pm**

Choose one:

**Sacred Heart Temple Art Therapy heart work** with Abundance Fair Founder Cristina Borgogelli (Sullivan Room)

**Grow your Self Confidence & Succeed Using your Intuition** with Florence Gerin-Beaulac (Galena Room)

**Classic Yoga for Everyone** with Plum (New Dawn Ballroom B)

**Ayurveda and the 5 Elements** with Michelle Rose (North Star Room)

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**Lunch break 12:45pm-1:15pm** Soups, Salads and sandwiches available a la carte

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**Session 3 1:15pm-2:30pm**

Choose one:

**Succulent Soul Seduction** with Nicole Pemberton \*please bring a scarf (New Dawn Ballroom B)

**Intro to your Psychic Superpowers** with Sharon Coombs (Sullivan Room)

**Men's Circle** with Woody McGuire & Kyle Bennett (Galena Room)

**Winter Transition Qi Gong** with Alicia Larrey (North Star Room)

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**Schedule Continued on next page...**

Session 4 2:45pm- 4:00pm

Choose one:

- The Art of Breath & Body Connection** with Barbara Ann Hunter (North Star Room)
- Sacred Sexuality** with Tonya Don (Galena Room)
- Homecoming Yoga Workshop** with Leanne Davis (Sullivan Room)
- Embodied (Free Movement Class)** with Cassia Karen (New Dawn Ballroom B)

Session 5 4:15pm- 5:30pm

Choose one:

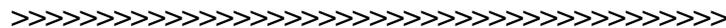
- Cultivating an Empowered Relationship to Money** with Karen McAllister (Galena Room)
- Harmonizing Sound Bath & Breath Testing** with Lee Riedl (Sullivan Room)
- Soul Integration- A Shamanic Journey & Yoga Nidra** with Sasha Bahador (North Star Room)

**Closing Dance Circle Session** for everyone 5:30pm-6:15pm (New Dawn B)

Join in celebration as we close out the day with a community dance session

**Wellness Market** is open to the public from 11 am- 5 pm (Free of charge)

The **Heart Space Lounge** will be open in the upper atrium foyer (2nd level) from **1pm-closing** for art making, journaling, napping. For those needing to sit a session out for processing, resting and integration.



**Remember to wear comfortable clothing.**

**Bring a yoga mat, water bottle, snacks, cash/debit for lunch/vendors, journal/pen, blanket.**



**Abundance Holistic Health & Yoga Fair is generously sponsored by:**



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