iLLUMiNaTe BOSTON

Time	Workshop

11:00 am

Room: Hamilton 2&3
Connecting with the Angels of the Quadrants
KARAN TUMASZ – KARANANGEL
This workshop includes calling in and experiencing the vibrations of the archangels who always watch over the earth. Learn who these angels are, how they work with us, and to call them in for balance whenever needed.

12:00 noon

Room: Hamilton 2&3
Essential Oils for Beginners
MELISSA SILVIA - BEE-WELL NATURAL HEALING
Introduction to essential oils - what they are, how to use them safely and how a natural medicine cabinet can support your needs.

Room: Hamilton 1
Warrior Goddess Foundations Introductory Workshop
ISABELLA ROSE
You are whole. You are powerful. You are Divine. When you read these words do you feel their Truth ringing in your bones? Imagine giving yourself the freedom to be you, 100%, and to love and accept all of you! You can start today with this dynamic introductory workshop!

1:00 pm

Room: Hamilton 2&3
Using the Tools of Empowerment to Create Powerful Self-Connection
LINDSAY CARRICARTE-JONES & CHRISTOPHER JONES - HUG YOUR CHAOS
Lindsay and Chris of Hug Your Chaos Coaching LLC teach how to make use of powerful life tools such the Three Pillars of Empowerment, yoga, breathwork and meditation as well as a structured morning routine in order to achieve deep connection. Follow the same path they took to successfully overcome clinical depression and addiction.

Room: Hamilton 1
A Holistic Approach To Better Health
NEELAM SETHI
Come and learn about alternative therapies that can help you manage pain and illnesses, as well as increase your overall sense of well-being, without expensive medications.

2:00 pm

Room: Hamilton 2&3
The Indigos: Children and Adults
IRINA GRUNDLER - PATH TO AWAKENING
Learn who the Indigos are, where they come from and why they are here now. Also discussed will be how to recognize an Indigo, as well as what you should know if you have an Indigo in your family. Lastly, find out how to help Indigos to adjust to our society.

Check out our online Exhibitor Directory for more details www.illuminatefestivals.com/boston