



When Women Dance by Sue Kosharek

**37th annual**  
**WOMEN AND**  
**SPIRITUALITY**  
**CONFERENCE**



# Welcome to the 37th Annual WOMEN AND SPIRITUALITY CONFERENCE

## 2018 CONFERENCE SCHEDULE (at-a-glance)

### SATURDAY

- 8am** Vending, Registration and Maker's Space (name tag decorating)
- 9-9:30am** Opening Celebration-"Celebrating the Elements Through Dance"
- 9:30am-10:15am** "Incapable of Untruth: The Dancing Body and My Adventures in Spiritual Evolution" Keynote by Donna Mejia
- 10:30am** Session 1
- 11:30-1pm** Lunch, Vending and Maker's Space (self portraits, flower accessories and spirit guides)
- 1-2:30pm** Session 2
- 2:30-3:30pm** Vending and Maker's Space (weaving)
- 3:30-4:30pm** Session 3
- 5-6:30pm** Evening Reception Meet the Instructors, Vending and Maker's Space (Frieda Selfie station open all day)

### SUNDAY

- 8am** Conference, Vending and Maker's Space (body movement; come as you are, no special mats or props needed)
- 9-10am** Session 4
- 10-11am** Vending and Maker's Space (runes)
- 11-12:30pm** Session 5
- 12:30-1:30pm** Lunch, Vending and Maker's Space (vision collage)
- 1:30-3:00pm** Session 6
- 3:15-3:45pm** Closing Celebration with Jurema Silva
- 4pm** Vending and Conference close (Transcendence Selfie Station open all day)

## KEYNOTE ADDRESS-

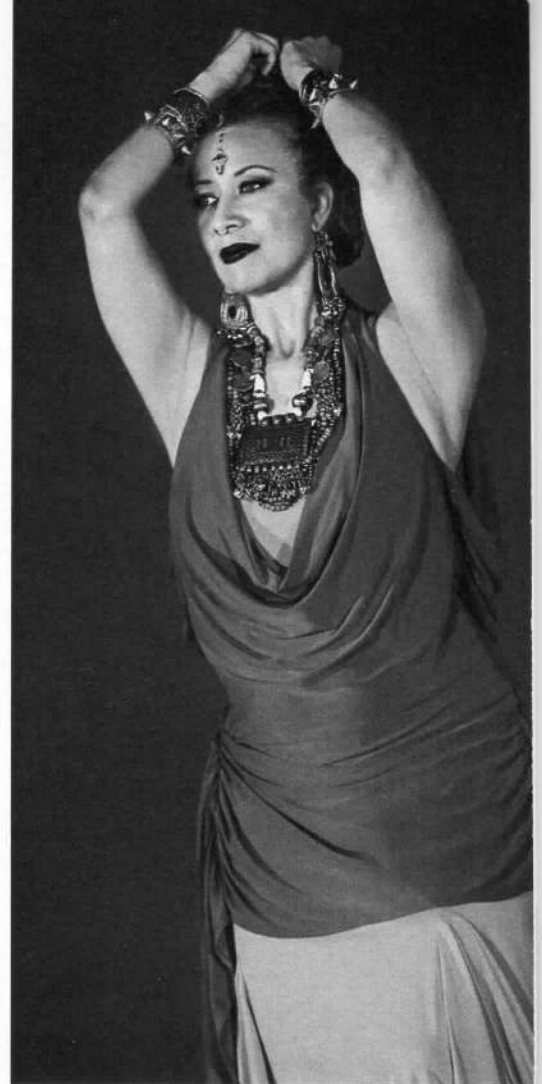
**"Incapable of Untruth: The Dancing Body and My Adventures in Spiritual Evolution"**

### DONNA MEJIA

Donna Mejia (Assistant Professor, CU Boulder Theatre and Dance) is a choreographer, scholar, director, and performer specializing in contemporary dance, traditions of the African and Arab Diaspora, and emerging fusion traditions in Transnational Electronica.

Donna completed her undergraduate degree in Business at CU-Boulder, and received her Master of Fine Arts degree on full fellowship from Smith College. She joined the University of Colorado at Boulder as an Assistant Professor of Dance in 2012. She is the first professor of tribal/transnational fusion globally. Donna balances her time teaching and touring throughout the U.S. and abroad, and headlined over 50 national and international festivals since 2012. Her choreographic commissions and performances continue to generate outstanding critical reviews from print and digital media.

**Updates and information can be found at [DonnaMejiaDance.com](http://DonnaMejiaDance.com)**



## OPENING AND CLOSING CELEBRATIONS

### Opening Celebration:

American Tribal Style® belly dancers from WI, MN and IA will be invoking and celebrating the Elements through ritual dance in the opening ceremony of the Women and Spirituality Conference. They will be honoring the archetypal energies of Air, Fire, Water and Earth. The audience will be invited to learn basic gestures that represent the Elements and participate in the elemental invocation, so together we can recognize and celebrate these natural forces that are present in our lives.

**Professional Dancers:** Denise Hooper, Krista Spaeth, Dana Dachel, Cindy Hopkins, Deanna Erickson, Rita Simon, Jessica Bleichner, and Stephanie White.

### Closing Celebration:

Brazilian Healer Jurema Silva will be leading the closing ceremony on Sunday. It will be an uplifting occasion when participants and organizers alike will celebrate together the experience of transformation and healing, rejoicing gratitude for all the blessings surrounding us.

# MAKER'S SPACE WITH TEAKI GARCIA

The Maker's Space is a celebration of many diverse cultures and art techniques. No registration required, all materials provided, drop ins welcome. Local youth and volunteers will lead this interactive and safe creative space. This event is designed and curated by artist Teaki Garcia to promote self, expression, community engagement and creative collaboration.

**Maker's Space is located in 2nd floor Southeast Lobby with Vendors**

**NEW this year- The Maker's Space Portal Lounge relaxation area located on 1st floor Southeast Lobby**

## Friends of FRIDA KAHLO Saturday, September 22

### **7:30 am- 6:30 pm-Frida Selfie Station**

Enjoy creating our own Frida inspired selfie.

### **7:30- 9:30am-Nametags**

Create your personalized nametag.

### **11:30 am-1:00pm**

#### **-Self-portraits**

Multiple techniques will be taught using mirrors, pencils, charcoal and markers.

#### **-Flora and Fauna**

Create accessories with flowers and natural elements.

#### **-Spirit Guide**

Explore the Spirit World through illustration and creating a community altar of offerings gathered to celebrate Frida.

### **2:45- 3:25 pm-Weaving**

Learn experimental weaving techniques using textiles, paper and wood.

## Transcendence Sunday, September 23

### **7:30 am- 6:30 pm Transcendence Selfie Station**

Express your inner Goddess with garments and accessories.

### **8:00- 9:00 am- Restorative Body Movement**

Come as you are, no equipment needed, to welcome the day with gentle bodywork.

This activity will be held in the Portal Lounge.

### **10-11am- Runes**

Using small stones, wood or shells make your own set of runes. You will mark the materials with symbols meaningful to you. Once completed the runes are a tool for self- reflection.

### **12:30- 1:30 pm- Vision Quest**

Create a visual representation of your goals, dreams or reflections using multi media collage.



## **WELLNESS RETREAT ROOM BY LILAC WELLNESS CENTER**

We invite you to take a break from the energy and excitement of the conference by visiting the Wellness Retreat Room (Room 108). Have a hot cup of tea, relax in the sitting area or book a service. The Wellness Retreat Room is open to ALL conference participants. Services are available for booking by stopping by the room during conference hours. Wellness Therapies provided by Lilac Wellness Center - Rochester MN

**30 MIN ( Over the clothes) MASSAGE THERAPY— \$30.00**

**30 MIN REIKI SESSION — \$30.00**

**30 MIN CRANIO/SACRAL THERAPY SESSION — \$30.00**

**30 MIN SPA FACIAL MASSAGE TREATMENT — \$30.00**

**30 MIN WARM BLISS SPA TREATMENT — \$30.00**

**15 MIN INTRO TO CUPPING - \$15.00**

**15 MIN CHAIR MASSAGE — \$15.00**

**15 MIN AROMATHERAPY SCALP MASSAGE — \$15.00**

**25 MIN WELLNESS EVALUATION & CONSULTATION — \$15.00**



# WORKSHOP SCHEDULE

## SATURDAY

**8am- Vending, Registration and Maker's Space  
(name tag decorating)**

**9-9:30am- Opening Celebration  
Ballroom 3**

American Tribal Style® belly dancers from WI, MN and IA will be invoking and celebrating the Elements through ritual dance in the opening ceremony of the Women and Spirituality Conference. They will be honoring the archetypal energies of Air, Fire, Water and Earth. The audience will be invited to learn basic gestures that represent the Elements and participate in the elemental invocation, so together we can recognize and celebrate these natural forces that are present in our lives.

**9:30am-10:15am- Keynote with Donna Mejia  
Ballroom 3**

Incapable of Untruth: The Dancing Body and My Adventures in Spiritual Evolution

## 10:30AM- SESSION 1

**That "Thing" on My Head: Hijab with Regina Mustafa  
Room 109**

Storytelling, Open to All

One of the two most common questions I am asked during presentations on Islam is, "Why do you cover your hair?" The hijab is often given too much attention, by Muslims and non-Muslims. Yet the concept of covering ones head is not unknown in the Western tradition. Discover the reasons why some Muslim women cover their hair, the various ways in which it is styled, the Islamic injunction behind it, and the experiences of covering in the United States.

### Regina Mustafa

Originally from Philadelphia and a graduate of Penn State with a bachelor's in American Studies. She is currently pursuing a Masters in Clinical Mental Health Counseling from Winona State- Rochester. Regina formed the interfaith dialogue non-profit organization, Community Interfaith Dialogue on Islam (CIDI) in 2014. CIDI actively promotes interfaith dialogue

and education through the monthly Faith Talk Show, Project CIDI Bridges, and various talks and lectures.

### Healer, Heal Thyself with Nedra Blietz

Riverview B

Experiential. Open to All.

The belief systems of a healer are very important. In this workshop, we will check subconscious beliefs around instant healings, belief blocks for healers, programs around giving and receiving love, seeing truth, and feeling protected. We will also release programs about taking on other peoples' energies and sacrificing yourself for others. If you are a healer of any type or someone who is affected by other peoples' energies, you won't want to miss this opportunity to clear out some of these programs. It is possible to live without being affected by other peoples' energies. Join Certified ThetaHealing® Practitioner and Master Instructor, Nedra Blietz, to learn more!

### Nedra Blietz

Nedra is a holistic practitioner who specializes in Theta-Healing®. She is a certified ThetaHealing Master that has trained in the United States, Russia, and Mexico and recently secured a Certificate of Science from THInk® in Bigfork, MT. She is devoted to bringing profound changes to her client's lives through physical, emotional and spiritual healing by empowering them to support their own goals and finding their life's purpose.

### Honoring Grief with Nature: A Traditional Approach to Healing with Lora Krall

Riverview C2

Experiential, Open to All

Grief is the unifying force of human experience whether the loss of a pet, a job, a home, our health or a loved one. It affects us deeply and physically. Unresolved grief can lead to a multitude of emotional and physical problems that can spill into our daily lives. In this workshop, we discuss some traditional forms of approaching grief from other parts of the world, the importance of attending grief and tools from the natural world to help us. Discussion will end with an experiential use of plants to support and honor grief.

### Lora Krall, RN, BSN, BA

Lora Krall is an herbal educator, registered nurse, avid gardener, voracious reader, wife, proud mom of two adult sons and many adopted children. After the sudden death of her oldest son, Lora began a new direction blending her work

with people and plants to help address her own grief and that of many others. She works as a teaching assistant for the Science and Art of Herbalism course founded by Rosemary Gladstar, writes for Herbal Living blog and has been published in Essential Inking, Association of Nature and Forest Therapy and Journal of Medicinal Plant Conservation.

### **Choosing the Center Between Utopia and Dystopia- An Experiential Workshop to Find Peace in Chaos with Maria Felder and Leah Skurdal**

Riverview D2

Experiential. Open to All.

Join this mother and teenage-daughter team to harness the creative power within through poetry, movement, breathwork, sound, and guided imagery. Access the Divine Oneness that transcends the diversity of religious beliefs and gender differences and weaves humanity into one human family. Explore the alignment of body, emotions, mind and spirit to hold yourself stable at the Divine Center when other people choose extremes. We balance the sacred marriage of Divine Feminine and Divine Masculine within the individual as the first step toward peace between genders – and a sacred step toward harmony in the world.

### **Leah Skurdal and Maria Feider**

Leah Skurdal, spiritual teacher, speaker, author and healer offers an inspirational and quirky look at living as a spiritual being having a physical experience. Leah combines research with stories of spiritual transformation to make challenging skills easy to integrate into daily living. In her book, Seeking Serenity: How to Find Your Inner Calm and Joy, Leah helps people align body, emotions, mind and spirit to reduce stress, create more joyful relationships, and expand intuitive wisdom. Maria Feider is a high school student who has gained valuable insights from her projects on comparative world religions, utopian and dystopian societies and publishing her first book of poetry. Maria lives near Minneapolis, Minnesota with her mother, father and college-student sister. Maria loves animals, movement, social media and watching Netflix.

### **Gratitude Ritual for Women and Girls with Treewommon**

Riverview E

Experiential. Women Only Please.

Women and girls will gather together to create and share in a ritual for an abundance of gratitude for all that it means to be female. Singing, dancing, movement, music making, and pure merry-making joy will honor the Goddess in each of us.

### **Treewommon**

(Katie Cashel) is a Wiccan priestess in her community.

### **Temple Harmonics LLC Session in Sound with Frank Andreson**

Ballroom 3

Instrumental. Open to All.

Relaxing to the sounds and vibrations of native American flutes gongs and singing bowls.

### **Frank Andresen**

Frank Andresen of Temple Harmonics has been practicing the art of sound therapy for over 6 years, Playing and listening to singing bowls and gongs is about spiritual, physical and emotional resolution – opening of doors and windows to the Universe, moving around energies, Universal energies – to enter a spiritual dimension. These instruments are psycho-acoustic gateways to heightened states of awareness and consciousness. It is an ideal tool for stress reduction.

### **Awakening the 7 Chakras with Misha Johnson**

Room 110

Experiential. Open to All.

Engage in the powerful process of setting strong intentions, creating meaningful mantra, and the use of prayer beads and Mala in meditation. Misha will lead you through a guided meditation that is designed to release old energies, transform patterns, all to help manifest that which you are seeking and will support your highest good.

### **Misha Johnson**

Misha Johnson is a Reiki Master/Teacher, Intuitive, Life and Meditation coach based in Rochester MN. You may have seen her company <http://www.Rootstostars.Com> at various yoga festivals in conferences throughout the country. She holds degrees from the Sukkasart institute in Thailand, studied with Doreen Virtue and Radleigh Valentine.

### **The Mayan Calendar with gina miranda kingsley**

Room 111

Storytelling. Open to All.

A brief history of the origin of the mayan calendar, basics of the this ancient philosophy, description of the calendar parts, finding for each student in audience and explanation on how to use this ancient device on your daily life.

*cancelled  
Last minute*

## **Gina Miranda Kingsley**

-at age 11 was trained by an old Mayan shaman on the mysteries of the calendar

-graduated as a computer programmer analyst 1978

-work as a programmer to 1982

-was an adviser for "hidden worlds revealed" at the Minnesota science museum 2012-2013

-offered multiple seminars or workshops at St Catherine, St cloud, Hamline universities,

-Author of "a matter of chulel" "the lost knowledge of the Mayan calendar" and "the journey of the first Americans"

## **The Sacred Circle: The Spirituality of Women Gathering with Cindy Severson**

Room 114

**Experiential. Women Only Please.**

The space of a sacred circle is where women gather to embrace their inner goddess and ways of knowing. Within a sacred circle, we share in community our hopes, fears, and plans for humanity. We embrace our spirituality to become one voice with which to embark on the change we wish to see. Our spirituality is our guiding force, our true north. Learn how sacred circles were part of women's spirituality throughout history. Go home being inspired to begin your own spiritual journey through creating your own sacred circle! This workshop will begin with taking you on a short journey through the centuries of women's sacred circles and spirituality. We will then spend some time talking about your own spirituality and how you can embrace, grow and share your spirituality within your own sacred women's circle. We will end with a closing ritual. Handouts provided.

## **Cindy Severson, MA, RN**

Cindy is passionate about women embracing their own ways of knowing and then moving forward to speak their truth. She holds her Master's Degree in Transcultural Nursing with a focus on alternative ways of healing. She has traveled numerous times to England to explore the mystical and earth's healing energies found there. She is trained in Reiki healing and Wellness Coaching.

## **Downward Spirals Caused by Entities And What To Do with LeAnn Martin**

Riverview A

**Discussion. Open to All.**

The spiritual world holds positive (God or Light Driven) and negative energy (Darkness Driven) so it is important to be

aware of Entities and how they may hurt people. Where they come from. What they can do. What is real and what might not be. This covers how people and children pick up entities who drive them in negative ways and what to do about it - based on what I've seen in my 10 years as a Hypnotherapist dealing with people with Entities.

## **LeAnn Martin**

LeAnn Martin first began working with entities as a Hypnotherapist ten years ago in Sydney, Australia where she found many of her clients were impacted by entities of different types from different countries in the world. And now in the US Midwest, she has found entities also are a part of life here. She also works with people carrying imprints held of a loved one who has passed or someone who may have picked up something from war and how to deal with that. Entities can be the basis of serious life wreckage for a person who does not understand what is going on or how to escape the influence of an entity. There is often nowhere to turn where people can feel comfortable telling their entity experience without others thinking they are crazy or have a serious mental problem,

**11:30-1pm- Lunch, Vending and Maker's Space (self portraits, flower accessories and spirit guides)**

## **1-2:30PM- SESSION 2**

### **The Learning Path: Managing Negativity, Boosting Your Good Vibes with Jurema Silva**

Ballroom 3

**Discussion. Open to All.**

Bring optimism and positive thoughts to improve one's life.

### **Jurema Silva**

Jurema is an internationally known healer, psychic/medium and inspirational speaker from Brazil. She has transformed the lives of thousands of people in the U.S. and worldwide for the past 30 years. Her charisma and authenticity make her one of the most celebrated and respected healers in the Upper Midwest.

### **Stepping Out of Your Comfort Zone- in Faith with Natalie Ringsmuth**

Riverview B

**Discussion. Open to All.**

Natalie Ringsmuth, founder and Director of #unitecloud, a



non-profit in Central MN working to reduce religious, racial, and cultural tensions, will share with us her journey in understanding how to love and serve ALL of her neighbors in the St Cloud area. She will share with us how she applies the radical welcoming spirit of Jesus during his time here on this earth to her work in ensuring ALL are welcome in MN.

### **Natalie Ringsmuth**

Natalie grew up in Central Minnesota and received her Music Education degree from Concordia College in Moorhead. She taught middle school choir in Georgia and worked in the church sector for about a decade. She now works in an immigration law office and is the Founder and Director of #unitecloud, a non-profit working to reduce racial, religious, and cultural tensions in St. Cloud. She is also the Vice-Chair of the Stride Academy school board, a charter school located in St. Cloud. In her spare time (haha) she loves to spend time with her husband and 3 children.

### **Power Animals and Their Message to You with Mary Newstrom**

Riverview C2

Experiential. Open to All

This event will teach you how to identify and to communicate with your Power Animal through Shamanic journeying (a form of meditation). Live drumming will facilitate a 20-minute journey. Research shows that a steady 4.5 Hertz (Hz or cycles per second) of drumming for at least 15 minutes can help transport people who are journeying into altered states of consciousness. In addition to identifying your Power Animal, you will learn in this workshop how to develop a deep and lasting relationship with a spirit ally who is here to assist you on your path.

### **Mary Newstrom**

Mary Newstrom, Ph.D., is a Shamanic Practitioner and Reiki Masters. Studying the healing arts, for over thirty years, Mary works closely with both your and her Spirit Guides and Power Animals to deliver a powerful shamanic healing experience. She specializes in shamanic healing, cacao ceremonies, ancestral healing, and workshops that show practical ways to transform and heal our lives and the earth. She runs a healing studio in Saint Louis Park, MN. [www.ZenithHigh.com](http://www.ZenithHigh.com)

### **Art of Energy Movement with Ann Hanson EEP and Frances Walker EEM-CP**

Room 114

Experiential. Open to All.

The Art of Energy Medicine: We will introduce you to the energy systems in your body and teach you how to balance and harmonize them with gentle self care exercises. You will learn how to bring more health, wellness and vitality to your energetic body. This workshop is based on the work of Donna Eden: Ann and Frances are both Eden Energy Medicine Clinical Practitioners and Reiki practitioners.

### **Frances Walker and Ann Hanson**

Frances Walker is the Owner and Practitioner of LightSong Healing Arts, located in Madison, South Dakota. She is a certified Eden Energy Medicine Clinical Practitioner and Usui Reiki Master/Teacher, an Intuitive Empath and Spiritual Life counselor, teacher and motivational speaker.

Ann Hanson is a licensed Physical Therapist, Reiki and Eden Energy Medicine Clinical Practitioner in West Salem, Wisconsin.

### **Exploring the Cosmovision of the Q'ero with Cindi Claypatch**

Riverview E

Experiential. Open to Anyone.

The Q'ero are "The keepers of the ancient knowledge," who live in the high Andes in Peru.

Cindi offers this opportunity to pass on an indigenous wisdom tradition that promotes a connection to the cosmos and Pachamama (Mother Earth) as a way to that elevate wellness and deep enrichment to our lives in the modern West. The Q'ero beliefs and practices taught in the workshop invite us to relate to our body and each other as pure conscious energy and offer us ways to care for that energy to experience physical and spiritual benefits.

Cindi will blend her own intuitive approach to energy and healing, along with practices passed on to her from the Q'ero and her mentor Don Americo Yabar, a Peruvian shaman, mystic, poet and world renown bridge to the Q'ero, the cosmos and Pachamama.

We will explore some powerful concepts that support the Q'ero way, through content delivery, energy practices and conversation that promotes healing, expansion and connection.

### **Cindi Claypatch**

Cindi Claypatch is a holistic and intuitive practitioner who has studied and practiced the Q'ero Mystical tradition since 2003. She enjoys sharing the profound and practical teachings through classes and trips to Peru. She owns Prospectives Inc. where it is her mission to "Bring the Prospects of Health and Healing to Light" via counseling, training, education and

healing. She works to incorporate indigenous wisdom along with leading edge thought and healing modalities into modern Western Lifestyles.

### **Higher Self Activation Workshop with Cody Cooper**

Room 109

Experiential. Open to All.

During this workshop, you will participate in a guided group meditation and healing session. Cody will be working with the Angels, Archangels, Ascended Masters, and Christ Consciousness energy to help you align more fully with your divine life blueprint. You will be introduced to your Higher Self and you will receive Angelic, Galactic, and Ascended levels of keys, light codes, and activations to expand your consciousness and help you connect with your true divine essence. Psychic questions and answers will follow the group meditation for as long as time allows.

#### **Cody Cooper**

Cody is a Reiki Master, Akashic Librarian, Psychic, Divine Channel, and Author. He is the Co-owner of A New Beginning in Rochester, MN. He works closely with the Angels, Archangels, Ascended Masters and Christ Consciousness energy to help promote self-mastery and enlightenment by helping others connect with their true authentic self and soul purpose work in this lifetime. He is dedicated to helping others heal on a soul level, promoting optimal energetic flow, balance, and harmony.

### **The Chakras and Sexual Trauma with Lisa Erickson**

Room 110

Experiential. Women Only Please.

Spiritual and healing traditions around the world have included teachings on the energy body or subtle body, and widely prevalent modalities such as yoga, acupuncture, and reiki are based on these teachings. However, the distinctions between women's and men's subtle bodies as taught in these traditions are often not covered in modern renditions. This workshop will begin with an overview of chakra-based women's energy body teachings, as represented in Tibetan Buddhist, Hindu, Cherokee, and Sufi teachings. It will then cover how the chakras, or energy centers, are impacted when a woman is the victim of sexual abuse, assault, harassment or any other kind of sexual trauma. It will explore the impact of both the trauma itself, and any subsequent cultural shaming, victim blaming, or forced secrecy. It will also cover the possible role that chakra work and other energy work may

play in a women's recovery process from sexual trauma. The workshop will include a guided chakra-based meditation on the feminine energy body.

#### **Lisa Erickson**

Lisa Erickson is an energy worker and writer specializing in Women's Energetics – women's subtle anatomy, and practices and tools that women can employ to heal, empower, and awaken themselves. She especially focuses on helping women during critical life passages such as pregnancy, motherhood, and menopause, as well as on healing from sexual abuse and trauma. She is the author of the book *Chakra Tools for Women: Energy Empowerments for Everyday Use*, the popular DailyOm course *Fall in Love With Your Feminine Power*, and the free e-book *Women's Energetics: Healing the Subtle Body Wounds of Sexual Abuse and Trauma*, all of which are available on her blog [MommyMystic.com](http://MommyMystic.com) and her website [EnlightenedEnergetics.com](http://EnlightenedEnergetics.com).

### **Awaken to Your Goddess Potential with Ashley Skoczynski**

Room 111

Discussion. Child Friendly. Open to All.

In this interactive workshop, you will learn about the Goddess energy that is already within you, discover the characteristics of Goddess energy, and explore ways you can cultivate more Goddess energy in your life now. We are entering a point in human history where women are awakening to the individual and collective greatness and power within. We have the ability to significantly change the world for the next generation and many generations to come. But first, we must realize who we are at our core, who the Universe has called us to be, and what She is calling us to do right now to change the fabric of our world as we know it. Join us as we gently shift ourselves to our fullest potential and transform the world.

#### **Ashley Skoczynski**

Ashley enjoys observing patterns of in our culture and envisioning a world of compassion, peace, and love. Her mission is to raise the vibration of the people she interacts with and the organizations she leads.

### **Connecting Faith and Finances with Mia Erickson**

Riverview D2

Discussion. Open to All.

It's important to have a healthy relationship with money. We view money as a tool, not a goal. By blending faith, finances

and generosity you create a balanced, thriving environment. I will cover our philosophy for developing a solid financial plan that strengthens your position, provides protections and review tax-efficient strategies for your goals.

### **Mia Erickson**

Jamia Erickson is a Thrivent Financial Advisor where she provides financial planning services to Rochester and surrounding communities. She helps clients create financial strategies that reflect their goals and values. She is also a Youth Olympic Weightlifting Coach. She graduated from the University of South Florida, Tampa, FL with a Bachelor's degree in Physical Education with emphasis in Exercise Science. A Master's degree was earned in Applied Kinesiology with emphasis in Sports Science at the University of Minnesota. Post collegiately, Jamia was a member of the USA Women's Bobsled team from 2004-2009. She has also competed in Olympic Weightlifting and earned the National Championship title in 2011 & 2012. She is married to Karl Erickson (Rochester, MN). They have two daughters Jayda(4) & Laila(2).

### **Esoteric Spirituality in Ashtapadi with Ganga Gopalkrishnan**

Riverview A

Storytelling. Open to All.

The presentation will explore the transformation of spirituality in a life cycle (from birth to death). This will be based on story telling on Hindu mythological character Krishna through Ashtapadi. Ashtapadi refers to the Sanskrit hymns of the Geetha Govinda, composed by Jayadeva in the 12th Century. Asthapadis are Sanskrit hymns of the Geetha Govinda, composed by Jayadeva in the 12th Century. The meaning of ashtapathi is 'eight-steps', which means each hymn is made of eight couplets (eight sets of two lines). The ashtapadis, describes the beauty of Lord Krishna and the love between Krishna and the gopis, are considered a masterpiece in esoteric spirituality and the theme of 'Divine romance'. The ashtapadis remain popular and are widely sung in a variety of tunes, and used in classical dance performances, across India. The lyrical poetry of the Geetha Govinda is divided into twelve chapters, each of which is sub-divided into twenty four divisions called Prabandha. The Prabandhas contain couplets grouped into eights, called ashtapadis.

I will be presenting the popular 8 prabandha today which shows the spirituality in transition in Lord Krishna's life which can be replicated in all of our lives.

### **Ganga Gopalkrishnan**

Ganga Gopalkrishnan is a technology manager by profession and an artist at heart. She started learning bharathanatyam (classical Indian dance) at the age of 3 from Srimathi Kalamadalam Kalyani Kutti amma. She has kept up with her passion in dance along with a successful career and social service by her side.

She teaches Bharathanatyam and Mohiniyattam (two dance form from Southern India) for students in SE Minnesota. She and her students performs at various diversity festivals, international festivals, nursing homes and conferences in the hopes of spreading the culture and art form from Indian sub continent and promote world peace through these art forms. Exploring bhava (emotions) is a theme of her dance performances and choreography. For performances, lecture demonstrations and dance lessons, please reach out to her at [gangagopalkrishnan@gmail.com](mailto:gangagopalkrishnan@gmail.com) or [www.rvmn.org](http://www.rvmn.org)

## **2:30-3:30PM- VENDING AND MAKER'S SPACE (WEAVING)**

## **3:30-4:30PM- SESSION 3**

### **Angel Relationships: A Match made in Heaven with Annette Bruchu**

Ballroom 3

Experiential. Open to All.

A wonderful phenomenon is happening in heaven and on earth. Angels want to prove their existence and they are reaching out to connect with us now more than ever. Likewise, here on earth, people are learning more about the angelic realm and the roles and purposes of angels in our lives. What many people view as common sense or coincidence is often our angels communicating with us. This workshop will explore many ways, including using exercises, meditations, and visualizations, through which you can connect with your Guardian Angel and other heavenly beings to receive divine guidance. Heighten your awareness by learning how to discover the signs angels put before us and recognize the subtle nudges they give to keep us on our right path as we navigate life's journey.



## **Annette Bruchu**

Annette is a nationally-known visionary and intuitive healer who shares her many gifts bridging the spiritual and physical worlds to assist those who seek to improve their lives. She blends her expertise as a medium, psychic, healing practitioner, colorstrologist, teacher, mentor and author to help people heal and grow. Annette empowers others to develop their own psychic and healing gifts through classes offered at her Helping YOU Heal Center in Stillwater, MN, and through her book, *Angel Relationships: A Match Made in Heaven*. To learn more, visit: <http://www.AngelForHigher.net>

## **Finding Balance as an Empath with Judy Coughlin** Riverview B

Experiential. Open to All.

This workshop will help you determine if you are an empath or a highly sensitive person. It will explain the difference between the two types. Many empaths feel drained and don't understand how to conserve their own energy. The workshop will provide practical tips and exercises to find the balance in giving to others while letting go of any unwanted energy. The presentation will cover both recent research on the topic and the presenter's own experience as an empath. The workshop is interactive with a combination of lecture, discussion and meditation.

## **Judy Coughlin**

Judy Coughlin is a certified yoga and fitness instructor, wellness coach, speaker, writer and empath. She works for several hospitals, city park and recreation departments and owns Restore Core Wellness.

## **Your Sacred Sexuality with Elizabeth Ely** Riverview C2

Experiential. Open to All.

Explore our natural sacred creative essence, our design for pleasure, and how to open and relax into receiving. We will open to our sensual abilities, remove resistance to our ability to receive pleasure, and come to see our sexual energy as a key ingredient to our vitality. We will be using EFT (Emotional Freedom Technique) to energetically move emotions, patterns, and habits from our bodies. We will be learning a new language to address our sacred sexual organs and how to honor their value throughout our ages and cycles of womanhood. Womb wisdom: Have you heard of it? It's a thing! It's our dearest guide and our natural strength.

## **Elizabeth Ely**

Elizabeth Ely is a Mother, Reiki Master, Yoga Practitioner and Instructor, and classically trained and practicing Oracle Priestess. She focuses on the integration of modalities to impact our present moment and witnessing with others how much we have to offer ourselves and our world. Her knowledge on Sacred Sexuality was gathered through heart-led personal exploration, knowing the importance of this information being shared at this time.

## **Jane Govoni**

Jane has been a spiritual seeker since she was a teenager. From a parochial high school to being with a small group of Tibetan people as they hosted the Dalai Lama her passion has been to learn and understand spiritual belief. Her day job is helping people find their joy and health using stress management, hypnotherapy, mindfulness, coaching and yoga. Jane is a speaker and author. She is a wife, mother and grandmother. You can find her living in joy on a little lake in Wisconsin with Jim and Daisy the dog.

## **Get the Hell Out: Beyond the God of Shame with** **T. McKinley and Gracia McKinley**

Room 109

Discussion. Open to All.

The Judeo-Christian Bible is littered with images of God that promote a culture of shame. Adherents embrace these images and then struggle with depression, disconnection, and self-loathing – a crippling separation from Self and Spirit. This workshop outlines the problem and provides a specific practice for moving beyond these images, collectively personified as the "God of Shame." The goal is a revised conception of the Divine that attunes us to Spirit and allows our essential, original goodness to shine in the world. If time permits, Gracia McKinley (Swami Vidyananda) will lead a guided meditation in the Yogic practice of Ishta Devata, wherein participants will be encouraged to visualize and connect to their own, unique, and empowering image of the Divine.

## **T McKinley**

T McKinley is an interfaith minister, teacher, and author of both a critically-praised memoir, *Boy in the Ivy* (2013) and *Get the Hell Out: Beyond the God of Shame* (2016). Both on his own and with his partner Gracia Gimse McKinley (Swami Vidyananda), he offers workshops on shame and spiritual healing around the country.



## **Gracia McKinley (Swami Vidyananda)**

Gracia Gimse McKinley empowers seekers to attune to their own inner wisdom in order to live authentic and meaningful lives. She provides spiritual and astrological guidance and officiates at rituals such as weddings, baby blessings, and memorial services. Gracia is an ordained swami in the Kriya Yoga lineage.

## **Let Your Light Shine- Trauma & Recovery with Jeannie Thompson**

Room 110

Discussion. Open to All.

This workshop will provide a brief presentation of ACES (Adverse Childhood Experiences) and useful tools to assist participants in restoring hope and moving toward healing from trauma experiences.

## **Jeannie Thompson**

Jeannie Thompson is the Director of Youth Programming for the Women's Shelter & Support Center in Rochester, MN. Jeannie has provided domestic violence and sexual assault services for the past 30 years. Most recently, Jeannie is working with youth survivors of Human Trafficking through the Safe Harbor Shelter Program.

## **Intuition: Our Super Intelligence with Carole Cravath**

Room 111

Experiential. Open to All.

This workshop will provide a cognitive framework for understanding intuition and how it works within our consciousness naturally. Intuition is direct truth without conscious thought. It knows what's best for us in any situation, knows past, present and future information and can be used and accessed at will for important decisions. That's why it's our super intelligence. We are all biologically wired for intuition and it is a natural part of our awareness which can be cultivated. It is part of our spiritual self and comes from a higher level of mind than our normal analytical, concrete thought. Participants will experience activities to access, understand and use their intuition to improve their lives and connect with their soul. Intuition is the voice of the soul. Decisions made from intuition are based in love, truth, peace, joy and well being.

## **Carole Cravath**

Carole Cravath (B.A.) has over 30 years of experience in the fields of Counseling, Teaching, Speaking, Healing, Spiritual Guidance, Intuitive Readings, Cultural Diversity and Curriculum/Program Development. She teaches classes

in Inner Peace, Dream Interpretation, Spiritual Development, Intuition and Healing. She also guides children in Compassion and Empathy Skills, Peace Making Skills and Nature Appreciation. Presently she focuses on assisting people in developing their Higher Awareness through the Perceptive Awareness Technique which brings rapid unfoldment of spiritual Intuition. She is also a Reiki Master and an Instructor of the powerful Soma Pi Healing Technique which is quick acting, highly effective and easy to learn. She believes that love is the foundation of spiritual development and is dedicated to raising the consciousness of humanity.

## **Bystander to Upstander with Dee Sabol**

Room 114

Experiential. Open to All.

Bystander to Upstander sessions are participatory scenario-based sessions that provide opportunities for individuals to learn about and practice responses to incidents they might encounter in the workplace and in their daily lives. Unlike traditional diversity training, these activity-based workshops focus on real-time interventions. The sessions include general instruction in courageous listening and observing, as well as culturally-specific insights and roll-playing exercises with tips and tactics for de-escalation, respectful intervention, and accountability.

## **Dee Sabol**

Dee Vazquez Sabol is Executive Director of the Diversity Council, an organization that has spent 28 years ensuring that the people of Rochester embrace diversity as a foundation for building a healthy, inclusive, and prosperous community. Ms. Sabol brings experience in cross-cultural communication and change management, and is deeply engaged in the areas of community collaboration, social equity, and sustainable growth in Southeastern Minnesota.

## **Tarot 101 and 102 Finding Your Own Voice with Twin Cities Tarot**

Riverview A

Experiential. Open to All.

We will check in with participants about their current tarot skills, talk about the basic structure of Tarot, and practice the Seer and the Seeker Structure reading with one card. Then we will read in a Circle with one card and offer suggestions for learning on your own.

## Sam Lofgren

Sam picked up her first tarot deck as a child, and has been working with them ever since. Influenced by Western psychology, global esoteric studies, and Eastern mystic practices, she considers herself a mirror – reflecting back what you need to know in this life and guiding you to the next. She has been a member of the Twin Cities Tarot Collective since mid-2017.

## Marianne Kollar

Marianne had been a member of the Twin Cities Tarot Collective for 3 years. As a Tarot enthusiast and student, Marianne is intrigued by the symbology, the art, the imagery, the mystery and the magic of the cards. As a creative soul she takes delight in bringing the essence of the cards alive through poetry, and multimedia. And as a reader she enjoys weaving the seen and the unseen to tell a story that is unique to the person and the moment.

## Melani Weber

A tarot collector and student of tarot since 1995, Melani is most interested in the intersection of tarot with other areas of study, such as psychology, mythology and religion. She enjoys telling the stories that the cards offer up, layering intuitive meanings with esoteric teachings of the ages. Though she has over 400 decks she does have a few favorites, which include the Druidcraft, Modern Spellcaster's, and Cosmic Tribe.

**5-6:30PM- EVENING RECEPTION  
MEET THE INSTRUCTORS, VENDING  
AND MAKER'S SPACE (FRIEDA SELFIE  
STATION OPEN ALL DAY)**

## SUNDAY

### 8AM- CONFERENCE, VENDING AND MAKER'S SPACE

**(BODY MOVEMENT; COME AS YOU ARE,  
NO MATS OR EQUIPMENT NEEDED)**

### 9-10AM- SESSION 4

#### Interfaith 101 with Ashalul Aden, Kristen Hanson Ballroom 3

Interfaith work is gaining national attention as faith groups are at the forefront on the fight against injustice in the world. The Interfaith 101 panel will consist of young women from Luther College that were raised in different religious traditions. This panel will serve as an introductory "crash course" on the interfaith field, as well as explore the different approaches that are taken to achieve interfaith collaboration. We will also spend some time discussing our understanding of the importance of interfaith work on Luther's campus.

We are a group of female students from Luther college (Kristen Hanson, Ashalul Aden, Faye Lee and Iju Regmi) with a range of faith and spiritual backgrounds. We interact weekly at interfaith meetings on our campus, and are coming to the Women and Spirituality Conference to share our experiences. Interfaith 101 will be a question and answer formatted panel.

#### Gift of Love with Lavonne Lovstad Riverview B

Experiential. Open to All.

Gift of Love is a presentation by artist Lavonne Lovstad about her exploration of the Divine Feminine through music and art. She will exhibit six paintings based on the music "Lover of Us All" by liturgical composer, Dan Schutte, and share her intuitive painting process and spiritual insights from each one. Through art, stories, spiritual direction, question and answer, participants will have the opportunity to deepen their awareness of the unconditional loving nature of the Divine Feminine that invites us to foster a new consciousness of light, love and freedom.

## **Lavonne Lovstad**

Lavonne Lovstad of Rochester, MN. is a Lightworker whose passion is the exploration of Sacred Feminine Mystery and The Language of Light through art, music and dance. Educated in visual art, art therapy, spiritual direction and energy healing, she offers her knowledge, intuitive wisdom and compassion to awaken and encourage spiritual and creative transformation in others for the purpose of birthing the New Earth.

### **“Dance Sophia, Dance” – Recognizing the Divine Feminine with Rita Simon**

Riverview C2

Discussion. Open to All.

The Divine Feminine is co-equal with the Divine Masculine, but has been ignored and subverted over the centuries by male dominated culture. Yet, I believe human beings intuitively recognize the Divine Feminine, but are often not consciously aware of her. This workshop will share a bit of my lifelong journey toward embracing the Divine Feminine, and offer ways for others to begin to call on her and recognize her in their lives and in the world. Some themes are based on the beautiful work of Sr. Joyce Rupp, whose poetry and books on Sophia which will be discussed, which help draw us into the strength, beauty, and wisdom of the Divine Feminine in ourselves, and in everything. Exercises and ideas will be offered for participants' reflection and growth outside of the conference.

## **Rita Simon**

Rita Simon is a retired family practice physician who strongly believes that an essential task of each person's life journey is to integrate body, mind, and spirit so as to connect the beauty and awe of one's inner self to that of the outer world. Rita is a working member of the retreat team at St. Anthony's Spirituality Center in Marathon, WI since 2010. She helps plan and present weekend retreats for a wide range of people who come to the retreat center for spiritual deepening and refreshment. Rita practices embodied spirituality through vocal and instrumental music, yoga, and dance. She has a particular love for, and connection with, the amazing spiritual women of the past and present who serve as her guides.

### **Shake It Off: Body Positivity and the Art of Movement with Shannon Townsend**

Riverview D2

Movement. Open to All.

The over-arching goal of this presentation is to help people find joy through movement, but to also discover self-love and stop treating it as a radical act. An opening discussion on the concept of equity and inclusivity will be presented with the group, and we will examine implicit bias before learning how to break down those barriers. Then all participants will move together with the goal of finding joy and worth, regardless of their ability.

## **Shannon Townsend**

Shannon Townsend began studying Belly Dance in numerous forms in 2004. Her mission is to create space for people in all bodies to see the worth in their own person and to un-apologetically take up space while finding strength through muscular movement. As a teacher, she focuses on safe and innovative instruction for all ages, sizes, and abilities of body. As a performer, she uses movement arts to connect with people, to stir emotions and feelings and engage all individuals from various walks of life by presenting her own body as a means of explaining that there is worth in all humans, that we all deserve to exist and present our art and share our unique beauty with the world.

### **Elements of Nature and Body Types based on Ayurveda and Tibetan Medicine with Bhavana Shivu**

Riverview E

Discussion. Open to All. Limit 12 people.

I would like to have my participants go through a questionnaire and determine their body type according to the principals of Ayurveda (Ancient Indian Medicine) and Tibetan medicine. Both these traditional medicines believe that we are all composed of different elements like Air, Water, Fire, Earth and Space. I will then give glimpses of food charts for different body types. This will give a direction for all the participants to attempt to eat according to their body types.

## **Bhavana Shivu**

I am trained as a scientist with a Ph.D. degree in Molecular Biology and 16 years of experience in Biomedical research. I have published more than 20 research papers in peer reviewed journals and my publications have been cited more than 2500 times. Growing up in India I learned Hatha Yoga in my school and used Yoga to keep my body fit and healthy. Since my infant child was diagnosed with chronic asthma, I have explored the ancient healing arts including Ayurveda and Yoga. I attributed the cause of my son's allergies to the chemicals added to the processed foods. Using a combination of Ayurveda and Yoga therapy and



staying away from allergy causing agents, my son became asthma free and currently leads a healthy life. My interest in ancient healing arts attracted me to study a short term Tibetan medicine course for 3 weeks in 2016. I have been using the principals of Ayurveda and Tibetan medicine and following the food charts for my own body type to stay away from medications so far.

## **Loving Yourself and Healing Your Spirit with**

**Julie Lynn Joyce**

Room 109

Discussion. Open to All.

When we learn how to love ourselves as we are, unconditionally, we create a life that is filled with joy, purpose and fulfillment. When the outer world reflects chaos, we need to pause, connect into our highest power and remember the true nature of our being. Living life from this perspective requires letting go of the cords that bind us to our past and to old wounds that prevent us from experiencing our full potential. The first step is to identify the limiting beliefs you are plugged into. Once you are able to unplug and tap into your divine self, you can take back your personal power, find inner peace, and begin to reflect divine love to the whole world. This workshop will introduce tools to help you connect with your higher self in your everyday life. You will discover the source of your truth and light.

**Julie Lynn Joyce**

Julie Lynn is a World Renowned Psychic, Spiritual empowerment mentor, Speaker, Author, Reiki Master and holistic health coach. Julie's business is Pathways to Peace LLC. Julie Lynn helps guide clients towards self-love, self-worth, and self-confidence. Providing tools needed to step away from limiting beliefs, Julie helps individuals create new thoughts and energetic patterns that are reflections of their highest self.

## **Creating a Radical Self Care Practice with**

**Dianne Martin, PhD**

Room 110

Experiential, Open to All

Many people who are spiritually oriented practice loving kindness and give a great deal to the world. Unfortunately this practice often neglects care of the SELF. In this workshop we will explore strategies for RADICAL SELF care including mental, physical, spiritual and emotional techniques and tools. The workshop will include a self assessment, a guided meditation, writing affirmations and visualizations. Attendees will commit to 3 weekly self care activities following the workshop.

## **Diann Martin, PhD, RN**

Diann Martin is a nurse educator, Passion Test Facilitator and Jack Canfield Success Coach and Trainer. With over 30 years of mentoring nurses and leaders to live successful lives she is an author and speaker and owner of the Conscious Nurse Academy. She earned her BSN from Loyola University in Chicago and her MS and PhD at Rush University in Chicago.

## **Henna Body Art with Amy Wilde**

Room 111

Experiential, Open to All

In this workshop, we will break down a typical henna kit, make henna paste, learn how to roll applicator cones, and practice creating henna designs on each other. We will learn how henna is used for hair and how henna works.

**Amy Wilde**

Amy Wilde (Castle Art & Import) has been importing henna since 1997. She is well versed in the henna arts and has taken many seminars and classes about henna. Amy is certified via International Certification for Natural Henna Arts. She has also been doing henna at local fairs and festivals for 15+ years.

## **Healing Gifts from a Sacred Circle with Linda Mushka,**

**Gerri Ann Riehl-Bandur & Lisa Zanyk**

Room 114

Experiential. Women Only Please.

For over six years, as everyday women, we gathered monthly in a sacred circle to support one another in common life issues, as we explored our own understandings of being in the world. We created a safe place; one of trust, ritual, respect and listening without agenda. We would like to present the knowledge and structure to encourage women in their own communities to create powerful healing circles.

Our workshop format would be a combination of a power point presentation explaining the circle basics and an experiential group process.

Each of the three presenters has been in the healing field for over twenty-five years and attribute a large part of their professional and personal growth to the Sacred Circle experience.

**Linda Mushka, Gerri Ann Riehl-Bandur & Lisa Zanyk**

Linda Mushka retired last year after a career of thirty-seven years as an adult mental health counselor, specializing in the resiliency of survivors of childhood and adult interpersonal violence. Her time and energy are now consumed with music,



fibre art, feeding birds, reading, walking, travelling and not being in a hurry. Participating in the Sacred Circle changed and sustained her, the ripples of which continue in her life today. Gerri Ann Riehl-Bandur is an educator, Reiki Master, and Art Therapist living and working in Saskatchewan, Canada. Her private practice is Art n' Soul Therapy Services.

Lisa Zanyk is a Canadian Certified Counsellor with 25 years' experience counselling children and adults in various settings. She presently works full-time as a school counsellor and part-time in private practice. Lisa has created and facilitated therapeutic groups and co-facilitated groups with both Linda and Gerri-Ann. Lisa and a friend initiated the Sacred Circle Group with the intention of creating a safe place for self-exploration.

### **Forgiveness –as important to life as Breathing with Dr. Kay Bernard**

Riverview A

Open to all.

No one is perfect. We all live with regrets.

Failing to forgive others who have bruised our heart can impede us from trusting, can limit our choices, can make us see ourselves as trapped; this failure can gnaw at our personal dignity. The forceful feeling of Shame tackles our freedoms. Forgiveness of self takes us to a deeper well. Where profound depth, despair and darkness may enclose, those waters may also serve to show a purposeful passage to safety, sometimes called a pilgrimage with God; a tradition of Jews, Buddhists and Christians.

None of us is alone in our need to forgive and be forgiven. One will leave this workshop with new thoughts, new language, and new support for considering and enacting forgiveness.

### **Dr. Kay Bernard**

Dr. Kay is a multi-degreed professional in the field of Psychology and Ministry ( U. of Wisconsin, U. of Minnesota, United Theological Seminary). Since receiving her own 1992 Bipolar/Anxiety Diagnosis, she has committed herself to bringing hope to Mood Disorder sufferers and their families. Her published pieces and articles lay out issues and solutions for Mood Disorder families. She has presented to Hospital chaplains, Ministers, and lay groups seeking solutions to daily issues not fully solved by pharmaceuticals.

## **10-11AM- VENDING AND MAKER'S SPACE (RUNES)**

### **11-12:30PM- SESSION 5**

#### **Psychic Gallery with Alison James**

Ballroom 3

Experiential. Open to All.

Looking for soul reunion experience?

More than a message with Alison James "group reading". An intensive healing event where everyone shares in the transformative effect of spirit communication as a whole. There's Q & A and connections with loved ones in the spirit worlds.

#### **Alison James-**

Professional Psychic Medium

Voted the best by WCCO • TCT • MSP • CBS

Born a naturally gifted Psychic Medium and one of the finest professionals and most referred name by those in the know. Five-star ethics with an objective approach in her established career and stays on point with fine-tuned focused readings, utilizing her efficient modern question direct© methodology. Alison has a strong affinity with animals of all kinds and is a successful Healer. She is the genuine real deal! Alison is one of the most sought after and for a good reason. She consistently delivers, and proves beyond any doubt, that loved ones live on. The evidence, facts and irrefutable validations that Alison brings through offers healing on many levels to those on this side and the other.

#### **Introduction to Constellations- Healing the Mother Wound with Loey Colebeck**

Riverview B

Experiential. Open to All.

This workshop will provide participants with an introduction to constellation work which is a dynamic, group method using human "representatives" for working out hidden patterns based in inherited, symbiotic, perinatal and early childhood trauma. Though time will be too constrained for experiencing a full-length constellation, participants will get to practice in a mini exercise to experience what "representing" feels like, and thus, get a body-based understanding of the potential of this work.

## **Loey Colebeck**

Loey Colebeck provides professionally accredited (SEDI-BAC #402) mind-body therapy with flower essences based in Chinese Medicine and Taoism, and Systemic Constellations. Her work with clients is holistic, trans-generational, and trauma-sensitive. She also provides in-depth Flower Essence Therapy training to integrative healthcare practitioners, and translated Pablo Noriega's book, *Bach Flower Essences and Chinese Medicine*, from Spanish to English.

<http://www.mindisbodytherapies.com>.

## **The Tower of Tarot- Destroying the False Self with Nancy Antenucci**

Riverview C2

Experiential. Open to All.

In this workshop we will learn about Tarot Basics and ways to read. We will explore Mind Grips – a way to ground and create a safe space for each and all. We will discuss the power and essence of the Tower Card and then take some time to write about a Tower experience that you are willing to look at. We will end with a guided meditation during which each will choose 3 cards, and then have a healing meditation of leaving the tower.

## **Nancy Antenucci**

Nancy Antenucci of Between The Worlds LLC is a seasoned tarot reader as well as a creative advocate for creative thinking. She founded Twin Cities Tarot Collective which produces a the North Star Tarot conference, an innovative monthly Meetup and training for readers. She authored "Psychic Tarot – Using Your Natural Abilities to Read the Cards".

## **Self-Healing and Spiritual Guidance with Shawngela Pierce**

Room 109

Movement. Open to All.

Throughout your life, you have been trained to believe there is always someone outside of you who is more knowledgeable than you, especially in regards to your well-being. Start relying on yourself and your own true inner connection to source. You are all powerful creators that have the power to create and uncreate disharmony in the mind, body and spirit. As such, it is pertinent for you to re-establish a connection to the non-physical and make this your primary guiding force for your healing. Your Inner Guides, Spiritual Guides, God, Angels or whatever you wish to call it, knows the path of least resistance for you to take in order to heal. This is a path based

on the reality you have created for yourself. The non-physical has a unique perspective that you in the physical form do not have. As such, the non-physical can lead you on your journey. In this workshop, we will explore both experientially and through lecture the importance of spiritual guidance for self-healing. There will be a 30-minute qigong meditation to communicate with the non-physical followed by a lecture.

## **Shawngela Pierce**

Shawngela Pierce, is an author, meditation, law of attraction and spiritual life coach. She has a master's degree in the field of education with over 3 years of post-masters education in naturopathic medicine. Come work with her and learn to self-heal using the principles of the law of attraction, meditation, spiritual guidance and subconscious training.

## **Bhakti: The Yoga of Devotion and Love with Patricia Barrier**

Riverview E

Movement. Open to All.

Bhakti celebrates our relationship to that eternal flame of love within us-our Higher Power-named or nameless. In this session, we will express our devotion through a gentle heart-opening yoga practice and breath work of devotion. We will experience Bhakti in sound through mantra, chant and kirtan. And, together, we will compose an original kirtan expressing the love and joy of the day.

## **Patricia Barrier**

Patricia Barrier (RYT500) is a registered yoga teacher who has completed her 500 yoga study and is currently pursuing yoga therapist training. She teaches yoga and conducts Bhakti workshops at public and private venues in the Rochester area. She loves kirtan and composes original kirtan in English.

## **Medicine Bear Group Healing with Dennis King**

Riverview D2

Experiential. Open to All.

In today's fast-paced society, illnesses are more extreme, yet the same spirit prevails as when Rocky's ancestors practiced spiritual healing hundreds of years ago. Many people are embracing a holistic consciousness and in their awakening, are calling upon Native Healers such as Dennis King to light the way as many of us seek a deeper connection – with ourselves, with each other, and with Creator of All Things. Rocky works holistically with his clients (i.e. their bodies, minds, and spirits) using the sacred songs of his people,

the Oneida Nation of Wisconsin. You will not want to miss this opportunity to experience firsthand the blessed healing energy that awaits you. Are you ready to release that which no longer serves you? Now, more than ever, it is important to come together and experience these loving circles that bring humanity closer together and allow us to grow in love as one people.

### **Dennis King**

Creator's Helper/Spiritual Healer Lalutakéhtas (He Scratches the Trees), Bear Clan, or Dennis J. King is an enrolled member of the Oneida Nation of Wisconsin. Dennis "Rocky" King is a Native American Spiritual Healer from the Oneida Nation whose ancestors passed down this sacred healing through the generations. Experience a deep sense of peace and harmony with laughter and joy by listening to the wisdom of the stories he shares. Not only is this an educational experience about Native American spirituality, but a powerful group healing circle facilitated by Rocky's incredible connection to spirit and the Creator of All Things. Referring to himself as the "Creator's Helper," he shares his incredible spirit with the world, spreading his message of Earth medicine and natural healing with those who are ready to see and hear. His gifts also include the ability to share messages from spirit, and he may share those messages with you during the circle.

### **Messages from the Universe with Laurie Wondra**

Room 110

Experiential. Open to All.

Tools & Practices to Develop and Connect with your Angels, Guides, Loved ones and Nature.

Can we get messages from the dead, animals, nature, angels and if so how do we use this information in our lives? Laurie believes that we are all spiritual beings with the ability to connect with other energy sources. Angels, guides, animals, nature and loved ones are another energy source and when we understand and develop practices to be open to their communication we understand the interactions.

Laurie Wondra, is the author of four books including *Beyond Healing*, *Psychic Medium*, *Energy Healer* and *Shaman*. She's a regular on WCCO and KFAI Radio. She has been profiled in *Minnesota Business Magazine* as "Walking Between Worlds – Corporate and Shaman" and has content in numerous other books. She's been communicating with the angels, guides, animals, nature and those who have passed since she was a small child. Her mission is to help others learn how to tap into these messages and use this information once it is available to us.

### **Laurie Wondra**

Gifted Shaman, psychic medium, since seven years old, Laurie Wondra has known of her abilities to channel Archangels, Ascended Masters, helpers of the Universe and people that have died. Today she uses her gifts to deliver messages that help bring direction, clarity and healing. She uses her gift in Corporate work, her business and her personal life. Lives change when you work with Laurie and experience her powerful connection to the divine energies of the Universe.

### **Establishing a Drawing Meditation Practice with Kathryn Hardage**

Room 111

Experiential. Women Only Please.

Participants will learn how to create a calming atmosphere for themselves by creating an inspirational graphic using repetitive lines and shapes.

### **Kathryn Hardage**

Kathryn Hardage has been sharing her inspiration for several years through her blog at [www.InspiredPractices.blogspot.com](http://www.InspiredPractices.blogspot.com). To create an atmosphere of calm and healing for herself, she began her "drawing meditations" which she now expresses through her fiber art. She continues her expression in many ways at [www.ShareInspirationandPeace.com](http://www.ShareInspirationandPeace.com). Contact her at [kackymuse@gmail.com](mailto:kackymuse@gmail.com).

### **Learn + Experience Guided Contemplation with Julie Stevens**

Room 114

Experiential. Open to All.

A variety of contemplative practices can act as thresholds to the Divine (recognizing that our understandings of the Divine are varied and incomplete). If we can learn to live more centered lives – lives that are more deeply open to and aware of God's loving presence – we can experience an abiding peace within ourselves that can then ripple outward to create a more compassionate world. We can see the Divine in ourselves and everyone around us.

In the "Learn + Experience Guided Contemplation" session, participants will learn more about contemplative practices – specifically "visio divina" or "sacred seeing" which uses a selection of relevant icons or images that each participant will choose from. There will be time for individual meditation in which participants are invited to journal, write, or pray/meditate as guided by the "reading" of their life as seen through their selected image. The session includes guided



time in community in small and large group conversation where insights and experiences are shared from the time of quiet contemplation and visio divina. Participants will leave with a sense of having traveled alone, together — centered not only through personal quiet time, but by the wisdom of the group journey.

### **Julie Stevens**

Julie Stevens is the Director of Contemplative Practices at Gloria Dei Lutheran Church in Rochester. After working in worship and music ministry for 25 years, she has discovered a passion for helping others explore their inner-selves and deepen their spirituality.

### **Sick and Spiritual: Making Faith Accessible with Sam Lofgren**

Riverview A

Storytelling, discussion. Open to All.

Spirituality and sickness are not mutually exclusive, and the emphasis on healing (rather than accepting) one's condition(s) can be disempowering to those who have chronic illness/disabilities. With an interfaith approach to personal stories and thought-provoking discussion, Sick and Spiritual examines individual experiences and offers a place to explore what it means to have faith and chronic health concerns.

### **Sam Lofgren**

Sam is an ordained interfaith minister and a lifelong eclectic practitioner in multiple traditions. Chronically ill since birth, she is deeply interested in the interplay between ability, acceptance, faith, and magic. Sam is the owner of Companion in Shadow, offering tarot and transition services: [www.companioninshadow.com](http://www.companioninshadow.com)

**12:30-1:30PM- LUNCH, VENDING AND  
MAKER'S SPACE (VISION COLLAGE)**

**1:30-3:00PM- SESSION 6**

### **Living Your Purpose with LuAnn Beulcher**

Ballroom 3

Experiential. Open to All.

This workshop is based on the bestselling book, *The Passion Test: The Effortless Path to Your Life's Purpose*, written by Janet Bray

Attwood and Chris Attwood. This simple yet powerful system is known as the #1 process being used all over the world to help people discover and live their passions. Statistics show that only 20% of working Americans are living their passions. The others are simply going through the motions, rather than living a life of joy and purpose. The Passion Test is a systematic process for helping people discover their passions and true calling in life.

### **LuAnn Beuchler**

LuAnn Buechler, has a Masters Degree in Hospitality Administration. She is an Author, Speaker and Transformational Trainer. LuAnn is certified by Janet & Chris Attwood, as a Certified Facilitator of the Passion Test and Passion Test for Business and has over 10 years of experience working with individuals and businesses with this methodology.

### **Tarot 365 with Nell Morningstar**

Riverview B

Experiential. Open to All.

Tarot has been used for centuries for divination and foretelling the future. But it is also a remarkable tool for self reflection and creativity. We will explore using tarot cards and images for personal uses in our daily lives through exercises and discussion. Bring a favorite tarot deck if you wish, or use one of mine for the workshop.

### **Nell Morningstar**

For Nell Morningstar, tarot has been a doorway into Mystery. She grabbed hold of a deck at 11 years old and has never stopped exploring. She has been a professional reader and teacher in the Twin Cities since 1979, and co-owner of Evenstar Bookstore for almost 30 years, Nell now teaches and reads out of her own space Beltane Studio in St. Paul.

### **Breathing in Mindfulness with Jai Lynn Kellum and Lamont McPheron**

Riverview C2

Experiential. Open to All.

Breathing into Mindfulness. Here we will explore the physiology of breath to understand its importance in being in control of our reactive mind. We will enjoy the experience of pranayama (yoga of breath) explore our intuitive imagination to feel the prana vayus (breath energy flows) and sit in meditation. Mindfulness is a vast array of skills that bring the mind into a non-judgmental perspective. We will cover many mindfulness skills from qi gong to chanting to watching the breath in silence. These skills can be adapted into daily



life to help us be present and deal with the past as it creeps in to haunt us. These skills can help us to better respond in a stressful moments and therefore empowers us to be more emotionally balanced and resilient.

### **Jai Lynn Kellum**

Jai Lynn is a passionate seeker of divine guidance. She is an experienced yoga teacher E-RYT, massage therapist LMT, WDRT radio host, and Kirtan musician. She has sincerely trained for the past 15 years. Jai Lynn is a charismatic speaker sharing her wisdoms gleaned.

### **Lamont McPheron**

Lamont is a licensed psychotherapist, long time tai chi instructor and mindfulness educator. He has dedicated the last 25 years of his life to training in the esoteric mindfulness arts. His mental health therapy work is highly effective to those who are open to putting effort towards mindfulness skills and understanding.

### **Feeling, Seeing, & Psychically Reading Auras with Paula Kramer**

Riverview D2

Experiential. Open to All.

The first step in developing psychic skills is to pay attention, and auras are an easy and fun way to begin paying attention. Auras are colorful electromagnetic energy fields that surround us as individuals and as groups. Paying attention to your aura can get you started on identifying your psychic skills and help you take advantage of everything the psychic realm has to offer. Individual experiences during the workshop will vary.

### **Paula Kramer**

Paula M. Kramer is a lifelong psychic and has written a book about developing psychic skills. This workshop is the fun highlight of her year.

### **Journey to the Sacred Well: Seaking our Magic with Shauna Aura Precourt**

Riverview E

Experiential. Open to All.

Remember when we stood together under the starry sky, when we lifted our hands from the sacred well to drink? Join us for an ecstatic, participatory ritual to seek the magic of the ancient waters. If you could call out for the magic...the inspiration...life force and hope...would you dare? What incantation will you sing to wish on the stars? Seeking this

magic means journeying down the roots of the world tree...gazing into the mirror of souls...seeking the mysteries of your very depths. What must you transform? And what is the dream in the center of your heart?

### **Shauna Aura Knight**

An artist, author, ritualist, presenter, and seeker, Shauna travels nationally offering intensive education in the transformative arts of ritual, community leadership, and personal growth. She is the author of *The Leader Within*, *Ritual Facilitation*, and *Dreamwork for the Initiate's Path*, co-editor of the *Pagan Leadership Anthology*, and her writing appears in several magazines and anthologies including *Pagan Consent Culture*. Shauna's mythic artwork and designs are used for magazine covers, book covers, and illustrations, as well as decorating many walls, shrines, and other spaces. <http://www.shaunaauraknight.com>

### **Communicating with Your Guardian Angels with Diane Anderson**

Room 109

Experiential. Open to All.

Guardian Angels are God's messengers. These divine helpers nurture, protect and guide us. They help to transform our thought patterns and inspire us to reach our full potential. By learning to connect with your angels, you can experience a greater sense of oneness with God and all things. When you learn the simple techniques of divine communication, you will experience joy, peace, confidence and a greater sense of purpose and connectedness.

You don't need extraordinary psychic or intuitive skills to have a dialog with your angels. This workshop will introduce simple techniques that will help you open your centers of awareness to make contact with your angels and receive inspirational messages, answers to your questions and solutions to life's problems. You will discover your angel's name and receive a written message from your guardian angel.

### **Diane Anderson**

Diane Anderson is a Reiki Master, Energy Medicine practitioner, Shamanic Healer, Holistic Health Coach and Spiritual Mentor. She teaches classes at Hermitage Farm Center for Healing in Rochester, MN where she also facilitates a Reiki Share Group and Drumming Circle. Diane uses spirit and love-based paradigms to help individuals awaken to the light of their true nature and to embrace higher levels of consciousness.

## **Way of the Priestess: An Introduction to Divining the Sacred with Morgan Taylor**

Room 110

**Experiential. Women Only Please.**

The High Priestess is an timeless feminine archetype of power and intuition. She is the intermediary between the physical and spiritual realms, and gracefully navigates and facilitates communication between these two worlds. She is the pathway to the Divine and the conduit for receiving and disseminating Divine wisdom.

This training is one part hands on training in the sacred mystical arts of feminine spirituality and intuitive healing and one part advanced women's healing circle.

This training is designed for the woman with little to no experience in this domain but is also suitable for someone who has some training or natural abilities and who wants to enhance their skills or learn how to do intuitive work more effortlessly. This training will show you how to harness the power and support of the spiritual realms to heal, coach, counsel, and change your life and the lives of others.

### **Morgan Taylor**

Morgan is the founder of Feminine Wisdom Academy and specialist in women's sexuality and feminine spirituality. She is a spiritual mentor, licensed sex therapist, writer and educator. Morgan is the creator of the Way of The Priestess Intuitive Coaching Certification course where she teaches women how to access their innate ability to connect with divine wisdom and healing. Morgan resides in Austin, TX and is a mother to two amazing teenage girls.

[www.femininewisdomacademy.com](http://www.femininewisdomacademy.com)

## **Falling into Fear or Levitating to Love with Candi Broeffle**

Room 111

**Discussion. Open to All.**

Are you living a life of fear or love? Fear presents as worry, regret, overwhelm, blaming, and guilt. When we stay in a state of fear, we are unable to lead the life we richly deserve. Living a life of love frees us to enjoy the life we are given now and to release the stories of our past that are holding us back. Understanding our own thoughts and emotions helps us to choose differently; to choose love.

Through powerful learning activities, guided meditation, and enlightening exercises, participants will gain the skills needed to make immediate positive change in their lives.

### **Candi Broeffle**

Candi Broeffle is a certified professional coach and owner of Composure Coaching specializing in Core Energy coaching. She is also the Publisher of Twin Cities edition of Natural Awakenings Magazine, a monthly publication that focuses on green, healthy, and sustainable life choices. Candi has conducted training and facilitation for 25 years for businesses and organizations throughout Minnesota, Wisconsin, and Michigan.

## **Raise the Vibration in your House for Health and Happiness with Jane Govoni**

Riverview E

**Storytelling. Open to All.**

If you would like to live at a higher spiritual frequency you can raise the energy by creating harmony with everything that surrounds you. Your house and yard are an extension of your body. Learn to create a place that renews you by learning techniques that make you feel protected, energized, happier and healthier.

The participant will learn:

1. Ways to clear your space and bring in positive energy
2. Raise the vibration with the placement of objects
3. Use smell like essential oils and sounds like drums and bells.
4. Ways to invite angels and understand the trees in your yard

### **Jane Govoni**

Jane has been a spiritual seeker since she was a teenager. From a parochial high school to being with a small group of Tibetan people as they hosted the Dalai Lama her passion has been to learn and understand spiritual belief. Her day job is helping people find their joy and health using stress management, hypnotherapy, mindfulness, coaching and yoga. Jane is a speaker and author. She is a wife, mother and grandmother. You can find her living in joy on a little lake in Wisconsin with Jim and Daisy the dog.

## **5 Keys to Spiritual Growth with Crary Brouhard and Hannah Mende**

Riverview A

**Discussion. Open to Anyone.**

Learn about these amazing keys to enhance your life, and discover... You ARE Soul! 1. Find the secret to living a joyful life. 2. Discover a way to enliven your daily life 3. Experience a 5-minute daily practice to jumpstart your spiritual life. 4. Practice five words that can keep you on track spiritually. 5. Learn a universal yardstick for gauging your spiritual growth.

## **Crary Brossard and Hannah Mende**

Crary Brouhard and Hannah Mende have been students of Eckankar since childhood which provided them with many tools to create personal spiritual experiences with the Light and Sound of God. They have facilitated international spiritual workshops and enjoy serving life every day. They love meeting new people and hearing about their spiritual experiences.

## **3:15-3:45PM- CLOSING CELEBRATION**

Brazilian Healer Jurema Silva will be leading the closing ceremony on Sunday. It will be an uplifting occasion when participants and organizers alike will celebrate together the experience of transformation and healing, rejoicing gratitude for all the blessings surrounding us.

## **4PM- VENDING AND CONFERENCE CLOSE;**

Maker's Space (Transcendence Selfie Station open all day)

## **EXHIBITORS**

**Akarim African**

**Anna's Closet**

**Ancient Wisdom Mystic Arts**

**ArtAnt1**

**Artria**

**Assisi Heights Spirituality Center**

**Aura Photos by Annette**

**Awakened Living**

**Awakening to One Love**

**Beauty Counter**

**Between the Worlds, LLC**

**Blue Lip Sisters**

**Brenda and Jason Mason**

**Bridge Officiant Services**

**California Institute of Integral Studies**

**Castle Arts**

**Cheryl Carrigan, LLC**

**C.M. Art Productions, LLC**

**Composure Coaching**

**Creator's Helper/Earth Medicine**

**CroneStones**

**Curious Elements**

**Destiny**

**Destiny Rescue USA**

**Earth Wisdom**

**Earthway Gifts**

**ECKANKAR in MN**

**Energy Magic**

**Enlightened Energetics**

**Eye of Horus, Inc.**

**Generational Women's Health**

**Gloria Dei Lutheran Church**

**Harmonize Your World**

**Healing Wings Design**

**Henna by Jenna**

**IMAA**

**Kate Bauman Ceramics**

**Jurema Silva Well Being Services, LLC**

**Let's Get Stones**

**Life in Balance, LLC**

**Many Hats of Me**

**Mary Duntemann**

**Mel's Little Creatures**

**Mezame Designs**

**Midwest Women's Herbal Conference**

**MN Satsang Society**

**Muse Zings**

**My Heart Smiles**

**Namaste Therapy**

**Natures Creations**

**Nature's Syrup Skin & Hair Products**

**Marie Neher and Donna Magtibay**

**A New Beginning**

**Pathways to Peace**

**PMC Events and Coaching**

**Purple Apple Arts**



**Roots to Stars**  
**Rune Oracle Readings**  
**SE MN American Holistic Nurses Association**  
**Seek Within You, LLC**  
**Share Inspiration and Peace**  
**Soul Star Bliss**  
**The Successful Nurse**  
**Sue Nielson**  
**Sue Peterson**  
**Sutra Global Imports**  
**Upper Midwest Hanmi Buddhist Association**  
**Women's Shelter and Support Center**  
**Venerable Women**  
**Venus Rising**  
**The Wellspring Massage, Bodywork & Energy Healing**  
**Young Living Essential Oils**  
**Zero Point Hypnosis**

cannot allow lighting of candles or sage or use of incense on conference grounds. We try to make the conference accessible to all who wish to participate; therefore, we ask that you refrain from the use of perfumes, colognes and other scents at the conference.

## A FEW IMPORTANT NOTES

### **No Proselytizing**

We are delighted to bring together so many different religious traditions and spiritual perspectives at the conference. Please feel free to share information about your experience with those who are interested, but we have a strict no proselytizing (trying to convert someone to your belief or perspective) rule.

### **Chemical Free**

The Women and Spirituality Conference is a chemical free event with no smoking allowed at the Mayo Civic Center. Please utilize the smoking areas outside the facility.

### **Loss or Damage**

We are not responsible for lost or damaged property. There will be a lost and found box at the registration/hospitality table.

### **Supplies**

Participants should plan to bring pens, paper, art pads, drums, tarot cards and other materials that might be used in workshops.

### **Use of Scents**

Because of restrictions and codes enforced by the facility and out of concern for those who are scent-sensitive, we

# PLANNING COMMITTEE

Terri Allred, Producer

Melissa Egger, Exhibitor Coordinator

Virginia Cooper, Volunteer and Scholarship Coordinator; 2019 Producer

Teaki Garcia, Maker's Space Creator and Coordinator

Jennifer O'Connor, Workshop Proctor Coordinator

Tina Petraski, Wellness Room Coordinator

Patricia Barrier, Hospitality Coordinator

Mary Laven

Jennifer O'Connor

Jorrie Johnson

Diane Anderson

Cody Cooper

Kristen Hanson

Molly Dennis

LuAnn Buechler

Diane Hawkins

Melissa Divine

## Announcing the 38th Annual **WOMEN AND SPIRITUALITY** **CONFERENCE**

### SAVE THE DATE

September 21-22, 2019

Keynote- Reverend Judith Laxer, modern day mystic, founding Priestess of Gaiia's Temple, an inclusive Earth-based ministry in Seattle, author and healer who has dedicated her life and work to the mysteries of the Divine Feminine.

## FIRST FLOOR

### EXHIBIT HALL:

148 Exhibit Booths, 2,000 Theater, 1,100 Classroom, 1,440 Banquet (Rounds of 8), 1,800 Banquet (Rounds of 10)

### NORTH LOBBY:

20 Exhibit Booths, 200 Banquet (Rounds of 8), 250 Banquet (Rounds of 10)

### TAYLOR ARENA:

120 Exhibit Booths, 5,200 Theater, 1,400 Classroom, 1,200 Banquet (Rounds of 8), 1,500 Banquet (Rounds of 10)

### AUDITORIUM:

82 Exhibit Booths, 3,000 Theater, 600 Classroom, 520 Banquet (Rounds of 8), 650 Banquet (Rounds of 10)

### MEETING ROOMS:

4 to 42 Exhibit Booths, 24 to 488 Classroom, 55 to 1,000 Theater, 24 to 512 Banquet (Rounds of 8), 30 to 640 Banquet (Rounds of 10)

### GRAND LOBBY WEST:

30 Exhibit Booths, 208 Banquet (Rounds of 8), 260 Banquet (Rounds of 10)

### GRAND LOBBY SOUTH:

34 Exhibit Booths, 240 Banquet (Rounds of 8), 300 Banquet (Rounds of 10)

## SECOND FLOOR (ABOVE MEETING ROOMS—OPENING 2017)

### GRAND BALLROOM:

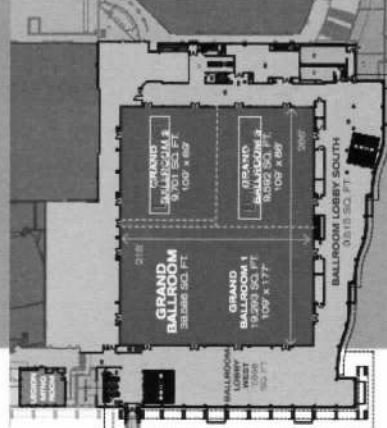
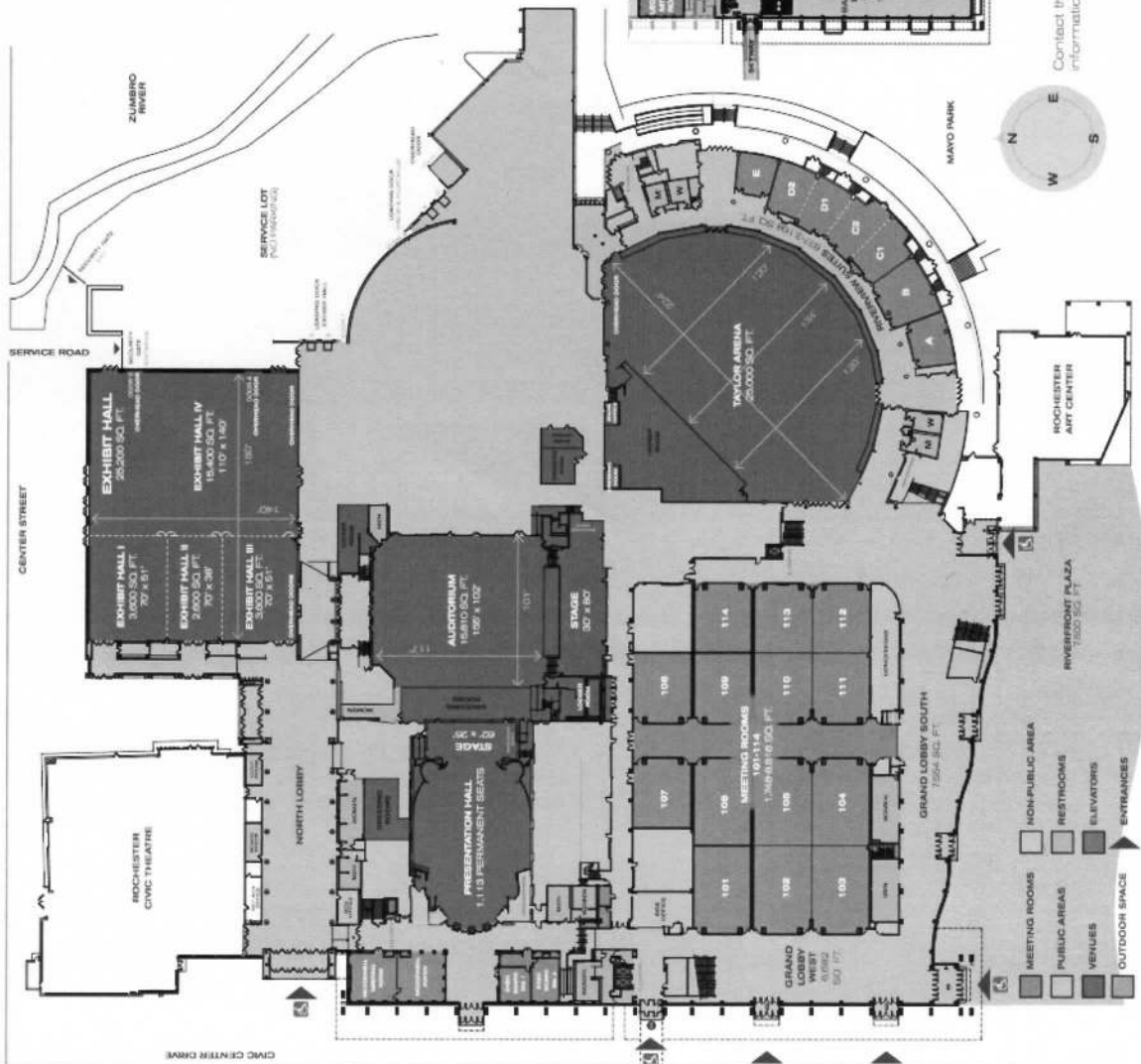
226 Exhibit Booths,  
4,312 Theater, 2,053 Classroom,  
1,664 Banquet (Rounds of 8),  
2,080 Banquet (Rounds of 10)

### BALLROOM LOBBY WEST:

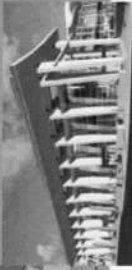
34 Exhibit Booths,  
240 Banquet (Rounds of 8),  
300 Banquet (Rounds of 10)

### BALLROOM LOBBY SOUTH:

42 Exhibit Booths,  
304 Banquet (Rounds of 8),  
380 Banquet (Rounds of 10)



Contact the Mayo Civic Center for event services and information at 800-422-2199 or [info@mayociviccenter.com](http://info@mayociviccenter.com)



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Skyway Entrance

- 1 Zero Pointe Hypnosis
- 2 Beauty Counter
- 3 Rune Oracle
- 4 Healing Wings Designs
- 5 Successful Nurse
- 6 Seek Within You
- 7 Ceramics
- 8 Past Lives
- 9 Wellspring
- 10 Tarot by Katrina
- 11 Life IN Balance
- 12 Roots to Stars
- 13 Bridge Officiant Services
- 14 Muse Zings
- 15 Buddhist Healing
- 16 Venerable Woman
- 17 Blue Lip Sisters
- 18 Nalu Float
- 19 Fine Art
- 20 Sophia Gold
- 21 Glass Beads
- 22 PMC Events
- 23 Mel's Little Creatures
- 24 Creators Helper
- 25 Pathway to Peace
- 26 Curious Elements
- 27 Awakening to One Love
- 28 Henna by Jenna
- 29 Ancient Wisdom Healing Arts
- 30 Rays of Enlightenment
- 31 My Heart Smiles
- 32 Anna's Closet
- 33 Artia Jewelry
- 34 Akarim African Art
- 35 Soul Star Bliss
- 36 Soul Star Bliss
- 37 Charm Catchers
- 38 Cronestones
- 39 Higher Self Source
- 40 Namaste! Therapy
- 41 Aura Photos by Annette
- 42 Destiny Church
- 43 Quantum Balance Crystals
- 44 Destiny Rescue
- 45 Earthway Gifts
- 46 Weavings
- 47 Harmonize Your World
- 48 Natures Creations
- 49 Purple Apple Arts
- 50 Young Living Oils
- 51 SUTRA Imports
- 52 Energy Magic
- 53 Between the Worlds Tarot
- 54 Eye of Hours
- 55 Reiki
- 56 Angel Messages
- 57 Angel Messages
- 58 Henna
- 59 Venus Rising
- 60 Many Hats of Me
- 61 A New Beginning
- 62 Lets Get Stones
- 63 Share Inspiration and Peace
- 64 Earth Wisdom
- 65 Midwest Herbal Conference
- 66 SE MN America Holistic Nurses
- 67 Networking
- 68 Networking
- 69 Goodness Gallery
- 70 IMAA
- 71 Recovery Community Organization
- 72 Assisi Heights
- 73 Womens Shelter
- 74 Generational Women's Health
- 75 MN Satsang Society
- 76 Gloria Dei Lutheran Church

67 68 69 70 71

POWER UNAVAILABLE

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BALLROOM 2

REGISTRATION



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