

EXPERIENCE THE WORLD OF NATURAL
HEALTH & HEALING *in one weekend!*



EVENT GUIDE
November 8-9
Marlborough, MA

WEEKEND ADMISSION
\$21 ADVANCE *plus*
Receive a Free Expo Tote
\$25 AT THE DOOR
\$10 SUNDAY LATE ENTRY

**200 Vendors
& Exhibitors**

**Healthy Food
Court & Trucks**

**60 FREE
Workshops**

Best Western Royal Plaza Trade Center
181 Boston Post Road West
Marlborough, MA

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MAGAZINE ONLINE

THE SANCTUARY

HEALING THERAPIES & GIFTS



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AMY MARINO, owner of The Sanctuary ~ Healing Therapies & Gifts on Cape Cod, has built a reputation for integrity and accuracy as a psychic medium, healer, spiritual coach and teacher for nearly two decades.



VISIT BOOTH #408 at the Natural Living Expo, Biomats at the Sanctuary, to experience your **personal Biomat healing session** or purchase your own Amethyst Biomat.

Come hear Amy speak at the expo this year!

SUNDAY, NOV. 9, 2:30-3:30 IN SALON A
**"Tarot: Ancient Oracle to Modern-Day GPS
for the Enlightened Soul"**

(508) 362-8000 • 1069 Main Street, Brewster, MA 02631
TheSanctuaryCapeCod@gmail.com • www.TheSanctuaryCapeCod.com



PROGRAM GUIDE

Plan ahead to make the most of everything the expo offers!

- PAGE 4** Floorplan and Map
- PAGE 6** Workshop Schedule At-A-Glance
- PAGE 8** Exhibitor Listings of 200 Booths
- PAGE 22** Saturday Workshop Descriptions
- PAGE 38** Sunday Workshop Descriptions

The 18th Annual Natural Living Expo is New England's largest holistic health event! This once-a-year weekend is your opportunity to explore a marketplace of **200 exhibits** filled with natural and organic products, wellness practitioners, and holistic healing centers from across the country.

Attend sessions from a schedule of **60 free workshops**, experience hourly **guided meditations**, and enjoy healthy eats from food vendors inside the trade center and food trucks outside.

Learn, shop, have fun and get healthy!

Held at the **Best Western Royal Plaza Trade Center & Hotel, 181 Boston Post Road West (Route 20) in Marlborough, MA**, with free on-site parking. Continuous shuttle service is available between the hotel workshop spaces and trade center exhibits and food vendors — just a short 5-minute walk apart.

Purchase your weekend admission in advance to save \$4 and receive a **FREE Expo Tote Bag** — **exclusive for advanced ticket holders!**



EARLY-BIRD GIVEAWAY!

The **first 200 people each day** get a **VIP swag bag**. One bag per ticket — come early, they'll go fast!

Get the latest expo updates!



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ALL-ACCESS WEEKEND ADMISSION

\$21 in Advance
\$25 at the Door

SUNDAY LATE ADMISSION

\$10 Entry from 1-4pm
on Sunday Only



Buy Tickets Online
www.NaturalExpo.org

Questions?

Contact michella@naturalexpo.org
or (508) 635-4357 x2



The expo's better with friends! Tag, share and invite others to this can't miss event.
#NaturalLivingExpo2025

18th Annual
NATURAL LIVING
expo

Saturday, November 8 • 9am-6pm
Sunday, November 9 • 9:30am-4:30pm

181 BOSTON POST ROAD WEST (RT. 20), MARLBOROUGH, MA

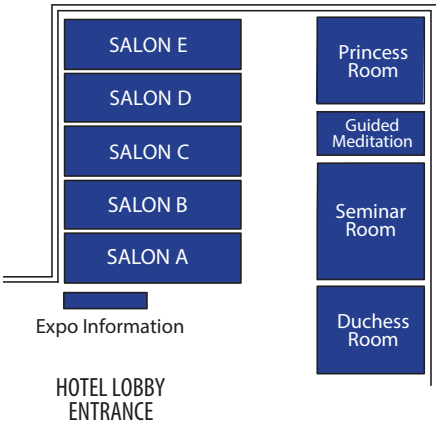
Map & Floor Plan

Royal Plaza Trade Center
Exhibit Hall



Best Western Royal Plaza Hotel Workshop Rooms

All workshop events take place in the hotel, a 4-minute walk or quick free shuttle ride from the trade center. Shuttles run continuously between the trade center and hotel throughout the event.

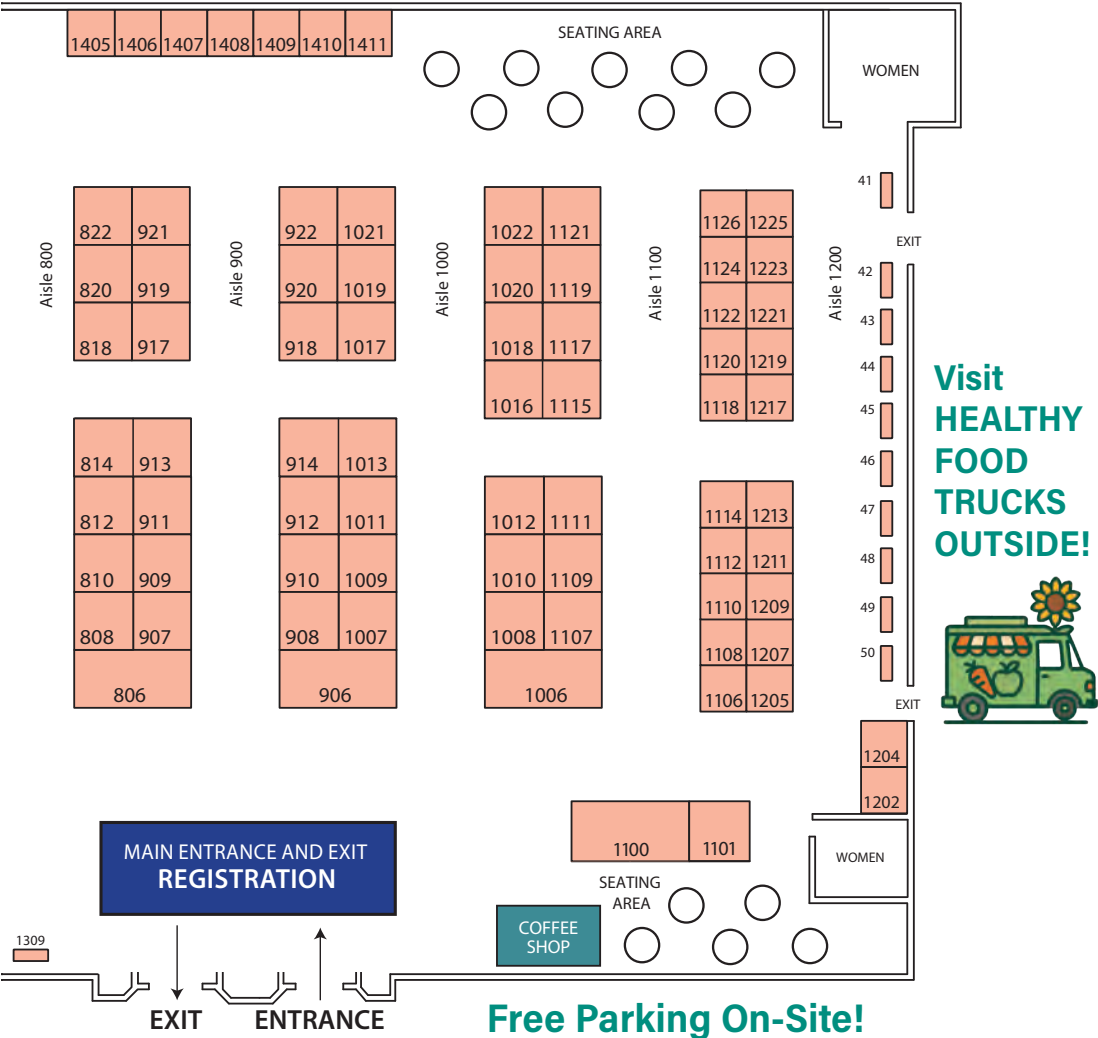


WEEKEND ADMISSION

\$21 Online *plus* FREE Expo Tote!

\$25 at the Door

\$10 Sunday Only Late-Entry (1pm-4:30pm)



SATURDAY WORKSHOP SCHEDULE

Access to all workshops is included in your expo admission. Seating available on a first come basis. Speakers' booth numbers are included on the schedule so you can easily find and visit their booths.




**SATURDAY HOURS
9AM-6PM**

SALON A	SALON B	SALON C	SALON D	SALON E	PRINCESS	DUCHESS	SEMINAR	CORPORATE	
10:00-11:00 Sologamy: The Commitment of Self <i>Yvonne Andrews, #402</i>	9:30-10:30 Prevent Hair Loss and Excessive Shedding <i>Sharon Clohesy, #605</i>	10:00-11:00 Mediumship and Spirit Drawing Demonstration <i>Nancy Smith, #39</i>	9:30-10:30 Your Higher Self: Intuition and Quantum Consciousness <i>Lisa Campion, #404</i>	10:00-11:00 Anyone Can Dowse! <i>Bill Gee, #1400</i>	9:30-10:30 Rewire Your Brain for a Lasting Relationship <i>Robyn Vogel, #406</i>	10:00-11:00 Your Story Sucks.... The Happiness Right Out Of You <i>Carrie Rowan, #24</i>	9:30-10:30 Awaken To Your Dreams <i>Ellie Malick and Mark Lopatosky, #33</i>		11 AM
11:30-12:30 Magnificent Manifestation: Create Exactly What You Want <i>Dianne James, #26</i>	11:00-12:00 Haven't We Met Before... In A Past Life! <i>Donna Hartley, #5</i>	11:30-12:30 Emotional First Aid <i>Lori Lamont, #32</i>	11:00-12:00 Rapid Recovery from Physical Injury Trauma to the Brain <i>Judith Swack, #1009</i>	11:30-12:30 Astro Inklings: Planting Seeds for the Year Ahead <i>Tam Veilleux, #49</i>	11:00-12:00 How To Build Bone Density Naturally <i>Becky Chambers, #610</i>	11:30-12:30 Empowering The Healer Within <i>Susan McNamara, #25</i>	11:00-12:00 Navigating IBS Flare-Ups and the Quest for Normal Poop <i>LisaVasile, #806</i>		12 PM
12:30-1:30 LUNCH — Healthy Food Vendors and Food Trucks Located at the Trade Center									
2:00-3:00 Palmistry As a Tool of Diagnosis <i>Linda Patterson, #44</i>	1:30-2:30 Messages In Music <i>Kelly Wahl, #42</i>	2:00-3:00 Divinely Channeled Gallery Readings and Healings <i>Camille Conti, #1021</i>	1:30-2:30 The Role of Starseeds and How to Know If You Are One <i>Susan Krajewski, #420</i>	2:00-3:00 Playing With Energy: Awaken Your Inner Healer <i>Lauren Paap, #1402</i>	1:30-2:30 Root Causes and Solutions for Skin Issues <i>Alora Frederick, #906</i>	2:00-3:00 Fengyang Traditional Chinese Medicine For Family Wellness <i>Christine Wilson, #1018</i>	1:30-2:30 Drafting The Future Of Health Freedom <i>Julie Booras, #7</i>	2 PM	
3:30-4:30 Own Your Power Within <i>Laura Stoia, #615</i>	3:00-4:00 Hidden Causes of Weight Gain <i>Jessica Liggero, #30</i>	3:30-4:30 Reawakening the Intelligence of Your Energy Field <i>Laurie Wheeler, #1407</i>	3:00-4:00 Quantum Energy Secrets For Staying Healthy and Youthful <i>John Thompson, #416</i>	3:30-4:30 Instant Pain Elimination <i>Ming Wu, #1016 & 1115</i>	3:00-4:00 End the War With Your Body and Care For Her <i>Nina Manolson, #607 & 609</i>	3:30-4:30 It's Just My Nature: A Guide To Knowing and Living Your True Nature <i>Tina Marian, #41</i>	3:00-4:00 Energy Medicine for Allergies and Sensitivities <i>Rachel Rice and Kate Sambuco, #2</i>	3 PM	
5:30-6:30 Sound Bath Journey <i>Dave Curry: Drums For One And All</i>			4:30-5:30 Group Healing With Q & A <i>Aaron Singleton and Claudia Sanchez, #505 & 507</i>	5:00-6:00 Ortho-Bionomy: Following Comfort to Wholeness <i>Cynthia Wood, #20</i>	4:30-5:30 The Ultimate Cacao Drink <i>Mateo Block, #1010</i>	5:00-6:00 Bliss or Bust! Are You Choosing Bliss? <i>Shari Lynn, #509</i>	4:30-5:30 Tea With A Homeopath <i>Cheryl Wood, #1110</i>	4 PM	

SUNDAY WORKSHOP SCHEDULE

Access to all workshops is included in your expo admission. Seating available on a first come basis.
Speakers' booth numbers are included on the schedule so you can easily find and visit their booths.

SUNDAY HOURS
9:30AM-4:30PM

SALON A	SALON B	SALON C	SALON D	SALON E	PRINCESS	DUCHESS	SEMINAR	CORPORATE
10:30-11:30 A Spirit's Journey <i>Cheryl Bradley, #8</i>	10:00-11:00 Sole Focus: How Your Feet Affect Your Wellness <i>Debra Bourque, #1019</i>	10:30-11:30 Somatic Practices to Awaken the Healing Power of Embodied Awe <i>Sara Vatore, #9</i>	10:00-11:00 The Emergence of a New Civilization Transmission Meditation <i>David Mynott II, #36</i>	10:30-11:30 Wu Way Qigong <i>Ming Wu, #1016 & 1115</i>	10:00-11:00 How The Health Freedom Movement Impacts You <i>Daniel Seitz, #6</i>	10:30-11:30 Muscle Testing: Learn How To Test Yourself <i>Charlene McCullough, #812</i>	10:00-11:00 Alzheimer's Dementia Prevention and Treatment <i>Scott Fuller, #14</i>	11 AM 
12:00-1:00 Lightworker Ascension with Crystal Bowl Sound Healing <i>Rhys Thomas, #814</i>	11:30-12:30 The Fire Within: Navigating Intense Emotions with Strength <i>Erik Larson #1314</i>	12:00-1:00 Reclaiming the Pelvic Bowl: A Whole-Body Healing Approach <i>Alyssa Samuelson</i>	11:30-12:30 Experience Inner Peace With Sahaja Yoga Meditation <i>Poornima Kirby, #1119</i>	12:00-1:00 Shake it Up and Step Into Your Bigger Life <i>Juniper Devecis, #819</i>	11:30-12:30 Astrology for the Coming Year <i>Eric Linter</i>	12:00-1:00 Duality of Good Intentions: Let Intuition Guide Your Actions <i>Shana Auguste, #1309</i>	11:30-12:30 Becoming Sovereign <i>Robin Landau, #1022</i>	12 PM 
1:00-2:00 LUNCH — Healthy Food Vendors and Food Trucks Located at the Trade Center								
2:30-3:30 Tarot: Ancient Oracle to Modern Day GPS for the Enlightened Soul <i>Amy Marino, #408</i>	2:00-3:00 Past Life Regression <i>Schools of Wisdom Instructors Group, #706</i>	2:30-3:30 Crystals in Daily Life: Using Stones to Support Your Journey <i>Kyle Russell, #607 & 609</i>	2:00-3:00 The Role Love Plays in Healing <i>Joanna Spano, #619</i>	2:30-3:30 Relax and Meditate with Nepalese Metal Singing Bowls <i>Vikrant Rana, #1013</i>	2:00-3:00 Inner Light Meditation for Peace in a Turbulent World <i>Alan Post, #40</i>	2:30-3:30 Pleiadian Trance Channeling: Live Q&A <i>Ava Orah, #37</i>	2:00-3:00 How Lifestyle, Nutrition, and Dentistry Work Together <i>Jean Nordin, #1007</i>	1 PM 
2 PM 								

All Workshops Are Held At The Best Western Hotel.

It's just a quick 5-minute walk from the exhibit hall to the hotel or ride the continuous free shuttle buses between the two buildings.



VIEW THE SCHEDULE



EXHIBITOR LIST

Organized by booth number. To find a booth location, see map on pages 4 & 5.
Search the Exhibitor List by name or keyword: www.naturalexpo.org/booths.html

- | | |
|---|---|
| <p>1 Body & Mind Holistic Healing
www.bodymindholistic.com
<i>Holistic wellness services including Biofield Tuning, Psych-K®, Reiki and more!</i></p> <p>2 Eden Energy Medicine New England
www.consultfr.com/newenglandenergymedicine
<i>Experience Eden Method techniques to feel great.</i></p> <p>3 Blu-Eden
www.hollyedenmorrow.com
<i>Intuitive soul guide, channel, healer, author, teacher, meditation, artist, chef.</i></p> <p>4 Celebrity Leggings
www.celebrityleggings.com
<i>We sell the comfiest, buttery soft, printed leggings.</i></p> <p>5 Hartley International
www.donnahartley.com
<i>World renowned past life and Akashic records reader.</i></p> <p>6 Health Rights MA Advocacy
www.healthrightsMA.org
<i>Protecting rights to make one's own healthcare decisions without coercion.</i></p> <p>7 National Health Freedom Action
www.nationalhealthfreedomaction.org
<i>Working to protect health rights in America.</i></p> <p>8 Cheryl Bradley ~ Spiritual Medium
www.cherylbradley.com
<i>Spiritual readings, If it's Light it's Right™</i></p> <p>9 Somasynthesis Studios with Sara Vatore
www.saravatore.com
<i>Multidimensional spaces for healing, integration and expansion.</i></p> <p>10 Juice Plus+
www.mhealyjuiceplus.com
<i>Global leader in whole-food, plant-based nutritional products backed by science.</i></p> <p>11 Julianna Kallas, Psychic, Medium
www.juliannakallas.com
<i>Psychic, medium, tarot, reader, channeler, medical intuitive.</i></p> <p>12 Briscoe Family Farm
www.facebook.com/briscoefamilyfarm/
<i>Local honey.</i></p> | <p>13 Light + Keys
www.lightandkeys.com
<i>Handmade crystal candles, oils and jewelry.</i></p> <p>14 Fuller Chiropractic
www.drscottfuller.com
<i>Simple strategies for neck and back pain relief.</i></p> <p>15 Nature's Mysteries Apothecary
www.naturesmysteries.com
<i>Organic CBD products specially formulated to relieve pain, insomnia, anxiety.</i></p> <p>16 Ladydownthelane
www.ladydownthelane.com
<i>Psychic card readings with trance messages as appropriate.</i></p> <p>17 Sacred Rose Herb Root Magick
www.sacredroseherbroot.com
<i>Alchemy perfumes, esoteric elixirs, magical divinations.</i></p> <p>18 Illuminating Light
www.illuminating-light.com
<i>Multi-faceted readings exploring depths of the soul.</i></p> <p>19 Mind Body Snack
www.mindbodysnack.com
<i>Nutrient-dense healthy snacks with superfoods. Vegan, gluten-free, no added sugar.</i></p> <p>20 Ortho-Bionomy New England
www.ortho-bionomyNE.com
<i>Ortho-Bionomy is gentle, effective, profound bodywork. Come learn about it!</i></p> <p>21 Vardankar
www.vardankar.com
<i>Find true self-realization and true God-realization.</i></p> <p>22 Grail Foundation Press
www.grailmessage.com
<i>Grail Foundation Press</i></p> <p>23 Made Simple Organic Skin Care
www.madesimpleskinicare.com
<i>Certified organic, vegan, cruelty-free skincare and oral care products.</i></p> <p>24 Change Your Story/Change Your Life
www.carrierowan.com
<i>Best-selling author/coach: coaching sessions, custom meditations, story shift energy reset.</i></p> |
|---|---|

Exhibitors continued on page 10



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Come visit
us at the
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expo**
BOOTHS
#1016 & 1115



Wu Healing Center

Fengyang Qi Gong and Tai Chi International Instructor ONLINE Training Program

Fengyang Qi Gong and Tai Chi are developed by Dr. Ming Wu, based on his 40 years of experience practicing various Qi Gong and Tai Chi movements. It is an easy-to-learn exercise system and practice routine that is suitable for the purpose of improving one's health and wellness, and spiritual alignment of the body and mind. Practicing Fengyang Qi Gong and Tai Chi can help one realize the truth of "who am I". It is also beneficial to cancer patients and patients with difficult-to-cure or chronic diseases for stimulating the body's self-healing potential, so the body can regain physical health. It helps practitioners reach the goal of healthy body, longevity, Wu Wei, living in the present, and wishes coming true!

Level 1: Associate Instructor (online course)

Level 2: Instructor (online course)

Level 3: Senior Instructor (online + in person learning with Dr. Wu)

Level 4: Fengyang Wellness Coach (online + in person learning with Dr. Wu)

To learn more about this program, go to: <https://wuhealing.com/classes>

Wu Healing Center Tel: 860-310-5438

45 S Main St, Suite 100, West Hartford, CT • 76 Nason St, Maynard, MA

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www.rememberingwhatmattersmost.com
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- 26 Dianne James Akashic Record Readings**
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- 27 OCI Healing Research Foundation Tong Ren**
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- 30 Rebalance Your Routine**
www.rebalanceyourroutine.com
Rebalance Your Routine for better gut health and detoxification.
- 31 Meadow Bee Deodorant**
www.meadowbeedoedorant.com
All-natural deodorant works all day with no skin irritation.
- 32 Empowerment EFT**
www.empowermenteft.com
Empowerment EFT, Matrix Reimprinting and Meta Consciousness training and certification.
- 33 Eckankar, Path of Spiritual Freedom**
www.eckinmass.org SEE AD PAGE 19
Eckankar: an active, creative spiritual practice of self-discovery and god-discovery.
- 34 Simple Girl Numerology**
www.simplegirlnumerology.com
Discover yourself and the journey of a lifetime through numbers!
- 35 Sacred Resonance Healing**
www.SacredResonanceHealing.com
Feeling bad? Pick up your Immuni-Tea or Immortali-Tea here. Feel better!
- 36 Share International and Transmission Meditation**
www.share-international.us
The emergence of Maitreya, the World Teacher, and Transmission Meditation.
- 37 Pleiadian Light Ascension Yard**
www.avaorah.com
Channeled readings: Meet DiYeena, the Pleiadian channeled by Ava Orah.
- 38 The Multifaceted Shaman/Darlene Dougherty**
www.themultifacetedshaman.com
Darlene creates shamanic drums, jewelry and holistic tools.

- 39 Angelscapes**
www.angelscapes.net SEE AD PAGE 29
Soul art readings, drawings, books, candles, programs with Nancy Smith.
- 40 Science of Spirituality**
www.sos.org
Nonprofit worldwide organization where people can learn meditation and spiritual living.
- 41 Medicine My Way**
www.medicinemyway.us
Experience immediate stress relief with a short tapping session.
- 42 K Wahl Healing Arts**
www.kwahlhealingarts.org SEE AD PAGE 29
Intuitive readings connecting you to the cosmos.
- 43 Roberta's Herbs & Gems**
www.robertasherbs.com
High vibrational crystals, herbal skin and pain care products.
- 44 Boston School of Herbal Studies**
www.bostonherbalstudies.com
Hands-on classes in herbal education and medicine making.
- 45 Psychic Ellen & Kelly Lavish**
www.psychicellen.com
Ellen—Medium/tarot and Kelly—Runes/cards.
- 46 A Mother Is Born, Doula**
www.amotherisbornbirthing.com
Intuitive and holistic birth doula, from preconception, birth and beyond.
- 47 Amare "The Mental Wellness Company"**
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Join the health and mental wellness revolution with Amare Global.
- 48 The Health Medium**
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- 50 New Vibe Holistic Healing**
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- 402 Metamorphosis Creating The Change**
www.creatingthechange.net SEE AD PAGE 33
Life coaching, spiritual ceremonies, retreats, end-of-life doula training.
- 404 Lisa Campion**
www.lisacampion.com SEE AD PAGE 33
Book signings, psychic chats, and intuitive insights with Lisa Campion.

Exhibitors continued on page 12

BIOMAGNETIC PAIR THERAPY

with Katie MacMullin & Amy Robb



Visit Booth #518

Sessions Available

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- Lyme Disease
- Co-Infections
- Post COVID
- Emotional Wellbeing
- Auto-Immune
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The Healer Within

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Learn more at www.rememberingwhatmattersmost.com

**VISIT
BOOTH #25**



**Booth # 610
FREE SESSIONS**

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- 416 Mother Earth Orgone**
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- 418 Garden of One**
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Wellness products to help ease everyday life's situations and ailments.
- 420 Luminous Starseed Healing, LLC**
www.luminousstarseed.com
*Energy healer, starseed channel, medical intuitive, light language activator. **SEE AD PAGE 29***
- 422 La Luna Healing and Crystals**
www.lalunahealingandcrystals.com
Crystals, sage, wellness, tote bags.
- 501 Jahmu PBC**
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- 502 Lucky Runes**
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- 503 Baltic Ambers Art**
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Adorn yourself in the healing beauty of Baltic amber.
- 504 Circles of Joy**
506 www.circlesoj.com **SEE AD PAGE 25**
Energy healings, oracle and tarot readings, crystals, Super Patch.
- 505 The Way To Balance**
507 www.thewaytobalance.com
Energy healing center — The Way to Balance
- 508 Sólas Nua Connection**
www.concepta.life
Healing words, transformative coaching, inspiring books, and nature-infused wisdom.
- 509 Pleiadean Cosmic Healing Discs**
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- 510 Regina's Connection**
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- 513 Norwex**
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- 514 Esoteric & Spiritual Professionals**
www.espgroup.org **SEE AD PAGE 33**
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- 516 Peaceful Harvest Mushrooms**
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- 518 Andara**
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- 604 Alternative Health, Inc**
www.repairmyhealth.com
ZYTO wellness scans and M'lis nutritional supplements.
- 605 ROghA® Hair System**
www.roghahairsystem.com **SEE AD PAGE 21**
Gentle, effective and trichologist recommended. Visit us to learn more!
- 606 Praise Wellness**
608 www.praisewellness.com **SEE AD PAGE 27**
Reiki, yoga, sound bath, halotherapy, esthetics, pedicures, Thai reflexology.
- 607 Crystal Concentrics Portal Gallery**
609 www.crystalconcentrics.com
Fun jewelry and animal carvings, awesome crystals and more!

Exhibitors continued on page 14

INVITING DIVINE WOMEN COACHES TO JOIN OUR MOVEMENT FOR SUCCESS AND LEADERSHIP

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I am New York's Divine Channel®, Camille Conti, and I'm here to empower individuals like you to break through the glass ceiling and embrace abundance through transformative programs and courses at the Academy of Divine Rich CEO®, an Online School of Success & Leadership.



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Soul Sister Self-Care

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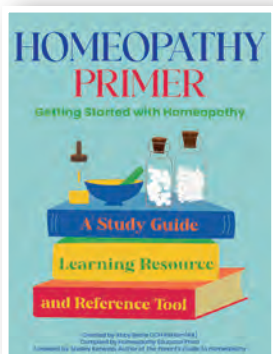
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Exhibitors continued on page 20



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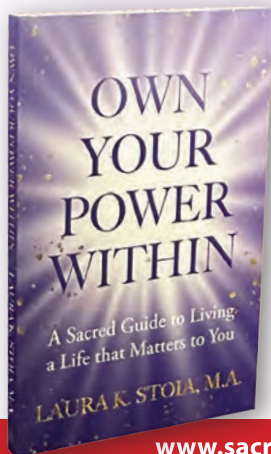
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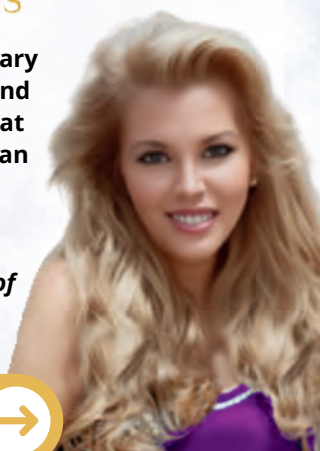
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SATURDAY EVENTS

EXPO HOURS: 9AM-6PM

All workshops are held in the hotel and are 60 minutes.

Workshop seating is available on a first come basis.

If a workshop is "must attend" for you, plan to arrive 30 minutes early.

Please respect the room capacity instructions of the expo staff.

8:30am

Ticket Sales Begin

REGISTRATION BOOTH IN THE EXHIBIT HALL

Pick up tickets ordered in advance with a Natural Living Expo tote or purchase \$25 weekend pass tickets at the door.

9:00am

Exhibit Hall Opens

9:30-10:30am

Prevent Hair Loss and Excessive Shedding

SALON B | *Sharon Clohesy*



Learn the facts and debunk the myths! This valuable workshop information will help you identify genetic vs. nutritional hair loss; understand the daily habits of both women and men that can lead to hair loss; and learn key factors that can cause excessive shedding and the actions that you can take to prevent it.

Sharon Clohesy is a certified trichologist, licensed cosmetologist, and educator. She is the CEO/President of ROgHA® Hair System/Hair and Scalp 360, LLC, as well as a salon owner for over 20 years. Sharon is the events manager for the SKILLS USA Cosmetology Competition, and previously worked as an educator for a major hair loss company,

traveling coast to coast. She developed a variety of educational programs, including an oncology program delivered throughout local oncology centers. Visit ROgHA® Hair System booth #605. See ad page 21.

Becoming Your Higher Self Through Intuition and Quantum Consciousness

SALON D | *Lisa Campion*



In this transformative workshop, you will be guided through a powerful guided meditation and quantum healing designed to connect you with your higher self. Experience how deepening your intuitive abilities allows you to access the infinite wisdom of your higher self and your team of spirit guides. Through Lisa's guided activation, learn to amplify your intuition and navigate life's challenges with greater clarity and purpose as you discover how to embody your higher self.

*Lisa Campion is the author of the #1 best-selling book **The Art of Psychic Reiki** and many other books. She is a psychic healer, counselor and Reiki Master Teacher with over 30 years of experience, who specializes in training emerging psychics, empaths and healers to fully step into their gifts, since the world needs all the healers it can get! Visit Lisa Campion booth #404. See ad page 33.*

Rewire Your Brain for a Lasting Relationship

PRINCESS | Robyn Vogel

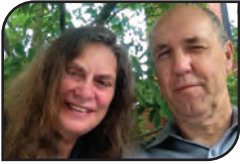


Ready to shift emotional patterns and open your heart to love? Transform stories of hurt, longing, and disconnection. Single or partnered, this workshop supports you in healing after loss, heartbreak, or simply feeling stuck. Experience deep healing designed to provide you with tools to navigate heartbreak and loss, moving toward empowerment and self-discovery. This transformative experience helps you release old patterns, embrace vulnerability, and rediscover authentic connection. Leave feeling empowered, inspired, and ready to welcome love in.

Robyn Vogel is a relationship expert and intimacy coach with 25 years of experience guiding individuals toward deeper connection. As the creator of the Heal Your Heart® program, Robyn helps clients address past trauma and build lasting, healthy relationships. Her workshops and retreats create safe spaces for profound growth and healing, making her an invaluable resource. Visit Come Back To Love booth #406. See ad page 27.

Awaken To Your Dreams

SEMINAR | Ellie Malick and Mark Lopatosky



Have you ever wondered what your dreams mean? You can learn to remember and interpret your dreams even if you feel you don't dream at all. Dreams can offer glimpses of our past lives, resolve karma, get answers to our questions, help solve problems in our daily lives. Come experience how Eckankar's dream teachings and spiritual exercises can help you gain insights into your daily lives, grow in confidence, and view life from a spiritual perspective regardless of your beliefs. We'll share three spiritual exercises to help you understand and gain insights into your dreams.

Ellie Malick and Mark Lopatosky have extensive experience giving workshops on techniques to help people become more aware of spirituality in daily life. Both are long time members of the Eckankar clergy. Visit Eckankar booth #33. See ad page 25.

10:00-11:00am

Sologamy: The Commitment of Self

SALON A | Yvonne Andrews



Sologamy, the practice of marrying oneself, is a unique and empowering concept that celebrates self-love, independence, and personal growth. This symbolic ceremony where an individual commits to a lifelong relationship with themselves emphasizes the importance of self-acceptance and personal fulfillment, and the work that is needed to honor and commit to yourself. A symbolic vow ceremony will be offered at the end of the workshop.

Yvonne L. Andrews, M.S., M.ED., ABD, Psy.D., is spiritual coach and minister, trauma yoga instructor, and Master practitioner in Holy Fire Reiki. Yvonne is also a core faculty member with Lesley University, adjunct faculty with Mount Wachusett Community College, and parttime faculty at Fitchburg and Worcester State Universities. Yvonne uses a variety of modalities including client-centered psychotherapy, progressive counting, cognitive behavioral therapy, motivational interviewing, psychoanalysis, sand tray and art therapy. Visit Metamorphosis Creating The Change, booth #402. See ad page 33.

Mediumship and Spirit Drawing Demonstration

SALON C | Nancy Smith



In this workshop, Nancy will share her journey as a spirit artist and explain the process she goes through when drawing from spirit. She will also discuss what to expect when receiving a reading from a spirit artist. Then Nancy will demonstrate spirit art during the remainder of the workshop.

*Reverend Nancy Smith of Angelscapes is a practicing spiritual medium and Akashic practitioner in the New England area. She is also an award winning author and teacher. Nancy is a spirit artist and certified medium. As a medium, she delivers the message of love from spirit through her artwork by drawing the likeness of the communicating spirit. She is a Spiritualist minister and demonstrates mediumship throughout New England. Nancy is the author and illustrator of *Divine Love Affair*, *An Akashic Journey*, a Nautilus award winner. Visit Angelscapes booth #39. See ad page 29.*

10:00 Workshops continued on page 24

10:00-11:00am (continued)

Anyone Can Dowse!

SALON E | William Gee



Learn via demonstration how to use the tools that all dowsers use when doing their work. This will be a talk geared toward anyone curious about dowsing or those who may be experienced with a particular tool and interested in knowing what other tools are available. We will also talk about the “dowsing state of mind,” and provide tips for those who may have trouble getting their tools to work for them.

Bill has been an energy healer for over 20 years. He is the author of four books, has made several appearances on podcasts and in expos, and has been a featured speaker at the American Society of Dowsers National Convention for five consecutive years. He currently sits on the Board of Trustees of the American Society of Dowsers. Visit American Society of Dowsers booth #1400. See ad page 17.

Your Story Sucks....The Happiness Right Out Of You

DUCHESS | Carrie Rowan



Ready to flip the script on the story that’s been holding you back? Join bestselling author and mindset strategist Carrie Rowan for a powerful, interactive seminar where you’ll uncover the disempowering stories stuck on repeat in your head — and rewrite them into ones that fuel joy, confidence, and clarity. With music, meditation, and a touch of magic, this one-of-a-kind experience will show you how to change your story.

Carrie Rowan, dubbed by her clients as the “professor of happiness and joy,” is a transformative mindset life coach, award-winning artist, and author of Tell A New Story.

Embracing art and science, she captivates audiences as a speaker, and hosts the syndicated radio show/podcast “Look for the Good,” with over 250,000 listeners. Her work positions her as a beacon of empowerment and joy in the personal development sphere. Visit Change Your Story/Change Your Life booth #24.

11:00-11:30am



Guided Meditation

CORPORATE ROOM | Brahma Kumaris
30-minute guided meditation experience.

11:00-12:00am

Haven’t We Met Before...In a Past Life!

SALON B | Donna Hartley



Past life connections are present in the life you are living now. Those connections can steer your soul to fulfill its mission or derail it. Understand how to decode your attractions, why certain locations seem familiar, and where an unexplained talent or fear came from. See the significance of how to heal and forgive in this life and past lives, giving you the freedom to become who you were meant to be.

Donna Hartley is an internationally renowned past life reader, author and inspirational speaker. A former Miss Hawaii and television actress, who worked with Robin Williams and Dick Van Dyke, she has shared her compelling story on NBC, ABC, PBS, and in The

New York Times. Donna is a member of the National Speakers Association, Screen Actors Guild, and the owner of Hartley International. Visit Donna Hartley, Hartley International booth #5.

Rapid Recovery from Physical Injury Trauma to the Brain

SALON D | Judith Swack



Many people suffer from a laundry list of difficult to treat symptoms. Surprisingly, these symptoms are often caused by physical injury to the brain. People with impaired brain function work hard to compensate for the deficiency so that it hardly shows, but the brain itself experiences an anxiety reaction that exacerbates the physical malfunction, creating a vicious cycle. In this seminar, Dr. Swack will share her original research on the surprising causes of brain injury and demonstrate her approach to rapidly restoring brain function.

Best-selling author and award-winning mind/body therapist, Judith A. Swack, Ph.D., originator of Healing from the Body Level Up™ methodology, is a biochemist/immunologist, Master NLP practitioner, certified hypnotherapist, visionary and leader in the field of energy psychology. Dr. Swack has presented her dramatic results live on television and at international conferences. She has a private practice in Needham, MA. Visit Healing From the Body Level Up booth #1009. See ad page 47.

11:00 Workshops continued on page 26

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11:00-12:00pm (continued)**How To Build Bone Density Naturally**PRINCESS | *Becky Chambers*

Learn how bone density depletes and science-backed methods for building bone density, including nutrition and supplements, homeopathy, exercise, and Whole Body Vibration (WBV), an exercise and therapeutic system that has been shown to help reverse bone loss. Volunteers will have the opportunity to try Whole Body Vibration and report on their experiences as part of our discussion on building bone density.

*Becky Chambers, BS, MEd, is a natural health practitioner, teach, author and owner of Vibrant Health. She is a worldwide expert in Whole Body Vibration, and has written six books on the topic, including the current best-seller for the past 10 years, **Whole Body Vibration: The Future of Good Health**. Her latest book is **Energy Healing for Pets: Self-Help Guide to Solving Health & Behavior Problems with Whole Body Vibration and Homeopathy**. Visit Vibrant Health, Inc., booth #610. See ad page 11.*

Gas, Grumbles and Gut Drama: Navigating IBS and the Quest for Normal PoopSEMINAR | *Lisa Vasile*

Tired of bloating, bathroom drama, and feeling like your gut has its own agenda? In this fun and informative talk, we'll explore the real reasons behind irritable bowel syndrome — from food sensitivities and stress to hidden infections and hormone shifts. What is your poop trying to tell you? How does diet, lifestyle, and gut-brain balance affect IBS? Walk away with practical tips to calm the chaos and feel in control again!

Lisa Vasile is a functional medicine nurse practitioner and owner of 4 Better Health Functional Medicine practice in Hopkinton, MA. Her mission is to empower individuals to reclaim their health and vitality through education and empowerment. With advanced training and a deep commitment to clinical expertise and partnership, she helps patients move beyond symptom management to achieve lasting wellness, clarity, and resilience. Visit 4 Better Health, Inc. booth #806.

11:30-12:30pm**Magnificent Manifestation: Learn the Surefire Steps to Quickly and Easily Create Exactly What You Want**SALON A | *Dianne James*

Learn how to harness your personal internal and external powers to manifest like a pro! This workshop is a sneak preview into Dianne's new **Magnificent Manifestation** book, and will highlight the critical step-by-step information you need to create exactly what you want in your life. This manifestation formula will fuel your future intentions, help you determine how and why certain intentions get delayed, and allow you to create with ease to fulfill your deepest needs and desires.

*Dianne James, MS, is a transformational life coach, trance channel, Akashic reader, tapping healer and author of **The Real Brass Ring**. She helps people reconstruct their future and find greater success, abundance and bliss by utilizing the world's best coaching techniques blended with EFT, channeled guidance and results-driven exercises. Visit Dianne James Akashic Record Readings booth #26. See ad page 15.*

Emotional First AidSALON C | *Lori Lamont*

Learn basic methods to help calm and regulate the nervous system that you can use in a variety of ways. In a world where anxiety, stress and dysregulation is the "norm", learn how you can take your power back and make regulation the norm. In this workshop, you will experience a variety of tools that you can use for yourself or with others who are dysregulated.

Lori Lamont is a Master Trainer for EFT International and EFT Matrix Reimprinting Academy teaching both methods to therapists and coaches worldwide. She is also a Meta Consciousness and GNM (German New Medicine) coach, helping her clients understand the biological adaptations and energetic components of their health conditions. Her life purpose is to assist the great awakening by helping others process their trauma and shift their programming to ultimately raise the frequency of the planet. Visit Empowerment EFT booth #32.

11:30 Workshops continued on page 28

COME BACK TO LOVE

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11:30am-12:30pm (continued)

Astro Inklings: Planting Seeds for the Year Ahead

SALON E | *Tam Veilleux*



Join artist, author, and astrology junkie Tam Veilleux for a wise and witty adventure through the zodiacs. Find your flow and plan with the planets using the astrological year. Tam will present expected cosmic highlights for 2026 as well as the months entering 2027. The astro-fun workshop is excellent for those new to astrology or experienced astrology friends who need a giggle.

*Tam Veilleux is a teacher, healer, and artist leading clients of all ages through personal and professional change using wit, wisdom, art, astrology, and energy psychology adventures. Her superpower is in simplifying change. She is the artist and lead writer of the collaborative internationally read publication **Energy Almanac: 52 Weekly Astrological Insights and Holistic Resources**, now in its fifth year. Visit Art and Energy Almanac Astrology booth #49.*

Empowering The Healer Within

DUCHESS | *Susan McNamara*



There is a healing force that resides within you and is just waiting for you to align with it. It all begins by waking up to knowing your life is precious enough to take care of and that everything your body does is vital information to tend to. In this experiential workshop, you'll explore principles around becoming your own healer within, as well as experience being in your body in a way that opens the door to discovering the healing energies that reside within you.

*Susan McNamara is the founder of The Healer Within: A Unique Online Health & Healing Community for Women and the author of the book, **Trusting Your Body: The Embodied Journey of Claiming Sacred Responsibility for Your Health & Well-Being**. She is a certified holistic health counselor, Professional-Level Kripalu Yoga teacher, shamanic practitioner, and Journeydance guide. Visit Remembering What Matters Most booth #25. See ad page 11.*

12:00-12:30pm



Guided Meditation

CORPORATE ROOM | *Brahma Kumaris*
30-minute guided meditation experience.

1:30-2:30pm

Messages In Music

SALON B | *Kelly Wahl*



We are all energy. Energy is a frequency. Discover how rhythm and melody can shake off frustration, calm the mind, and give voice to unspoken emotions. Learn how to develop your intuition by decoding the messages hidden within music, harness its healing energy, and uncover universal truths in everyday life. Connect to your inner self and learn to communicate with loved ones in spirit through the frequency of sound.

Kelly Wahl, Vessel for Spirit, holistic practitioner, and host of "K Wahl Connected," is an inherited 4th generation intuit. Kelly's journey evolved through massage therapy, and hands-on healing energy work, deepening her connection to our higher power, and honoring her calling to serve as a psychic medium healer speaker. Known for her authenticity and resilience, Kelly invites you to honor yourself and live your most authentic self. Visit K Wahl Healing Arts booth #42. See ad page 29.

The Role of Starseeds and How to Know If You Are One

SALON D | *Susan Krajewski*



This workshop will help demystify the concept of starseeds and expand your understanding of the role they play in manifesting the New Earth. We start with a discussion that builds a framework of understanding and then move into an experiential moment with guided meditation. Through pristine alignment we will build an Arcturian healing chamber of rarified frequency where you can experience galactic light and know what's possible for yourself.

Susan Krajewski is an Arcturian starseed and celestial shaman who has been on a spiritual path for over 35 years. She is trained in traditional shamanic journeying and is a certified medical intuitive. She is a frequency holder for several star races including the Pleiadians, Andromedans, Sirians, and Arcturians, and has a private practice located at The Red Barn in Durham, CT. Visit Luminous Starseed Healing booth #420. See ad page 29.

1:30 Workshops continued on page 30

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Booth #42

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Saturday 11/8 1:30-2:30pm in Salon B
"Messages In Music" with Kelly Wahl


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1:30-2:30pm (continued)

Root Causes and Solutions for Skin Issues

PRINCESS | *Alora Frederick*



Acne, eczema, psoriasis, and rosacea all have root causes that need addressing for full remission. This lecture will go beyond topical treatments and cover the root causes and solutions for these common skin ailments. These root causes include imbalances in the microbiome/gut, poor detox pathways, an imbalanced diet, and a dysregulated nervous system.

Alora Frederick is a registered dietitian focused on applying integrative and functional nutrition models, which examine the root cause of issues rather than just addressing the symptoms. Alora loves to help people feel their best, and has a special interest in GI health and mental health (depression and anxiety). She strives to motivate individuals on their health journey and enjoys facilitating an understanding and practical application of nutrition science. She is also passionate about holistic lifestyle practices such as mindfulness, joyful movement, and intuitive eating. Visit Johnson Compounding & Wellness booth #906.

Drafting the Future of Health Freedom

SEMINAR | *Julie Booras*



Discover how Safe Harbor Practitioner Exemption laws protect unlicensed practitioners, how the Right to Refuse movement defends bodily autonomy, and how the Expanded Practices Act supports doctors using integrative treatments. Hear from Julie's guest, *Spirit of Change* publisher and Health Freedom Action Massachusetts board member Carol Bedrosian, how you can get involved in proactive legislative solutions that protect your right to choose your own healing path in Massachusetts. This session will empower you with tools and strategies to engage in advocacy and join a nationwide effort to secure health freedom — for yourself, your children, and future generations.

Julie Booras is a Massachusetts mom and entrepreneur turned health freedom advocate who brings her creative and strategic skills to National Health Freedom Action. She co-founded Health Rights MA and the national RightToRefuse.org campaign, supporting grassroots efforts to pass laws that protect bodily autonomy and informed consent. Visit National Health Freedom Action booth #7.

2:00-2:30pm



Guided Meditation

CORPORATE ROOM | *Brahma Kumaris*
30-minute guided meditation experience.

2:00-3:00pm

Palmistry As A Tool of Diagnosis

SALON A | *Linda Patterson*



Palms were once used by physicians to determine health. Learn how to decipher the information provided within the palms, such as hand shapes, fingers, spaces, and lines. Due to the palms' ability to change every 6 months, it is possible to track growth and changes over time. Learn how to identify strengths and weaknesses, and what blockages may be getting in the way of health, growth, and happiness.

Linda Patterson, M.A., director and owner of Herbs and Aromatics, has been a palmist for over 35 years. Her passion for reading, and desire to experience a vast variety of palms have taken her to the Pentagon, Woodstock, and into the lives of rock stars. Her combination of linear and intuitive teaching styles provides an education for all types of learners, allowing anyone to become an excellent palmist. Visit The Boston School of Herbal Studies booth #44.

Divinely Channeled Gallery Readings and Healings

SALON C | *Camille Conti*



Prepare for an unforgettable experience with New York's renowned channel and global TV host, Divine Channel Camille Conti. This interactive session offers life-changing insights and healings to elevate you to your highest potential. Bring your burning question — you could be chosen for a laser-sharp reading — and leave entertained, energized and inspired to embrace your most positive dimensions of life.

Camille Conti, New York's Divine Channel and psychic medium, is the creator of Body Psychology Communication Healing Technique™. As the president of The Academy of Divine Rich, CEO Camille offers customized programs for transformation, certification courses, readings, healings and certified organic skin care and cosmetics. Visit New York's Divine Channel, Camille Conti booth #1021. See ad page 13.

Playing With Energy: Awaken Your Inner Healer

SALON E | Lauren Paap



Lauren will lead a series of qigong, acupressure, guided imagery, and transformative exercises so that participants can experience the magic, mystery, and practicality of their spiritual selves. This presentation provides an embodied connection with qi and personal empowerment. Amplify your ability to sense and play with qi and learn to navigate everyday aspects of life, while cultivating your inner healer.

Lauren Paap, L.Ac, MAOM, is adept at bringing out the inner healer living within each of us. A self-described "energy muse," she skillfully guides clients and students to play in the metaphysical realm with a sense of fun and practicality. A trained acupuncturist, Asian

bodywork therapist (acupressure, shiatsu, tuina and qigong), integrative and transformative life coach and hypnotist, she easily and playfully shares her vast knowledge with clients and students, supporting their path to thrive and prosper. Visit Lauren Paap, Practical Mystic, booth #1402.

Fengyang Traditional Chinese Medicine For Family Wellness

DUCHESS | Christine Wilson



Ancient Taoist teachings have existed for thousands of years to improve health and longevity. Learn pain relieving pressure points, the benefits of herbal formulas, as well as the healing secrets of life energy. Practicing a few lifestyle changes can bring harmony to you and your family.

Christine Wilson, LMT, is the owner and practitioner of Healing Body Solutions located in Palmer, MA. She has been a licensed massage therapist for over 30 years and has been Master Ming Wu's apprentice since 2014. Christine received the 2022 award for

Fengyang Tuina practitioner. Wellness is Christine's passion, which shows in her life. Visit Fengyang Taoist Chinese Medicine booths #1018 & 1117.

3:00-3:30pm



Guided Meditation

CORPORATE ROOM | Brahma Kumaris
30-minute guided meditation experience.

3:00-4:00pm

Hidden Causes of Weight Gain

SALON B | Jessica Liggero



Sudden unexplained weight gain? Inability to lose weight despite healthy eating and exercising? Learn about a few hidden causes of weight gain that conventional medicine fails to address. Also discover symptoms of these common causes of weight gain, how to test for them, and diets that can often provide some symptomatic relief and support healing.

Jessica Liggero is a board certified holistic health practitioner and a functional diagnostic nutrition practitioner, as well as a SIBO specialist. She is the owner and founder of Rebalance Your Routine™, a holistic health coaching service that helps people improve

gut health and detoxify by using functional labs and making modifications to diet and lifestyle. Jessica has a background as a competitive athlete and artist, and believes in the power of exercise and creative expression for maintaining wellness and healing. Visit Rebalance Your Routine™ booth #30.

Quantum Energy Secrets For Staying Healthy and Youthful

SALON D | John Thompson



In this entertaining, hands-on presentation, you will learn many important keys for maintaining your youth and vitality regardless of your age, including the use of or-gone energy to completely protect yourself from the negative effects of EMFs from cell phones, computers, cell towers, and more. Benefit from the eternal wisdom gathered over the past 47 years from many enlightened beings including Sathya Sai Baba, Srimad Sai Rajarajeshwari, Ravi Shankar, Amachi, Ramtha, Karunamai, Dr. John Thei, and Nithyananda.

John Thompson's exploration of energy and health began in 1976 with the first of 17 trips to the magical, mystical land of India. That same year he began practicing reflexology, Touch For Health, Breath of Fire and The Art of Living. John has spent the past 47 years studying with many highly evolved energy masters. Visit Mother Earth Orgone booth #416.

3:00 Workshops continued on page 32

3:00-4:00pm (continued)

End the War With Your Body and Learn to Truly Care for Her

PRINCESS | *Nina Manolson*



If you've spent years trying to "fix" your body and still don't feel at peace, this session is for you. In this paradigm-shifting workshop, Nina Manolson introduces a proven framework that helps women end the war with their body and build a body relationship rooted in trust and compassion. You'll walk away with practical tools and a body centered approach you can use in real life — at the dinner table, in the mirror, and in moments of self-doubt.

Nina Manolson is the founder of Body-Peace®, a pioneering approach that helps women end the exhausting cycle of body criticism, food obsession, and never feeling enough. A therapist with over 30 years of experience in the psychology of eating and embodiment, Nina is known for her practical wisdom, powerful presence, and ability to catalyze lasting change. Visit Crystal Concentrics Portal Gallery booth #607 & 609.

Energy Medicine Tools for People with Allergies and Sensitivities

SEMINAR | *Rachel Rice and Kate Sambuco*



Learn simple Eden Energy Medicine techniques to reduce allergic overwhelm, calm reactivity, and strengthen your energetic boundaries. These tools support a more balanced immune response, build resilience, and create a stronger foundation for navigating sensitivities with greater ease and clarity. This interactive presentation includes demonstrations of exercises we'll do together that you can take home to support your well-being.

Rachel Rice and Kate Sambuco are both Eden Energy Medicine practitioners, researchers, speakers and teachers with a focus on allergy management, holistic support for social and emotional wellness, and compassionate care for people of all ages. Together, they researched and published Reintroducing Allergenic Foods to a Child with Multiple Food Allergies using Energy Medicine. In addition to supporting clients in their energy medicine practices, they continue to prioritize research in the field of energy medicine. Visit Eden Energy Medicine New England booth #2. See ad page 11.

3:30-4:30pm

Own Your Power Within

SALON A | *Laura Stoia*



Do you ever feel pulled in too many directions — stressed, burnt out, or as though you're losing sight of yourself along the way? Step back, breathe, and reconnect with your inner power in this presentation as Laura shares select practices and spirit-guided visualizations designed to calm your nervous system, restore balance, and bring clarity to your desires. You'll leave with tried-and-true practices that can guide you forward in deepening your best life.

*Laura Stoia is an award winning, best-selling author, and holistic healer — an intuitive coach, spiritual guide, Reiki master, sound healer and gong master. She poured more than twenty-five years of dedicated spiritual practice and guiding work with clients into her book **Own Your Power Within** to help people connect with their inner wisdom, clarify their life's desires, and follow a path to realizing them. Visit Laura Stoia Holistic Healing booth #615. See ad page 19.*

Reawakening the Intelligence of Your Energy Field

SALON C | *Laurie Wheeler*



Unlock the living codes within your DNA through sacred geometry, light, and subtle energy. This immersive presentation bridges ancient wisdom and emerging science to reveal how your energy field is alive, responsive, and capable of self-healing. Participants will be guided through a brief experiential exercise designed to awaken their multidimensional potential. Join us for a transmission into the intelligence of your energy field — and the light you carry within.

Laurie D. Wheeler is a luminary futurist and has been a catalyst for self-mastery for 30 years. Her work carries a multidimensional healing vibration that ignites deep shifts in consciousness and recognition of a person's true nature and purpose. As a starseed and translator of energy and psychometry, Laurie works with several modalities of energy, homeopathy, soul regression hypnotherapy, Akashics, medical intuition, spiritual mentoring, comprehensive energy scanning, light language and galactic codes for DNA recalibration. Visit Wellness Within booth #1407.

3:30 Workshops continued on page 34

Lisa Campion
 Psychic, Reiki Master Teacher,
 Quantum Healer
Author of
The Art of Psychic Reiki
Booth #404

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3:30-4:30pm (continued)

Instant Pain Elimination

SALON E | *Ming Wu*



Experience how tui na and qigong healing are effective for headaches, neck pain, bursitis, fibromyalgia, back pain, herniated disk, knee problems, bone spurs and more. Demonstrations on individual volunteers included.

Dr. Ming Wu, Ph.D., is a doctor of Chinese Medicine and a 20th generation practitioner of Fengyang Taoist Chinese Medicine — the only one teaching in the United States. He is also a Master practitioner of tai chi and qigong, having studied in China and the US for over 40 years. Dr. Wu has studied Fengyang Chinese Medicine his whole life, beginning training with his father Mu Qing Wu (19th generation Fengyang Medicine practitioner) when he was 7 years old. He is the director of Wu Healing Centers in W. Hartford, CT and Maynard, MA. Visit Wu Healing Center booth #1016 & 1115. See ad page 9.

It's Just My Nature: A Guide To Knowing and Living Your True Nature

DUCHESS | *Tina Marian*



Learn about Emotional Freedom Technique (EFT), or tapping, as a tool to decrease stress and create the capacity to think more clearly. It is easy to use and can even produce instant results. Tina will discuss the four energy types found in nature, and help you to identify which type you are, so you can use EFT to tap away any blocks that keep you from being your natural self.

An engaging speaker and teacher who knows how to connect with her audience, Tina Marian is an RN, BSN, certified holistic health coach, and a proficient EFT practitioner. She also graduated from the Institute of Integrative Nutrition. Tina writes a monthly newsletter, conducts several workshops a year, and has had several articles published in Spirit of Change. Visit Medicine My Way booth #41.

4:00-4:30pm



Guided Meditation

CORPORATE ROOM | *Brahma Kumaris*
30-minute guided meditation experience.

4:30-5:30pm

Group Healing With Q&A

SALON D | *Aaron Singleton and Claudia Sanchez*



Experience a workshop of unlimited healing with Aaron and Claudia through tuning into the root cause of your unresolved illnesses or concerns with their unique intuitive gifts. Aaron and Claudia believe there is no such thing as a hopeless case. By identifying the root causes of the issue, it can be resolved, and you can live a happier, healthier, and pain-free life!

Aaron Singleton is a gifted medical intuitive healer, visionary, educator, and pioneer in the science of energy-based healing with numbers, shapes, and intention. Since 1993, he has facilitated thousands of healing sessions on people, both in-person and remotely. Claudia Sanchez is an intuitive healer, animal communicator, and Energy of Life healing practitioner. She has a unique ability to communicate with a person's body, organs, glands and the consciousness of a person's illness. Visit The Way To Balance booths #505 & 507.

The Ultimate Cacao Drink

PRINCESS | *Mateo Block*



In this demonstration we'll learn a bit about cacao and pataxte, and then dive right into making an epic traditional chocolate drink known as chocolate-atole." This famed drink is made throughout Oaxaca, and was shared with me by friends in Teotitlan del Valle in Oaxaca, Mexico. Saludos! Cheers!

Organic farmer and entrepreneur Mateo Block has worked on dozens of permaculture farms in North and South America and now is dedicated to creating the highest quality nutrient dense chocolate and foods possible through his company Prophecy Chocolate. Visit Prophecy Chocolate booth #1010.

4:30 Workshops continued on page 36



Spiritual Spine Straightening

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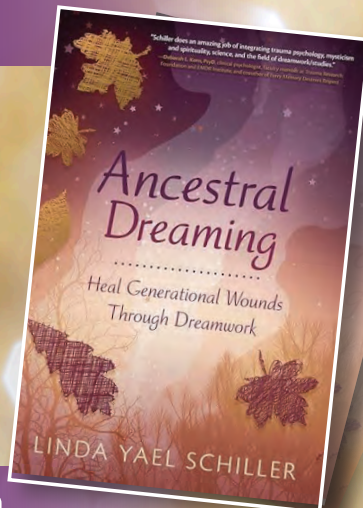
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4:30-5:30pm (continued)

Tea with a Homeopath

SEMINAR | Abby Beale and Cheryl Wood



Would you like to know more about homeopathic medicine? Abby Beale, CCH and Cheryl Wood, CCH, the creators of **Homeopathy Primer: Getting Started With Homeopathy**, would like to introduce you to homeopathy through the eyes of experienced homeopaths. Learn about homeopathic remedies, where they come from and how they're made, as well as what homeopathy can be used for, and how you can get started using it at home. Plenty of time for Q&A, so bring your questions!

*Abby Beale and Cheryl Wood are certified classical homeopaths practicing in MA (in-person and virtual), and are both contributors to the **Homeopathy Primer** book. They both believe that homeopathy is the most powerful yet gentle medicine on this planet. Each have been in practice for 12 years and are grateful to witness the improved health outcomes through the use of homeopathic remedies. Visit Homeopathy Primer booth #1110. See ad page 15.*

5:00-6:00pm

Bliss or Bust! Are You Choosing Bliss?

DUCHESS | Shari Lynn



We signed up for this 3D experience; are you ready to graduate to 5D? Earth school is the opportunity to the heal our sense of separation and awaken to our own true identity. It serves up many opportunities to release trauma with grace and ease, and ultimately forgive ourselves and others. By tracking our triggers we embrace the soul to make a conscious decision to choose our bliss.

Rev. Shari Lynn is a spiritual teacher, futurist, and an ordained Christian Spiritualist minister for over 30 years. She is also a 3rd Deacon Aquarian, Sophian myth Gnostic enthusiast, healer, certified shamanic shapeshifter, published author, an activator of higher dimensions, clairvoyant, clairsentient, metaphysician and peace-loving crystal maven. Shari is the creator of Pleiadean Cosmic Healing Discs, and co-owner of The Light Emporium in northeast Ohio. Visit Pleiadean Cosmic Healing Discs, booth #509.

Ortho-Bionomy: Following Comfort to Wholeness

SALON E | Cynthia Wood



The presentation will begin with a description, brief history and explanation of the foundational principles of Ortho-Bionomy. Volunteers from the audience will be invited onto the table to experience Ortho-Bionomy as others observe. The second half of the presentation will be self-care exercises. All are invited to participate, following the Ortho-Bionomy principles using comfort as a guide. By noticing comfortable positions, we let the body's wisdom lead toward relaxation, balance and wholeness.

Cynthia Wood is an Advanced Ortho-Bionomy Instructor and Advanced Practitioner, and is the director of Ortho-Bionomy New England. She has been practicing for 35 years and teaching for 25. Cynthia has worked in a variety of settings including a physical therapy clinic, spa, senior center, at athletic events and in private practice. She is an NCBTMB approved provider and teaches throughout the USA. Visit Ortho-Bionomy New England booth #20.

5:30-6:30pm

Sound Bath Journey

SALONS A-B-C | Dave Curry



Round out your experience at the Natural Living Expo with a restorative sound bath meditation lead by audio alchemist Dave Curry. Come relax in a chair or stretch out on the floor for a one-hour sonic exploration that combines a wide range of traditional acoustic instruments with the enhancement of modern electronics, all carefully crafted to take you on a peaceful musical journey that is both inspiring and restful. Dave weaves together a tapestry of gongs, bells, chimes, chanting, shruti drones, didgeridoo, wooden flute, kalimba, handpan, and a host of devices for conjuring natural soundscapes.

Dave Curry is the creative director for "Drums For One & All," the umbrella under which he offers the drumming-related services of event facilitation, workshop instruction, private lessons, live performances, and drum repairs. Over the past 24 years, Dave has led well over 1500 drumming events at schools, churches, colleges, libraries, retreat centers and other institutions across New England. As a multi-instrumentalist, he also plays live meditative music for yoga classes and ecstatic dance events.

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SUNDAY EVENTS

EXPO HOURS: 9:30AM-4:30PM

All workshops are held in the hotel and are 60 minutes.

Workshop seating is available on a first come basis.

If a workshop is "must attend" for you, plan to arrive 30 minutes early.

Please respect the room capacity instructions of the expo staff.

9:00am

Ticket Sales Begin

REGISTRATION BOOTH IN THE EXHIBIT HALL

Pick up tickets ordered in advance with a Natural Living Expo tote or purchase \$25 weekend pass tickets at the door. Free re-admission with your Saturday wristband.

9:30am

Exhibit Hall Opens

10:00-11:00am

Sole Focus: How Your Feet Affect Your Wellness

SALON B | *Debra Bourque*



From balance, posture and alignment to circulation, skin and nails, you will learn how your feet can affect your overall health and wellness. In this fun, informative and interactive class, discover helpful tips and simple solutions you can do at home to help relieve or prevent foot ailments and pain. Audience volunteers will be chosen to demonstrate how proper posture, alignment and balance improves stability and eliminates pain.

Debra Bourque has specialized in foot care for over 27 years, earning several certifications in advanced foot care, including a BSc in Podology. She is an industry educator and platform speaker providing education and training to licensed professionals internationally. Debra is the former director of education for the International Pedicure Association, and recognizes the importance of educating consumers regarding foot health and wellness. Visit Healthy Feet Solutions booth #1019.

The Emergence of a New Civilization Transmission Meditation

SALON D | *David Mynott II*



Explore the Ageless Wisdom Teachings with a brief explanation of the planet's spiritual hierarchy (aka, the Masters of Wisdom) and the World Teacher, Maitreya. Experience the practice of Transmission Meditation, a group meditation for the New Age. All of this is occurring within the context of the greatest event in mankind's history: the emergence on the dense-physical plane of mankind's elder brothers — the Masters of Wisdom.

David Mynott II is an artist and environmentalist who has been a student of esoteric science for 40+ years, and the Ageless Wisdom Teaching for 24 years. He has lectured, written and presented on the subject of the emergence of Maitreya, the Masters of Wisdom, and the space brothers, and has practiced Transmission Meditation through Share International since 2001. Visit Share International and Transmission Meditation booth #36.

How The Health Freedom Movement Impacts You

PRINCESS | Daniel Seitz



Nothing is more essential to our wellbeing and that of our families than the right to health freedom — namely, the right to personally choose which medical treatments are acceptable to us, free from coercion. During the Covid years, this right came under sharp attack, which continues to this day. Learn about the growing health freedom movement across the U.S. and in Massachusetts, and how you can become involved.

Daniel Seitz, JD, EdD, is president of Health Rights MA. For over 30 years he has been involved with complementary and integrative medicine education, accreditation and regulation. Among other things, he was formerly president of the New England School of Acupuncture, founding dean for NY Chiropractic College's Acupuncture School, and chief of the Acupuncture Unit of the Massachusetts Board of Medicine, where he was responsible for establishing acupuncture licensing. Visit Health Rights MA booth #6.

Alzheimer's Dementia and Brain Health — Prevention and Treatment

SEMINAR | Scott Fuller



Many doctors and researchers have shown that lifestyle changes can significantly reduce the risk of Alzheimer's dementia, although may not completely prevent it. This presentation will cover what those lifestyle changes are, and how most people can implement them now. In addition, these lifestyle changes may help improve symptoms after diagnosis, or slow the progression. References will be provided.

*Dr. Scott Fuller, DC, has been in clinical practice for 35 years. He gives presentations to hospitals, schools, companies, and other groups on nutrition, stress, sleep, disease and injury prevention, sports performance, ergonomics and more. Dr. Fuller offers hundreds of videos on his YouTube channel. He has a local cable TV show "Health Source," which has aired for over 28 years with over 350 episodes completed. He published his first book, **Happy Back**, in 2007. Visit Fuller Chiropractic booth #14.*

10:30-11:30am

A Spirit's Journey

SALON A | Cheryl Bradley



"A Spirit's Journey" is a distinctive presentation that details a lifetime beginning with our spirit's choice to incarnate and the many decisions we make before birth. The presentation continues through an entire lifetime and concludes with the dying process and our return back home. During the presentation, mini readings will occur with channeled questions from the audience.

*Cheryl Bradley is a spiritual medium and teacher with a profound gift for connecting with spirit, and helping others find peace, clarity, and connection. Born with this ability, she feels most blessed when channeling messages of love, guidance, and reassurance that we are never alone. Cheryl is the creator of "If It's Light, It's Right™", a weekly podcast that also airs on DreamVision 7 Radio Network. She is also set to release her first book, **A Spirit's Journey**, in 2025. Visit Cheryl Bradley, Spiritual Medium booth #8.*

Somatic Practices to Awaken the Healing Power of Embodied Awe

SALON C | Sara Vatore



In this experiential workshop, you will be guided through seated body-based practices to awaken the healing power of embodied awe and wonder. Explore how presence, curiosity, and reverence nourish the nervous system and reconnect you to inner steadiness. Come home to a deeper sense of aliveness, and leave with practical tools to access embodied awe as an everyday resource for healing and wholeness.

Sara Vatore M.Ed., is a Somatic Experiencing Practitioner, Peak Performance Coach, Level 2 MELT Method Instructor and intuitive healer. She supports busy humans at the somatic and energetic levels to expand their capacity to be in the flow of life and business with more ease. Sara is here to shine a light on the infinite organic intelligence we each have access to within ourselves, creating spaces for healing, integration, and expansion. Visit Somasynthesis Studios, Inc booth #9.

10:30 Workshops continued on page 40

10:30-11:30am (continued)

Wu Way Qigong

SALON E | *Ming Wu*



Enjoy a morning pick-up with a healthy dose of qigong energy to carry you through the day. The simple movement and breath exercises of qigong are easy to learn and fun to do. No experience necessary.

Dr. Ming Wu, Ph.D., is a doctor of Chinese Medicine and a 20th generation practitioner of Fengyeng Taoist Chinese Medicine. He is also a Master practitioner of tai chi and qigong. Dr. Wu has been carefully instructing students in qigong and tai chi in the US for over 26 years and is the director of Wu Healing Centers in W. Hartford, CT and Maynard, MA. Visit Wu Healing Center booth #1016 & 1115. See ad page 9.

Learn What Muscle Testing Is and How To Muscle Test Yourself

DUCHESS | *Charlene McCullough*



Muscle testing is a non-invasive technique used to assess the body's responses to various stimuli such as foods or products. Charlene will demonstrate the arm muscle resistance test to ask your body's innate intelligence what the root cause and cure of your symptom is. Learn two others methods as well: finger snap and body sway technique. Bring items or foods you have questions about to practice with.

Charlene McCullough, CN, is the owner of Natural Health Pathways located in Framingham, MA. With a Masters in Human Nutrition from the University of Bridgeport, she is also Certified and Advanced Clinically Trained in Nutrition Response Testing, and an Advanced Cellcore Practitioner. She brings the most advanced training in natural healing, while also providing an effective testing method capable of discovering the root cause, along with non-invasive, affordable solutions. Visit Natural Health Pathways booth #812. See ad page 27.

11:00-11:30am



Guided Meditation

CORPORATE ROOM | *Brahma Kumaris*

30-minute guided meditation experience.

11:30am-12:30pm

The Fire Within: Navigating Intense Emotions with Strength

SALON B | *Erik Larson*



When emotions like frustration, rage, or grief overwhelm us, they often point to deeper truths longing to be heard. This transformative talk offers mindful tools and fresh insights to turn emotional pain into inner power. Learn to meet intense feelings with clarity, compassion, and resilience — and leave with practical strategies to create peace within yourself and your relationships.

Erik Larson is a beloved instructor of Raja Yoga meditation for individual and groups, and a key presenter, coordinator, and facilitator of the weekly "Insight" program at Global Harmony House, Great Neck, NY. Erik facilitates workshops including The Art to Relax, Positive Thinking, and Stress-Free Living, and has been involved since the inception of Peace Village Retreat Center in Haines Falls, NY. Visit Brahma Kumaris Meditation Center booth #1314.

Experience Inner Peace with Sahaja Yoga Meditation

SALON D | *Poornima Kirby*



Developed by Shri Mataji Nirmala Devi in 1970, Sahaja Yoga offers a unique way to awaken the kundalini, which rests in the sacrum bone, and rises through the chakras along the spine. Poornima will describe how this energy has been celebrated in many cultures through history, and offer a guided meditation to establish peace and connection to our healing inner tree of life.

A lifelong meditator, Poornima Kirby is a performer, director, writer and public speaking coach. She is artistic director of TEV-America, a meditation-based theater company, and is a regular presenter on the "Meditate for 21 Days" Sahaja Yoga program, now entering its fourth year of offering free meditation programs to thousands of people online. Poornima has also presented free meditation programs at Carnegie Hall and the Skirball Center in New York. Visit Sahaja Yoga Meditation booth #1119. See ad page 9

11:30 Workshops continued on page 42

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11:30am-12:30pm (continued)

Astrology for the Coming Year

PRINCESS | *Eric Linter*



Come join *Spirit of Change* columnist Eric Linter for a look at the autumn stars as well as what the next year holds. Retrograde season is upon us and Jupiter, Saturn, Uranus, and Neptune will each change signs, all significant astrological transitions. The evolving dynamics support adventurous, forward-thinking and humanitarian spirits. Eric will share his insights about what's in store collectively as well as for the individual signs. His talk will help you prepare for the coming opportunities and challenges. All are welcome.

Massachusetts based astrologer Eric Linter has a full time consulting practice, authors numerous articles and columns, is an occasional lecturer and photographer. He began his esoteric studies under the guidance of the spiritually oriented Boston astrologer, Isabel M. Hickey. His professional career has spanned more than forty years. Look for his daily and seasonal readings on the Spirit of Change website.

Becoming Sovereign

SEMINAR | *Robin Landau*



Are you struggling to get above the reversal currents of energy being directed at the human population on this planet right now? The density, duality, and separation which was required for human life and experience on the Earth plane has also resulted in the loss of our stellar identity, memory, and connection to All That Is. Discover how to rise above fear and reclaim your stellar birthright as a sovereign cosmic citizen during humanity's shift to 5D+ consciousness.

Robin Landau brings 9 years of experience with Marconics, and is one of 7 teachers worldwide elevated to the rank of Marconics Master Teacher. She is passionate about serving the ascension mission, knows the profound and lasting shifts this intelligent energy healing system can bring about in people's lives, and the potential it has to create more peace, re-connection, and expansive healing on a global level. Visit Marconics Ascension Energy booth #1022.

12:00-12:30pm



Guided Meditation

CORPORATE ROOM | *Brahma Kumaris*
30-minute guided meditation experience.

12:00-1:00pm

Lightworker Ascension Accelerator Training with Crystal Bowl Sound Healing

SALON A | *Rhys Thomas*



Calling all lightworkers and sensitive souls ready to heal, this mini sound healing training is for you! Join Rhys Thomas and his crystal bowl healing tools for the most enjoyable form of healing available today — crystal bowl sound healing! Healing doesn't have to be hard, painful, emotional or taste bad. It can be the most beautiful sound you have ever heard! Access your true healing gifts and abilities; find out how easy it can be with sound healing!

Rhys Thomas is a visionary in the field of energy medicine and healing, and creator of the 4D Healing System. He is an author, teacher, healer and the founder of the Rhys Thomas Institute of Energy Medicine, where he has been mastering and sharing the sound healing powers of crystal bowls for decades. Visit Lightworker Accelerator With Crystal Bowls booth #814.

Reclaiming the Pelvic Bowl: A Whole-Body Approach to Women's Healing

SALON C | *Alyssa Samuelson*



The pelvic bowl is not just the home of the reproductive organs — it is a vital center of strength, intuition, and creativity. Yet this foundational space is often misunderstood, and burdened with shame. Explore how the pelvic bowl influences posture, pain, digestion, hormonal flow, nervous system regulation, and emotional well-being. You'll discover how to begin restoring harmony through simple, embodied practices that reconnect you to your body's innate wisdom and healing potential.

Dr. Alyssa Samuelson, PT, DPT, is a Doctor of Physical Therapy, prenatal and postpartum exercise specialist, and certified Holistic Pelvic Care™ practitioner. She is the co-founder of Uplift Physio, a holistic physical therapy clinic in Lexington, Massachusetts, focused on root-cause healing, women's health, and performance optimization in sports and orthopedics. Dr. Alyssa has helped hundreds of women heal from core dysfunction, pelvic pain, prolapse, birth trauma, and burnout.

12:00 Workshops continued on page 44



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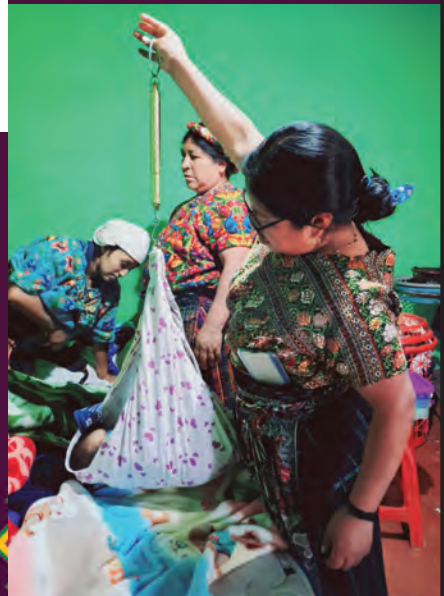


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12:00-1:00pm (continued)

Shake it Up and Step Into Your Bigger Life

SALON E | Juniper Devecis



Are you ready to break free from old patterns, release what's been holding you back, and step into a bigger, bolder version of yourself? Reconnect with your body, quiet your inner critic, and step into more confidence and joy with embodied movement, mindfulness, gratitude and breathwork practices that boost feelings of love and joy, as well as release stuck energy and stress. You will leave with at least one action step towards the life of your dreams.

Juniper Devecis MS, RD, CCN is a dietician, biochemist, energy healer, hypnotist, yoga teacher, and author of the best-selling book **Vibrant Juicy Life: A Woman's Journey to Conquer Food Cravings, Feel Better, and Live Bigger**. She empowers women with strategies to live better through transformational coaching using a combination of science, magic, and fun. Visit Vibrant Juicy Life booth #819.

The Duality of Good Intentions: Allowing Your Intuition to Guide Your Actions

DUCHESS | Shana Auguste



We often act with good intentions, yet our actions can have unintended consequences. Good intentions alone are not enough. Discover how integrating intuition transforms decision-making, allowing you to recognize the limits of pure intention, understand the ego's influence, and cultivate your inner wisdom. Through reflection and practical techniques, learn to unlock the power of combining intention and intuition for a more purposeful life.

Intuitive wellness and healing coach Shana Auguste of Just LUV Coaching, helps individuals prioritize well-being and achieve balanced lives by addressing the interconnectedness of mind, body, heart, and spirit. Shana emphasizes cultivating self-love, self-acceptance, and inner healing to overcome limiting beliefs and emotional blocks. Combining intuitive abilities, energy healing, and coaching, she understands clients' needs, and provides personalized guidance in achieving greater self-awareness, emotional healing, and overall well-being. Visit Just LUV Coaching & Consulting booth #1309.

2:00-2:30pm



Guided Meditation

CORPORATE ROOM | Brahma Kumaris

30-minute guided meditation experience.

2:00-3:00pm

Past Life Regression

SALON B | Schools of Wisdom Instructors Group



Experience a past life regression and address a pattern or relationship challenge that needs healing. We will journey via hypnosis to gain clarity and insights to come full circle in the lesson your soul has been sent to learn. During this experience, multiple Reiki Masters will channel powerful energy healing to you to bring new understanding and deep healing to the old issue or pattern. What we heal in our past creates new pathways in our present and amazing possibilities for our future.

The Instructors Group includes Katie Malloy Ramaci, CHT, an advanced hypnotherapist and certified master instructor with the IACT. She is a Reiki Master/Teacher of 30 years, and the owner of Women of Wisdom & Schools of Wisdom, a holistic healing center and metaphysical gift shop in N. Easton, MA. The group also includes Tom Frederick, Tribal Chief of the Chappaquiddic Pokanoket Tribe, Reiki Master and shaman; Reiki Master Reverend Rita Berkowitz, spirit artist and mediumship master instructor; and Wiccan priestess and Reiki Master Kacey O'Donnell. Visit Women Of Wisdom booth #706. See ad page 33.

Inner Light Meditation for Inner and Outer Peace in a Turbulent World

PRINCESS | Alan Post



Stressful news stories and images bombard and shock our consciousness daily. How can we be peaceful and create a world peace? Join Dr. Alan Post and learn about inner light meditation and how connecting within to our deepest spiritual self awakens us to the peace, love and joy that is our essence. There will be an introductory ten-minute, experiential meditation sitting.

Dr. Post is a contributing author to **Meditation as Medication for the Soul**, by best-selling author Rajinder Singh, and now published in five languages. He has practiced for over 43 years, is a past president of numerous non-profit organizations, has served on university advisory boards, and is a consultant on integrative medicine programs. Visit Science of Spirituality booth #40.

2:00-3:00pm

The Role Love Plays In Healing

SALON D | Joanna Spano



Through love, miracles can take place! Out of all of the emotions, love has the greatest power to heal our hearts. Our entire body heals at an accelerated rate and, as we shift within, more loving experiences manifest in our lives. By releasing ancient unhealed emotions and beliefs that span lifetimes, a great shift takes place. Joanna will demonstrate that sustainable relief can be gained by healing the origins of pain, often with instant results. Group healing will take place.

Joanna Spano, founder of Divine Touch Healing, is a spiritual teacher, counselor and healer. She has certifications and experience in advanced DNA Theta Healing, third level Arcturian Healing Light, galactic ancestry readings, Reiki II, shamanism, Akashic records, and awakening the Christ Consciousness Intensive — Sedona, AZ. She has years of experience facilitating healing and spiritual teachings groups. Visit New Earth Healing booth #619.

The Wellness Reset: How Lifestyle, Nutrition, and Dentistry Work Together

SEMINAR | Jean Nordin



Explore the powerful connection between oral-health and full-body wellness with health-focused dentistry. Learn about the essential pillars of well-being, including nutrition, lifestyle choices, sleep, mindfulness, and exercise, and how chronic inflammation, nutrient deficiencies, poor sleep, and stress can show up in the mouth. By addressing these root causes, transformational change can take place in one's life.

Dr. Jean Marie Nordin, DDS, IBDM is a biological dentist and founder of Groton Wellness, one of the first biological dental centers in the U.S., now celebrating 21 years. Her certifications include the Institute for Functional Medicine, the American College of Integrative Medicine and Dentistry, SMART (Safe Mercury Amalgam Removal Technique). Dr. Nordin's greatest achievement has been building Groton Wellness into a nationally recognized center for integrative dentistry — offering the most advanced technologies and holistic techniques in oral and systemic health. Visit Groton Wellness booth #1007.

2:30-3:30pm

Tarot: Ancient Oracle to Modern-Day GPS for the Enlightened Soul

SALON A | Amy Marino



Explore the history of tarot, from ancient origins to modern day relevance as a powerful tool to provide insight and awareness to help navigate life's challenges, and enhance personal growth and intuition. Delve into the meanings and symbolism of the cards, illuminate their significance, and learn easy card spreads to incorporate into daily life to foster clarity and intention.

Amy Marino is a gifted certified intuitive practitioner, psychic medium, quantum energy healer, Akashic Records reader, tarot reader and spiritual coach with nearly two decades of professional experience. She is the founder and owner of The Sanctuary Healing Therapies and Gifts & Divinity Spa, a beloved healing center located on Cape Cod, Massachusetts, where she has earned a trusted reputation for integrity, accuracy, and deep compassion. Visit Biomat at the Sanctuary booth #408. See ad page 2.

Crystals in Daily Life: Using Stones to Support Your Journey

SALON C | Kyle Russell



Crystals aren't just for altars; they're powerful partners and allies on your path. In this illuminating session, learn about a unique 10-energy zone approach to working with crystals in support of your personal and spiritual goals, as well as specific crystals for motivation, healing, protection and more. Perfect for beginners and seasoned crystal workers alike.

Kyle Russell, author of Crystal Energy and founder of Crystal Concentrics, has helped thousands connect with the power of stones. With over 30 years of experience, Kyle's teachings are rooted in deep spiritual knowledge and a practical approach to energy work. He offers private sessions, retreats, workshops, and meditations designed to make crystal energy accessible and transformative. His storefront, the Portal Crystal Gallery, is located in Arlington Center, MA. Visit Crystal Concentrics Portal Crystal Gallery booths #607 & 609.

2:30 Workshops continued on page 48

2:30-3:30pm (continued)

Relax and Meditate with Nepalese Metal Singing Bowls

SALON E | Vikrant Rana



Explore the role of Nepalese singing bowls for relaxation and meditation through the techniques of Nada Yoga, the yoga of sound and vibration. Participants will learn various ways to play the bowls, and enjoy a sound healing and meditation (lying down or seated) with Nada Yoga techniques for listening with healing intention.

Originally from Nepal, Vikrant (Vik) Rana is a certified sound therapist trained under the lineage of Nada Yoga, an ancient yoga of sound and vibration. He is also initiated in the Shakta Lineage of Tantra, and is a teacher of classical tantric Kundalini Yoga. A lifelong student of Advaita Vedanta, Vik practices non-duality, and offers sound healing and meditation, classic Kundalini Yoga, tantric energy healing and spiritual discourses on non-duality through his company Boston Vibration. Visit Ancient Sound Healing and Naturopathy: Boston Vibration booth #1013

Pleiadian Trance Channeling: Live Q & A

DUCHESS | Ava Orah



Get ready to experience the loving, light-hearted, and uplifting energy of the Pleiadians, a benevolent (and humorous) group of extraterrestrials here to help humanity ascend. Through trance channeling and taking unprompted questions from the audience, Ava will bring in DiYeena of the Pleiadian family, a warmhearted, joke-cracking galactic grandmother like no other. This unique experience will raise your frequency, elevate your consciousness, and take your spiritual journey to new heights.

Ava Orah is an internationally acclaimed trance channeler for high-frequency beings, including DiYeena of the Pleiadian family, Magdalene, Mother Mary, St. Paul, and other ascended masters. She assists humanity in anchoring New Earth frequencies of love, divine union, and the original 13-code human blueprint during this time of collective transformation. Ava co-founded the Pleiadian Light Ascension Yard (P.L.A.Y.), an online community supporting rising leaders in their ascension journey. Visit Pleiadian Light Ascension Yard booth #37.

4:30pm Exhibit Hall Closes

NOTES

SAVE THE DATE!
19th Annual Natural Living Expo, November 14-15, 2026

Become an HBLU 1™ Trained Therapist and Start Changing Lives Today.

HBLU 1™: Clearing Trauma and Healing PTSD

The first module in our series teaches you how to untangle the complex web of trauma and PTSD, healing both your clients and yourself. You'll learn how to leverage HBLU's holistic methodology to go beyond the limits of traditional therapy, creating long-lasting change by simultaneously healing the mind, the body, and the spirit.

In This Leading-Edge Training, You'll Learn How To:

- Connect the conscious mind directly with the unconscious mind, body, and soul using Muscle Testing
- Use ten exciting new techniques from the field of Energy Psychology including Natural Bio De-Stressing
- Rapidly eliminate phobias, negative emotions and limiting beliefs
- Resolve internal conflicts, install boundaries and prevent burnout
- Completely clear loss and violence trauma and PTSD
- + much more!

Begins February 27, 2026, 6:30 - 8:30 PM EST.

REGISTER NOW!

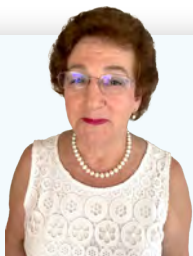


REGISTER NOW



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Clear Trauma Now
The Powerful Solution for
Getting Unstuck



Come Visit us at Booth #1009 and Listen to Judith Live at 11am!

Rapid Recovery from Physical Injury Trauma to the Brain

Salon D

Saturday November 8, 11:00am -12:00pm

Healing From The Body Level Up, Inc.

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