

Welcome

Thank you for joining us, for venturing out and into our Woo Woo community in the Redwood Grove. Enjoy your day away from it all and know that you are well held.

Please take care of yourself today, drink water, eat, rest hug a tree when you need to.

Things to remember

- There are no shops in Canyon - bring your own stuff; chairs blankets, food, drinks, and cash for buying stuff from our vendors.
- Layer your clothing it can be cold in the woods. Wear sturdy shoes, the ground is uneven
- Restrooms are in the school.
- There is free wifi access around the the school. (Also AT&T sometimes works in the grove)
- Sign ups for private sessions open at 10:00 and will likely have more times available through out the day, so check back

Contact information for all presenters and practitioners can be found in this program, please if you connect with a practitioner here today, get in touch with them if you feel called to, they would love to hear from you.

Thank you my friends am deeply grateful for you all showing up and creating this beautiful community event making a long time dream of mine a reality. May we all leave with full hearts and knowing our deep connection to each other and all that is, remembering always that we each are a blessing and blessed. Until the seasons change again and we come together once more, may you be well in body, mind and spirit.

💎 🌸 Annie Blackstone

Schedule of the Day

Opening Circle 10:15

Workshop Session 1 (11:00 to 12:30)

1. Becoming Shaman - the 8 Timeless Truths, with Rev. Bonnie M. Russel
2. Ancestral Way Finding, with Inabel Uytiepo
3. Play with your Problems and Spirit will Win, with Cinthia Varkevisser
4. Fully Human, Fully Divine, with Holly Holmes Meredith and Annie Blackstone
5. Energy Healing with the Astral Body, with Mary Haro
6. Nature Divination: Communicate with Nature Through Creative Ritual, with Denise Arline
7. Dances of Universal Peace, with Sadaya Zimmerle. (Family track)
8. Angelic Reiki & Mellow Yoga, with Patricia V. Wright

Playshop activities; Morning hike, drumming, making dream catchers and flower wreaths

Lunch 12:30 to 1:30

Remember to bring your lunch, snacks and water. We will have a share table up for those who bring food to share.

Marketplace opens - remember to bring cash or check

Raffle lots of cool offerings two free tickets with admission and

Workshop Session 2 (1:30 to 3:00)

1. Qigong in the Redwoods" with Elise and Kaleo King
2. Therapeutic Thai Massage as Medicine, with Eligio Ruiz
3. Manifesting; Align Your Spirit to Attract What You Want, with Michelle Walters
4. Parents and Kids at Play, with Elisabeth State (Family track)
5. Embracing Your Destiny, Releasing Your Fate: A modern Introduction to the Ancient Wisdom of the Medicine Wheel, with Corey Rothermel
6. EFT mini intensive, with Sadaya Zimmerle

7. Your healing Journey is the Pathway to your Destiny, with Sophia Fitch

8. Intrinsic Movement for Creativity, Bliss & Delight! With Erika Gimbal 9.

Sun and Moon Play with April McMurty (Family track)

Playshop activities; Sun and moon play with April McMurtry, playground time

Workshop Session 3, (3:00 to 4:30)

1. The Somatics of Lunar Time: Moon Calendar Workshop with April McMurtry

2. Grief Transmutation through Plant Medicine and Hypnotherapy, with Renata

3. My little doll, Dream Circle, with Jenny Bitner

4. Shamanic-Reiki Healing Journey Experiential:Release and heal Spirit attachments,
with Donna and Tiffany Gianfala

5. Crones Circle; Owning our Wisdom, with Annie Blackstone

6. Alchemistic Sound Healing, with Santana

7. Planting a seed of Health with Gardeners Erika & Pastor Harold Burton & Collin
Culiver (Family track)

8. Ancestral Communication (PreTeens/Teens) with Inabel Uytiepo

* Play shop activities; Creek walk, making mandalas*

4:30 to 5:00 Closing circle

()Family track offerings are for people of all ages

*Playshop activities are for younglings and at the school across the bridge on the left
side

Practitioners offering 20 minute 1:1 sessions

Sign ups for private sessions open at 10:00 we will likely have more times available through out the day, so check back. These sessions and sign ups are on the left across from the marketplace as you enter the grove. Bio 's for these practitioners can be found in their workshop descriptions below

- Rev. Dr. Bonnie M. Russell -Shamanic Healing Energy sessions,
- Cinthia Varkevisser - Intuitive reading
- Mary Haro - Reiki (see session 1 for Mary's bio)
- Elisabeth Stitt -Parenting coaching
- Corey Rothermel - Spirit Animal oracle card reading and blessing
- Sophia Fitch - intuitive energy healing
- Erika Gimbel MFT - Hakomi sessions, Tai Yoga Massage sessions, trouble shooting repetitive stress injury protocol with Erika Gimbel
- Richhard Aguilar - Reiki Master healing

Raffle prizes

Tickets are \$5 each or 5 for \$20 you get 1 ticket free with admission

- \$100 gift basket of Blossom Spring Herbal Remedies donated by Rev. Dr. Bonnie M. Russel
- 90 Minute Session with inabel Uytiepo
- 30 minute Intuitive reading - \$150 value with Cinthia Varkevisser
- A Throat-Chakra Singing Bowl (\$30) donated by Mary Haro
- Chakra Energy Reading and Chakra Alignment with Denise Arlene

- 3 EFT sessions worth \$108 each with Sadaya Zimmerle
- Thai Massage with Eligio Ruiz
- One Free Hypnotherapy Session valued at \$150 with Michelle Walters
- Parenting as a Second Language, by Elisabeth Stitt
- Spirit Animal oracle card reading and blessing (valued at \$59.00) with Corey Rothermel • Hakomi body centered session/ Tai Yoga Massage session. \$200 with Erika Gimbel MFT • 3 hypnotherapy sessions (intro packet valued at \$300)with Renata Moreira • Quantum Journey Hypnosis Session of 90 minutes/ \$200 value Jenny Bitner • 3 Ancestral Healing sessions with Annie Blackstone \$360 value

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Workshops descriptions and Presenters

bio Session 1, 11:00 to 12:30

Becoming Shaman - The 8 Timeless Truths with Rev. Bonnie M. Russel We become shaman when we are in alignment with our Higher Self, and when we coach others to do the same. In this workshop I'll be sharing deep shamanistic theology with you in a very modern way. These ancient traditions are practiced by highly intuitive and gifted healers to restore the connection between humanity and our Primary Source. Great coaches all know how to activate the law of attraction and the way they do it is by exercising these eight truths.

Speaker, Author, Healer and Healer Trainer A natural born healer and Doctor of Shamanistic Theology, Bonnie has been in private practice since 1998. She's been training intuitive healers since 2011. Founder of AllOne Sacred Services Healing Academy, a professional training center that enables coaches, healers and holistic health practitioners to master their gifts so they can make a difference in the world by becoming their own shaman. [website linktr.ee/BonnieMRussell](http://website.linktr.ee/BonnieMRussell)

Ancestral Wayfinding with inabel Bee Uytiepo

Ancestral communication is arising regardless of our current ability to discern or define it. Since our varied interdimensional selves are interdependent with all beings, both seen and unseen, the communication is already occurring. Join inabel in a shared journey to explore ancestral wayfinding by honing y/our communication skills together. No previous experience required.

inabel Uytiepo, CBMA, CCHT, CMT (they/siya) resides with their partner, children, dog and cat amongst the oceanside mountainous forest of the Uypi amongst redwood, oak, pine trees, skunks, deer, owls and ravens near a creek. The Amah Mutsun Tribal Band are the surviving stewards of these lands and can be materially supported via their land trust. inabel is of the queer pilipinx-chinese diaspora. inabel offers wholistic support as a multidisciplinary communal healing artist, working with individuals, communities and organizations. inabel is also a co-convener for the cross-racial solidarity grassroots organization Peoples Collective for Justice and Liberation. inabel's most recent endeavor is sharing their life's explorative work in a co-creative ancestral wayfinding journeys called the Amourphous Pathways and the We search Journey of the Wayfinding Collective. healingisgiving.com

Play with Your Problems and Spirit will Win with Cinthia Varkevisser

When we are in the midst of a challenge, it can be hard to listen to our inner voice and perform right action. This session will give you tools to quickly, simply and easily detach from the feelings and critic's voice that keep us in challenge mode and move into the higher vibration of intuition, spirit and solution. And if we can do that, why not make it fun as well?

AH4U alum, Cinthia Varkevisser, is a Healer, Intuit, Channel and Spiritual Empowerment Coach. She uses her 25+ years experience to help women and BIPOC community hone their intuitive skills to make greater impact on their families, work, businesses and communities.

Fully Human Fully Divine with Holly Holms Meredith and Annie Blackstone

Do you yearn for community of like-mind and hearted people? Are you a seeker of wisdom? Do you want to grow and expand into your human and spiritual potentials? Are you committed to making a difference in the world through sharing your love and gifts with others? Do you feel that you are called this

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lifetime to support the healing and care of others and our mother earth? The workshop will be an introduction to a new course we will be offering this September.

Annie and Holly have spent their early years through their adult lives on this journey. Through their own spiritual practices and the support of many spiritual traditions and trainings, they have made teaching their life work in support of healing and the transformation of consciousness. They are committed to the global phenomena of shifting from the patriarchal paradigm of competition, ownership, entitlement and separateness to the sovereignty of the Oneness we are. Visit www.hypnotherapytraining.com/ for more information

Energy Healing with the Astral Body with Mary Haro

As with all energy healing, the practitioner is a conduit for the universal energy, chi, God's love, or whatever name you choose to give it. Energy Healing modalities, such as Reiki, work with the physical, emotional and spiritual body. The Astral body (sometimes called the Subtle body) is yet another layer, one that holds the memory of the perfect body. The practitioner removes dark energy from the physical body, and replaces it with perfectly healthy energy from the Astral body, using weaving motions. This is done with the use of Astral hands, which are visualized as being inserted into the physical body using pure white energetic light. The Astral hands also lead our Guides into the body so they can make alignment adjustments. This modality works in person and in distance healing. I learned this modality from my mentor, Jenn Lynn, who has been a healer for over thirty years. She took some courses with Barbara Brennan and other metaphysical teachers, and then her Guides "kicked in" to download the Astral body and Astral hands.

Over the course of the last 70 years, I've been a daughter, sister, wife, mother and grandmother. I spent an entire career in the Administrative Professional industry, always serving others. After retiring, I was introduced to an Energy Healer who "discovered" that I had a healing gift and agreed to mentor me in Astral Healing. I decided to explore several additional modalities (including Reiki and Shamanic Practices) to build a hybrid form of Energy Healing. With my SAGA team (Spirits, Angels, Guides & Ancestors), the goal is to provide a guided healing experience for you – physically, emotionally and spiritually.

Nature Divination: Communicating with Nature Through Creative Ritual

with Denise Arlene

Nature is pure, divine creative energy. We are one with this energy. When we honor the creative spirit that moves through all life, ourselves and the natural world, we can receive profound levels of guidance, counsel and healing from this divine source. In this workshop we will activate creativity as a key for communicating and connecting with nature. We will explore how creativity activates the creative field, igniting our own power to heal and manifest in our life. We will open to the natural world as an oracle of wisdom and divination. haro.mary@gmail.com

I am Denise Arlene of Three Feather Healing. I believe life is our greatest teacher and that the culmination of our experiences hold the medicine for our souls evolution. We all have our own blind spots that can keep us stuck in old patterns. As a guide, mentor and healer, I support people in awakening to the potency of their life's story and the gifts that they are receiving from their life. I utilize different modalities such as energy healing practices, creativity, herbal/Earth medicine and intuitive development to help activate new levels of awareness, healing, and growth in my clients. As we embody the power of our spirit, we are able to connect with our co-creative relationship with the spirit of all life. We can own our ability to take on life's challenges with trust, grace, and resilience. threefeatherhealing@gmail.com

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EFT mini intensive with Sadaya Zimmerle

How to tap into your power, liberation, and ease with Emotional Freedom Techniques, a way to harness bodily electricity to hack the nervous system through combining skillful words with self applied acupressure for mental health and pain. You can try it for anything!

Sadaya is a Licensed Clinical Social Worker with 25 years of experience. She works with adults in outpatient mental health. She is a practitioner certified in EFT (Emotional Freedom Techniques) as well as a Certified Leader of the Dances of Universal Peace, which she leads with her accordion. She is president and founder of the non-profit subsidiary "Return to Love" which facilitates people communing together in singing, dancing body prayer. She developed a hybrid combination of EFT tapping with Sufi Zikr (or Remembrance of the Divine) called Tapping Zikr which she leads monthly on Zoom. Sadaya helps host and organize the annual camp for doing Dances of Universal Peace all weekend. She is a 500 RYT in Yoga and teaches Yoga as well as Zumba at 24 hour fitness. Sadaya discovered the magic of Reiki during her Yoga teacher training in India and has continued her training with Annie Blackstone. Sadaya sings everywhere and believes everyone can sing if they give themselves a chance; that innumerable healing ways are our birthright. She has a husband, one grown child, and two largish dogs she loves dearly. <https://sadayasenergyworks.com>

Angelic Reiki & Mellow Yoga with Patricia V Wright

A talk and experience of angelic healing.

Learn more about this ancient practice and have an opportunity for a group healing. Bring your yoga mat or something to put on the ground if you would like to protect your hands and clothes from the dirt.

Patricia V. Wright, M.Ed. Masters in Counseling Psychology | Usui Reiki III-IV | Certified Massage Therapist: Swedish and Thai | Angelic Reiki Practitioner | Yoga Teacher Teachers and studies: in gratitude to Annie Blackstone and Tamara Nakhjavani, the Wat Pho in Thailand, San Francisco School of Massage, Intuitive Way, Left Coast Power Yoga Born in a tent on a beach in Northern California, Patricia was raised by hippies. She was 6 when she was first touched by Reiki. Her father lifted his hands and said from across the room, "I'm giving you Reiki." She wiggled and giggled, "Dad! You're tickling me!" Mom was a yoga teacher, and both parents were avid readers and seekers of esoteric spirituality. By 8 years old Patricia had lived on a Buddhist Monastery and had learned to meditate. As a lifelong healer

and teacher, her endeavors also include a corporate career as a coach and trainer in Financial Services, IT, adventure travel/hospitality, non-profit, and higher education. Students of Patricia have learned to use software, have become certified scuba divers, have discovered savasana, and have taken huge leaps of faith to both grow professionally and personally. She is known for her color and brightness, and her fun and funky style. "More than a passion, it is my lifeblood to develop and enable the success of others."

Session 2, 1:30 to 3:00

Qigong in the Redwoods with Elise and Kaleo Ching

Qigong is an ancient Taoist shamanic practice grounded in Chinese Medicine. Learn acu-points for aligning your mind, heart, and body. Experience practices for grounding and centering; releasing energy blockages; sensing, cultivating, and transmitting Qi. Feel cosmic Qi, the unconditional love of aloha, flowing through your body as you move in the simple but profound "Aloha Qigong" form.

Kaleo and Elise have co-taught Qigong and art-as-healing over 30 years for many institutions nationally and internationally. They have co-authored *The Creative Art of Living, Dying and Renewal*; *Chi and Creativity*; *Qi and Grace*; and others. Kaleo's private practice includes Hawaiian Lomilomi

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massage, Medical Qigong, and shamanic journey lotus@kaleoching.com

Therapeutic Thai Massage as Medicine with Eligio Ruiz

Thai Massage as Therapy.

I am a recent juiceplus affiliate and have performed therapeutic Thai massage in a Chiropractic context for close to 7 years and have in the field for 11 years strong. I am an Oakland native and lived in New York City and Bangkok, Thailand, and employ elements of Jinshin and shiatsu massage based on the patient's need and recovery needs. I've done this work for 10 years now, and have incorporated Reiki as well as use Chi gong for therapeutic and educational purposes. purposes.eligioarturo24.wixsite.com

Align Your Spirit to Attract What You Want with Michelle Walters The Law of Attraction is real. It's not hard to manifest what you are looking for - a job, a relationship, an object - but it does take having the right perspective and the tools to make it happen. In this workshop you will learn the four steps to manifesting and practice activities for each of the four steps. Manifesting is really fun! And it's learnable. Learn how to Align Your Spirit and make your dreams come true.

A voracious imagination advocate, team leader, and corporate life graduate, Michelle writes and speaks on themes associated with the power of mind, positivity, spirituality and the law of attraction. Michelle is a Clinical Hypnotherapist, Executive Coach and Author. Michelle's 2022 book on manifesting, "An Alignment of Spirit: Finding Work You Love" has received high praise on Amazon. Michelle is an author, speaker, Clinical Hypnotherapist and Executive Coach. A graduate of UC Santa Cruz, redwood lover, and camper, Michelle completed a major spiritual journey in 2021; she was a pilgrim on the Camino de Santiago. Michelle holds an MBA from the University of Washington and a Certificate in Clinical Hypnosis from the Hypnotherapy Training Institute in Corte Madera, CA. <https://www.michellewalters.net/>

Parents and Kids at Play

Come play no-equipment, non-competitive games that can be played anywhere, anytime. With their busy schedules, our kids don't get nearly the amount of the silly, goofy playtime that they need. We can provide some additional playtime by incorporating playfulness into our regular routines. Take what we play in the woods home to make the day go smoother. Ideal for kids 4-8, but older and younger kids can come play, too

Author and award winning parent educator Elisabeth Stitt founded Joyful Parenting Coaching in 2014 to give parents the skills they need to be confident and joyous. Over the course of her 25-year teaching career in the Redwood City School District, Elisabeth saw how parents were becoming increasingly isolated and were coming to parenting with little or no actual hands-on experience with kids. Parents used to turn to family and neighbors for models in how to parent: Today they have to seek out information and support from professionals. Through her weekly newsletter, in-person workshops, one-on-one coaching and online webinars and tele summits, Elisabeth helps parents establish harmonious households so they can have the warm, loving, effective relationships with their kids that they deserve. Sign up for Elisabeth's free newsletter at www.elisabethstitt.com and find her on Facebook at <https://www.facebook.com/joyfulparentingcoaching/>.

Embracing Your Destiny, Releasing Your Fate: A Modern Introduction to the Ancient Wisdom of the Medicine Wheel with Corey Rothermel

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Our hallowed ancestors left behind for us an invaluable tool for healing our life and unlocking our first, best destiny. It is the Medicine Wheel, and it serves as a guidepost to understanding and navigating the human experience. Join local Shamanic Practitioner, Corey Rothermel, in an enlightening and informative exploration of the meaning and the power of this ancient symbol and how to apply it in your life. Bring a notebook and your favorite writing utensil.

Corey Rothermel is a Shamanic Practitioner based in the East Bay. He sees clients both individually and as groups, leads ceremonies, and assists Annie Blackstone in the Shamanic Studies Program at HCH Institute in Lafayette, CA. coreyrothermel@mac.com

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Your healing journey is the pathway to your destiny with Sophia Fitch

In this workshop you'll learn understand how your healing journey is the pathway to your destiny and a doorway into love. We will cover how to navigate the different cycles of transformation you'll move through as you align with your soul's purpose. We'll also explore energy shifting techniques that will support your healing and growth, you'll learn rituals that will support you in merging with your truth and purpose and how to build a loving relationship with your souls work. Everything you need is

within you and this class will teach you how to harness your inner strength and tap into your own unique information to create a life that is in alignment with your truth.

With many life times of experience as an artist and healing practitioner, Sophia supports people around the world on their spiritual journey by helping them discover the power within them to create the change they seek and connect to their truth. www.sophiafitch.com

Intrinsic Movement for creativity, bliss & delight! With Erika Gimbel

MFT

Intrinsic Movement for Bliss & Creativity: get through stuck places with slow, micro movements with breath and sounding, moving into macro movements and all out movement! This experience will leave you grounded, energized and deeply listening.

Erika Gimbel has been inspiring healing possibilities for over 24 years! She is a CA licensed psychotherapist (MFT), with her garden office in Oakland CA. She has been committed to Wholistic Approaches to Wellness since participating in a college living & learning program for 2 years in the

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early 90's. Erika has worked with people with Parkinson's disease and other neurological degenerative conditions to bring ease, flow and creativity to their lives. Born in Pittsburgh, PA and raised in New York. Erika lived in Burlington Vermont for 7 years and started gardening and farming the land, when it was not frozen. (short growing season!) Erika has written and supported kids organizations, non profits and schools to grow vertically with aeroponic systems. She's looking to create some tower farms for her next big garden project. Erika has been creating lots of mischief in this unusual time: She's co-hosted weekly video podcasts called The Ripple Effect & Yes We Can as well as a women's day summit called Make Some Noise! She's facilitated movement healing called Intrinsic Movement for Bliss & Creativity and more. See what's growing on

GetKIDSGrowing.com and see Erika's wholistic offerings: <https://erikagimbel.com>

Sun and Moon Play with April McMurty (Family track)

April Miller McMurty (she/her) is a creative lunar guide who supports people on their path of growth and transformation through the simple yet profound practice of self-study in relationship with cycles. April is the founder of THE MOON IS MY CALENDAR and has independently published the New Moon Calendar Journal since 2014. This circular calendar and transformational tool has already helped over 5,000 people around the world live with more grounded awareness, embodied connection, and clear intention - especially during times of self-discovery and life transitions. With a Masters of Arts in Teaching and a background in expressive art, yoga and mediation, April loves to share the language of the Moon to help people access their inner wisdom - inspiring us all to take better care of ourselves, each other, and the Earth!

Session 3, 3:00 to 4:30

Alchemistic Sound Healing with Santana

Come experience a sound bath for healing and realignment of self back to Source. Four years ago I was dubbed THE MINISTER OF MAGIC. Working to own and embrace this title, I was compelled to have the Universe show me next steps and path. Five days later I was asked to be of guidance. Metaphysical Guidance. My present work is working with clients to bring them back to source, provide sound healing and share my sprays which were created with recipients from Ascended Masters. It has been and will always be my honor and privilege to be of service to those seeking a life of ecstasy.

The Somatics of Lunar Time: Moon Calendar Workshop with April McMurtry

What is lunar time? Together we will explore all the phases of the lunar cycle through embodied practice while bridging the moon with the breath cycle. In this workshop April will orient you to working with a circular lunar calendar as a tool to support personal practices of healing and transformation. Remembering our lunar selves is an intimate act of activism that can help us unplug from linear frameworks of colonialism and capitalism to help us see and feel ourselves as a part of the cycles of nature.

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share the language of the Moon to help people access their inner wisdom - inspiring us all to take better care of ourselves, each other, and the Earth!

Grief Transmutation through Sacred Plant Medicine and Hypnotherapy with Renata Moreira

Come journey to the HeArt of San Pedro/Huachuma - a psychedelic cactus that has been used in traditional medicine and divination for thousands of years. Renata weaves hypnotherapy journeys and plant medicine to support the grief transmutation and healing of beloved clients and students. No plant medicine will be served at WooWoo. You will learn all about this beloved Master plant's power and experience a guided journey to directly connect to the Spirit of Huachuma: one of the most ancient and revered plant teachers amongst the shamans of northern Peru. Session focus: grief transmutation with plant allies. For more information, email renatametta@gmail.com or follow on IG [@renatametta](https://www.instagram.com/renatametta). Aho. Gracias.

Renata Moreira (she/they pronouns) has been facilitating healing circles and ceremonies for over a decade. She is the co-founder of Refuge Healing Circles, a collaborative hypnotherapy and somatic therapy private practice, an apprentice herbalist, and Social Impact consultant with 20 years nonprofit leadership experience. She weaves Earth-based practices and ongoing study of mindfulness-based stress reduction (MBSR), with energy therapy, Reiki, EFT, and clinical

hypnotherapy to guide her clients, students, and organizations back to health and their own Divine wisdom.

My Little Doll: Dream Circle with Jenny Bitner

I had a dream that I had a little doll and the little doll told me she was my guide. She was about six inches tall and was a simple wooden doll with two eyes dug in the wood, but she knew which way to go. Now I have the little doll with me. I asked her to tell me what is best to teach here at Woo this year. She said that we should have a dream circle and bring our dreams to talk about. If you have a dream or a vision that you would like talked about in the circle, come and bring your dream. I will teach you the rapid dream technique of Robert Moss to talk about dreams in community and we will listen and take guidance from each other's dreams. Most importantly we will find ways to honor our dreams as we go forward.

Jenny Bitner is a hypnotist, teacher and writer. She is a certified hypnotherapist through HCH and has also studied NLP, coaching and EFT. She is training to be a dreamwork teacher with Robert Moss. She teaches classes combining hypnosis and writing, allowing writers to use group hypnosis to explore characters, scenes to work more deeply with their unconscious guidance and write with ease and flow. She works with people one-on-one doing hypno-coaching. She loves working with people to overcome anxiety, find purpose in life, release grief and increase creativity. Her work is to help clients increase their intuition and awaken their inner healer. She is a member of the Writers Grotto, where she teaches classes in fiction and hybrid writing. Her novel Here is A Game We Could Play was published in 2021 by Acre Books. She will be presenting at HypnoThoughts 2023 on Dreamwork and Trance. Find out more about her classes and working together at jennybitner.com. Also find some of her Trance Writing videos on YouTube at Jenny Bitner Hypnotist&Writer.

Shamanic-Reiki Healing Journey Experiential:Release and heal Spirit attachments, with Donna and Tiffany Gianfala

One of a kind group Shamanic- Holy Fire III Karuna Reiki healing journey experiential: Releasing and healing spirit attachments, energy hygiene and harmonizing the luminous energy field. In this 90 minute workshop, participants will be guided on a group healing journey driven by the beat of the drum, to

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release and heal discarnate energies or attached spirits, heal the space(s) they were attached to and receive energy balancing and healing.

Tiffany and Donna Gianfala are a powerful team when it comes to spiritual and energy healing. With a shared passion for helping others, they have combined their backgrounds in law enforcement and family therapy to bring a unique perspective to their healing practice, Golden Hearts Healing Arts. They both are certified Shamanic Practitioners, who have undergone extensive training in both basic and advanced studies. They have a special focus on clearing homes and businesses of discarnate energies, making them highly sought-after practitioners. They are also Reiki Master Teachers in Usui, Angelic and Holy Fire III Karuna Reikis. They have a deep understanding of energy healing and have been trained to use their intuition to guide their clients towards greater health and wellness. As Intuitive Energy Medicine Therapists, they have a gift for creating a safe and nurturing environment for their clients to explore their innermost selves and address physical, emotional, and spiritual imbalances. They work closely with their clients to develop a personalized healing plan that takes into account their unique needs and goals.

Planting a seed of Health with Gardeners Erika & Pastor Harold

Burton & Collin Culiver (Family track)

Planting a seed of health through healthy conscious living. Living life wholistic, conscious of our mind, body & soul. Be Happy, Grow Healthy!

Come plant seeds to seedlings with Gardeners Erika & Pastor Harold Burton & Collin Culiver
getkidsgrowing.com

Crones Circle; Owing our Wisdom with Annie Blackstone The crone is a wise woman, the one with the wisdom of years the strength of knowing how to survive. She carries the power of a mature woman no longer troubled to please the culture, she is a warrior a survivor. You are a crone when you no longer care able to birth children, you may be a baby crone just coming into your power or a well establish woman of age and wisdom, all are welcome to our circle.

Annie Blackstone's teaching draws on a variety of cultures, teachers and traditions which all stem from an understanding of working in relationship and reciprocity with nature and the unseen forces that shape our world. Annie teaches hypnotherapy, an 18 month Shamanic practitioner certification course, the Munay Ki Rites and EFT among other things at HCH in Lafayette. She is a clinical hypnotherapist, Reiki master teacher and shamanic practitioner. Visit Annie online at www.annieblackstone.com

Ancestral Communication (for PreTeens/Teens) with Inabel Uytiepo

inabel Uytiepo, CBMA, CCHT, CMT (they/siya) resides with their partner, children, dog and cat amongst the oceanside mountainous forest of the Uypi amongst redwood, oak, pine trees, skunks, deer, owls and ravens near a creek. The Amah Mutsun Tribal Band are the surviving stewards of these lands and can be materially supported via their land trust. inabel is of the queer pilipinx-chinese diaspora. inabel offers wholistic support as a multidisciplinary communal healing artist, working with individuals, communities and organizations. inabel is also a co-convenor for the cross-racial solidarity grassroots organization Peoples Collective for Justice and Liberation. inabel's most recent endeavor is sharing their life's explorative work in a co-creative ancestral wayfinding journeys called the Amourphous Pathways and the Wesearch Journey of the Wayfinding Collective. healingisgiving.com