



Time Workshop

12 noon **Community Music Play**

IRENA MCQUARRIE, PT, DPT

No experience necessary, all ages welcome! Become part of a community of music players through guided activities involving body percussion, drum circle games, facilitated jams and interactive play in a safe, inclusive environment.

1:00 pm **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!

2:00 pm **Thyroid Care Naturally**

DR. ALINE POTVIN, ND

Hypothyroidism is becoming a very common issue in the Western world. Even with treatment, many still have the frustrating experience of fatigue, weight gain, brain fog, skin issues, etc. Join Dr. Aline Potvin, ND, for this crash course on thyroid function and how to support and nourish yourself naturally.

3:00 pm **Relapse Prevention**

LARRY LAMBERT, GALAXY RELAPSE PREVENTION CENTER

Learn a highly effective way to help rid your life of all types of addiction. Smoking, drugs, alcohol, food, shopping, sex, gambling, etc. We know that the addiction is the most visible symptom, not the true source of the problem. We work to help you overcome the source of your addiction and provide new tools to help you better cope with life's challenges to prevent relapse.

Check out our online Exhibitor Directory for more details

www.illuminatefestivals.com/maine