

# GAINESVILLE HOLISTIC HEALTH FAIR

## SCHEDULE OF WORKSHOPS

|          |   | LOCATION   |  |  |   |   |          |
|----------|---|--|--|--|---|---|----------|
| TIME     | Children's Tent   | Courtyard  | Conference Room A  | Conference Room B  | Storytelling Room   | Upstairs in the Transformation Room   | TIME     |
| 11:00 AM | <i>The Children's Program will be continuous, including hourly storytelling, songs, reading, and play in the children's tent.</i> | John Byrnes: <i>Introduction to Qigong</i>                                   | Bhagavan Bauer, Whole Beings Parenting: <i>Conscious Empowered Parenting.</i>                      | Carol Perrine, BS, CHt: <i>Techniques for Managing Stress</i>                    | Jessie Mae Sawyer: <i>Vinyasa Yoga Class for Beginners</i>                    | 11am-12:30- <i>Poetry Writing and Performance Workshop</i> hosted by ThirdEyeSpoken Productions | 11:00 AM |
| NOON     |   | John Byrnes: <i>Introduction to Qigong</i>                                   | Woody Blue, LMT, Nutritional Therapy Practitioner: <i>Is Soy Healthful or Harmful?</i>             | Miranda Castro, Homeopathic Consultant, <i>Beating the Flu With Homeopathy</i>   | Valleri Crabtree: <i>Universe Responding and the Law of Attraction</i>        |   | NOON     |
| 1:00 PM  |   | E. Paul Campbell: <i>Wild Goose Qigong, gentle exercise and energy flow.</i> | Thomas Swisshelm, Center for Neurofitness: <i>Improving Brain Function Through EEG Biofeedback</i> | JoLaine Jones, ACC, Genuine You Coaching: <i>Get Off the Diet Rollercoaster!</i> | Rev. Mary Madeline Day: <i>How EFT Can Be Your Tool to Peace and Healing.</i> |   | 1:00 PM  |

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|--------------------|---|---|---|--|--|--|--------------------|
| <b>2:00<br/>PM</b> |   | Sapphira:<br><i>Crystal Bowls<br/>Concert</i> | Flash<br>Silvermoon:<br><i>Communicating<br/>With Your<br/>Animals and<br/>Healing Tips to<br/>Save Vet Trips</i> | Carla Burkle:<br><i>Stop the Food<br/>Fight!</i>   | Becky<br>Covington:<br><i>Introduction to<br/>Meditation</i> |  | <b>2:00<br/>PM</b> |
| <b>3:00<br/>PM</b> | <i>Boni Ramey<br/>will do Face<br/>Painting from<br/>2:00-4:00pm!</i> | Jeff Shapiro<br>and the<br>Klezmer Kats       | Sarah Walker:<br><i>Energy<br/>Psychology for<br/>a Brighter<br/>Tomorrow!</i>                                    | Rev. Bob<br>Estling, PhD,<br>Seraphim<br>Center: <i>The<br/>Advantages of<br/>Being a<br/>Nonprofit.</i> | Ethan Forbes:<br><i>Trust Your<br/>Food</i>                  |  | <b>3:00<br/>PM</b> |
| <b>3:30<br/>PM</b> |   |   |   |  |  | 3:30pm-5pm-<br><i>Manifest Your Vision<br/>Workshop</i> hosted by<br>Prosperous Living<br>Center | <b>3:30<br/>PM</b> |
| <b>4:00<br/>PM</b> |   |   | Sapphira:<br><i>Crystal Bowl<br/>Concert</i>  | Celia<br>Chapman: <i>Be<br/>the Peace You<br/>Want To See<br/>With The Work<br/>of Byron Katie</i>       | Jessie Mae<br>Sawyer: <i>Gentle<br/>Pilates</i>              |  | <b>4:00<br/>PM</b> |
| <b>4:45<br/>PM</b> | Universal Dances of Peace   |   |   |  |  |  | <b>4:45<br/>PM</b> |