

## The Path To Your Higher Self: Energy, Vibration, Intuition

### Schedule of the Day

9:00-9:30	Arrive and Sign In
9:30-9:45	Welcome from Blu Water Retreats and Events
9:45-10:45	<b>Anthony D'Erasmio: Energy-Vibration-Frequency</b> <ul style="list-style-type: none"><li>➤ Frequency, consciousness, &amp; spirituality</li><li>➤ Electric Body: the biofield &amp; aura</li></ul>
10:45	Break with refreshments
11:00-12:00	<b>Nancy D'Erasmio: Activating Intuition</b> <ul style="list-style-type: none"><li>➤ Pineal Gland what it is and how to activate it</li></ul>
12:00-1:00	<b>Nancy D'Erasmio: Gallery Reading</b>

1:00-2:30	<b>Lunch On Your Own</b> <i>Bring your lunch or enjoy one of the many options in the area</i>
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2:30	Overview of exciting Swag & Discounts
2:45-3:30	<b>Helen Lalousis: Chakras and their healing connection to food</b>
3:30	Break with refreshments
3:45-4:45	<b>Anna Miranda: Understanding Soul Contracts</b>
4:45	Break
5:00-6:00	<b>Anthony D'Erasmio: Tuning the Chakras with Sound (Sound Bath)</b>

