



Saturday, November 16th Wellness Market Day 11am-5pm FREE ADMISSION

Vendors & Exhibitors Main Ballroom
Soul Talk Sessions Schedule 11:30am-4:30pm (Free Admission)

Harmony Room

Heart Room

11:30am 30 min	Caitlyn Borowsky of The Nectar Nest Caitlyn will be offering a meditative journey , welcoming the Spirit of the Flora to guide us along the beauty way, opening our perceptions to the wisdom of the flowers and the healing potential they carry within their petalled bodies.	11:30am 30 min	Sivan Gabay- Quantum Human Design and the Quantum Alignment System Introduction to Quantum Human Design and the Quantum Alignment System, as well as the Solar Plexus Mutation, which is the very exciting shifts we are a part of heading towards 2027!
12:00pm 30 min.	Jenn Moonflower of Zum Garden- Microdosing & the feminine this workshop offers a supportive and insightful approach to aligning your microdosing journey with your feminine power. Align microdosing with your natural cycle to enhance healing and creativity Explore safe protocols and learn to combine plant medicines, herbs, and nootropics to support mental and emotional well-being	12:00pm 30 min	Kim Johnston of Therapeuo Sozo- Harmonic Energy Healing Using Energy and Harmonic Frequencies to create Bio- Resonance within the body.
12:30pm 30 min	Jenna Faye of Soul Meets Strategy In the Abundance Alchemy Workshop , you'll learn how to raise your wealth frequency, align your energy, and open the channels to receive more abundance. Through practical exercises and transformative insights, you'll unlock your natural ability to attract wealth, opportunities, and prosperity with ease.	12:30pm 30 min	Katrina Readman, Registered Dietitian The Food Relationship Masterclass: The 3 Simple Strategies To Stop Overeating, Feeling Guilty, And Obsessing Over Food, Even When Nothing Before Has Worked
1:00pm 30 min	Juho Pelkonen of Kamu Sauna (authentic Finnish sauna experiences) The benefits of a regular sauna/cold plunge practice and how to integrate a connected and authentic sauna and cold plunge practice into your life.	1:00pm 30 min	Angela Semeschuk of Hummingbird Tree Well, is an Ayurvedic Health Counsellor specializing in Ayurvedic Digestion & Nutrition, Inflammation, and Autoimmune Disorders During her soul talk, Angela will introduce a few basic concepts of Ayurveda as well as modalities that are used in the healing process. She will discuss simple ways to boost your immunity as we go into the winter season.
1:30pm 30 min	Breath work with Sarah Eedy Reiki Master, Breathwork facilitator and Angel Healer. Sarah is excited to be offering a style of breathwork called Conscious Connected Breath which allows the potential to explore the deeper body and healing through the breath alone.	1:30pm 30 min	Delayne Shaye Benefits of EMDR for trauma healing EMDR is eye movement desensitization and reprocessing treatment which helps alleviate distress associated with traumatic memories
			Schedule Continued.....

	Harmony Room		Heart Room
2:00pm 30 min	<p>Danette Polzin of Wild Woods Wellness Making the Impossible Possible</p> <p>How do we work through our biggest obstacles and transcend our biggest fears? How can we possibly find the bravery or courage needed to take action when our fears feel insurmountable? How can we uncover, discover, and remember our magic and tap into potential we never even knew possible? Join Danette in this talk where she will explore these questions and also demonstrate the transformative practices of arrow breaking and rebar bending...practices that will surely blow your mind!</p>	2:00pm 30 min	<p>Christina Rosso of Yoga Alignment Maximizing Your Yoga Practice with Alignment: Explaining The Concept and Debunking Myths by Christina Rosso 500HR CYT</p> <p>In this session, Yoga Instructor and Alignment Expert, Christina, will explain what alignment in yoga is, what it's not, why it's important and how to achieve it optimally for your body.</p>
2:30pm 30 min	<p>Live in Abundance Meditation</p> <p>Karen Mcallister, a mindful money mindset coach dedicated to helping you release your deeply held blocks around money so that you can flourish financially.</p>	2:30pm 30 min	<p>Increasing Vitality & Stem Cell Activity</p> <p>Sharron Billey & Dodi Dube will discuss optimizing Stem Cells through gentle light technology.</p>
3:00pm 30 min	<p>The Humble Hermit- Jasper Squires Naked Liberation, walking with the Wild Woman Archetype</p> <p>In this soul talk Jasper is sharing her story of how connecting to the wild woman archetype has peeled open her healing journey and helped to reclaim her body from past trauma. Opening the door to sacred sexuality and full authentic expression and how we are all unique and one of a kind in our nakedness and in our wildness.</p>	3:00pm 30 min	<p>Fly Agaric Mushroom and its medicinal properties with Haley Blackspruce founder of Amanita Herbs</p> <p>Diving deep into the rich history of its uses across the planet, helping many to address root causes of dis-ease and bring the body/mind into harmony using this ancient yet gentle medicine. Demystifying & covering some of my most commonly asked questions/ concerns Basics, cultural and therapeutic uses as well as sharing personal experiences.</p>
3:30pm 30 min	<p>Stephanie Carlson of Apothecary Studios YYC</p> <p>Will be diving into the journey of understanding what our emotions are and what they are trying to communicate with us.</p>	3:30pm 30 min	<p>Sara Dreher- myofascial release therapy</p> <p>Fascia release maneuvers to improve pain management, increase movement, improve circulation and relaxation. Used for stress management and improves muscle function</p>
4:00pm 30 min	<p>Joy & Peace Meditation</p> <p>Karen Mcallister has been in a 24 years spiritual apprenticeship with her meditation teachers, Qapel and Catherine Sensei from Planet Dharma. She is a co-founding member and Meditation & Mindfulness Teacher at Clear Sky Meditation Center.</p>	4:00pm 30 min	<p>heART Work with Cristina</p> <p>Join Cristina Borgogelli founder of Abundance Fair and heART Circle as she guides people through 3 fun and therapeutic art exercises to tap into creativity, relaxation and the meditative benefits of making and creating art that transcends spoken language and connects to sensation and ones' emotions and feelings. No art experience required. Cristina will walk you through 3 simple art exercises with a crayon and piece of paper.</p>



Sponsor Spotlight:

Sign up today for your 2 week free trial from **Focused Life-Force Energy** who are generously sponsoring **Abundance Fair 2024**. Check out their amazing service of raising consciousness levels and EMF mitigation services at www.flfe.net No credit card required.