



WOMEN & SPIRITUALITY

CONFERENCE 2019

deepening our connections, embracing our wholeness & awakening our wisdom

Keynote Address

Inanna's Journey: Letting Ourselves Off the Hook

This forty minute keynote speech weaves together the wisdom of this ancient myth with personal stories and reflection of our shared experience in our current era. Themes of individual and collective power are explored for transformation on a personal and cultural level. Learning about the relationship we have with ourselves and our sisters on the path through the lens of this ancient tale is potent food for thought and great nourishment for our souls.

Rev. Judith Laxer is a modern-day mystic who believes that humor, beauty and the wonders of nature make life worth living. The founding Priestess of Gaia's Temple, an inclusive, earth-based ministry in Seattle, Washington with close to two decades of service in her community, Judith also enjoys a successful private practice as a psychic, spiritual counselor, hypnotherapist, shamanic practitioner and teacher of women's mysteries. Keynote speaker and author of *Along the Wheel of Time: Sacred Stories for Nature Lovers* [Ravenswood Publishing], Judith has presented classes and workshops on the re-emergence of the Divine Feminine since 1993 at conferences nationally. She dedicates her work to restoring the balance between feminine and masculine energy in our culture.

Learn more at www.judithlaxer.com and www.gaiastemple.org



Rev. Judith Laxer

September 20, 21 & 22, 2019

Mayo Civic Center | 30 Civic Center Drive SE Street | Rochester, MN 55904

womenandspirituality.org

Welcome

The Women & Spirituality Conference was founded in 1981 through a collaboration between the Mankato State University Departments of Religious Studies & Women's Studies and the United Christian Campus Center.

Our purpose is to provide a supportive and nurturing setting for a dialogue of caring and mutual respect between and among people from many spiritual and religious traditions. The conference does not advocate or exclude any view and continues to foster an understanding and celebration of similarities and differences. May we continue to aid one another on our individual and communal spiritual journeys.

SCHEDULE

FRIDAY	September 20, 2019
5:30 pm – 8:30 pm	Great Hall opens to the public. Start your weekend out with a little shopping, a reading or healing time to release your worldly cares and prepare for a weekend of transformation, Early Registration opens.
5:30 pm	Blessing of the Conference Space & Altar, Sister Seekers
6:30 – 7:30 pm	Antares Tribal Dance Troupe, Main Stage
7:30 – 8:30 pm	Jane Foote, Original Music, Main Stage
SATURDAY	September 21, 2019
8:00 am	<ul style="list-style-type: none"> • Great Hall Opens, Conference Check in & Registration • Lilac Wellness Retreat Room opens for walk in or scheduling appointments, Room 114 Maker's Space Theme: Intuition: Awake Dreams & Guides, featuring Creative Play Photo Booth: "Birds of a Feather"
8:30 – 9:30 am	Floral & Fauna: Goddess Hair Accessories, Maker's Space
9:30 am	Opening Celebration & Announcements, Shauna Aura Knight, Celebrant
10:00 am	Keynote Speech, 'Inanna's Journey, Letting Ourselves off the Hook' with Reverend Judith Laxer, Gaia's Temple
11:00 am – 12:00 pm	Lunch (<i>catered lunch in the Great Hall, or enjoy concessions downstairs</i>)
11:45 – 12:15 pm	Maker's Space: Calling Animal Guides: Setting Intentions and Boundaries for Your Personal Journey, Maker's Space, Riverview Room C
12:30 – 2:00 pm	Workshop Session 1 (<i>all rooms are downstairs</i>)
2:00 – 3:00 pm	Temple Harmonics, performance, vendor browsing or visit Lilac Wellness
2:15 – 3:00 pm	Painting with Fabric & Beads: A Micro Mixed Media Collage, Maker's Space
3:00 – 4:30	Workshop Session 2 (<i>all rooms are downstairs</i>)
4:30 – 5:30 pm	Antares Tribal Dance Troupe, Main Stage
4:45 – 5:15 pm	Community Connections with Molly Dennis, Maker's Space
5:30 pm	Great Hall Closes for the Evening

SCHEDULE

SUNDAY	September 22, 2019
8:30 am	<ul style="list-style-type: none"> • Great Hall Open, Conference Check in for Same Day Registration • Lilac Wellness Retreat Room opens for walk in or scheduling appointments, Room 114 Maker's Space Theme: Action: Radical Creation of Your Evolution, featuring Creative Play Photo Booth: "Warrior of Love"
8:45 – 9:15 am	Tai Chi with Stephanie Siddiqui "Restorative and Gentle Movement to Welcome the Beautiful Day", Riverview Room C, downstairs
9:30 – 11:00 am	Workshop Session 3 (all rooms are downstairs)
11:30 – 12:30 pm	<ul style="list-style-type: none"> • Lunch (catered lunch in the Great Hall, or enjoy concessions downstairs) • Announcements
12:30 – 1:30 pm	Vision Boards: Visual Maps for Manifesting Your Journey, Maker's Space
12:30 – 1:30 pm	Jane Foote, Original Music, Main Stage
1:30 – 3:00 pm	Workshop Session 4 (all rooms are downstairs)
3:00 – 3:15 pm	Activism and Action in Artistic Expression: 2020 WSC Activism and ART
3:30 pm	Closing Celebration led by Reverend Judith Laxer, Celebrant (& Thank You's)

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WELLNESS RETREAT ROOM HOURS

Fri 5:30 to 8:00 | Sat 10:30 to 5:00 | Sunday 9:30 to 5:00

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**Many Thanks
to our 2019
Planning
Committee**

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- **Virginia Cooper** Conference Coordinator
- **Jonya Pacey** Webmaster, 2Lane Online, Exhibitor Coordinator
- **Jennifer O'Connor** Volunteer Coordinator
- **Teaki Garcia** The Maker's Space
- **Tina M. Ridler** Lilac Wellness Center
- **Dawn Morningstar** Venerable Women
- **Candi Broeffle** Natural Awakenings Magazine
- **Shauna Aura Knight** Ceremonial Leader
- **Diane Anderson, Marie Neher, Donna Magtibay** Sister Seekers
- **Leah Skurdal** Young Goddesses Program Coordinator
- **Teisha Magee, Cindy Severson, Maria Doran-Threat, Stephanie Macrafcic, Ana Wilson, Cindy Macrafcic** Workshop Selection Committee
- **Mary Cooper** Designer
- **Terri Allred & Melissa Egler** for getting us here.

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Workshop Session 1: Saturday 12:30 – 2:00 PM

Access Consciousness Bars with The Wellspring Massage

Room 108 | **YG** | Booth 48

Access Consciousness Bars®, an introduction to dynamic body process of gently touching 32 points on the head to add ease and joy to their lives, relaxation and stress relief. You will learn and share four to five points and have an opportunity to ask questions. You will learn some basic tools that can shift things in your life, expand your life, or help you “get your happy on.”

Victoria Oestmann MA, LMT, CBF, owner of The Wellspring Massage, Bodywork, and Energy Healing in Decorah, Iowa, provides integrated massage, craniosacral therapy, and Access Bars®, Energetic Facelift, and Access Body Processes.



From Victim to Guru: Self-Realization through Archetypes and their Goddesses Counterparts (Part I)

Room 111 | Booth 14

Broaden one's self-realization with the archetypes and their goddesses through the lens of the chakra system. At the end of the course, participants will be able to identify their archetype, have the tools to invoke the goddess within, and the knowledge to make personal choices in their life which can lead them into self-realization, empowerment and growth.

Claire Marie Kohout, BS Speech Communication, U of WI, professional speaker for Edge Life, BodyLab USA, Heart and Soul Wellness Events, North Central Healing Touch Community Gathering.

Jennifer Hummel, Certified Nutritional Therapy Practitioner, owner of The Sprouted Path, LLC, trained in Morphogenic Field Technique and a Certified Food and Spirit Practitioner.

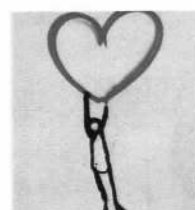


Gender Beyond the Binary

Room 112

Forrest Mainville encourages and helps others to show up authentically, open to new possibilities, and go deeper into their stories. They are writing their memoir about embracing a new gender identity in their 60's.

Forrest Mainville, former presenter, astrologer, teacher, spiritual director with an extensive background in social services, currently writing a memoir about embracing a new gender identity in their 60s. Pronouns used are: they/them/their.



Finding Guidance for a Woman's Life Journey through Past Lives, Dreams, and Soul Travel

Riverview A | Booth 41

This workshop offers a chance to share lessons from all phases of our life's journey, our lessons and challenges. We will learn spiritual techniques to help us tap into the inner guidance that is available to each of us. We will share techniques for exploring past lives, getting guidance from dreams, and getting a higher viewpoint using Soul Travel. ECKANKAR, The Path of Spiritual Freedom, welcomes all faiths.

Jennifer Exsted, Corporate Vice President, award winning team leader and volunteer Coordinator for 200+ events per year exploring various spiritual topics. She enjoys using inner guidance to find answers to all of life's situations.

Sharon Burton, is a retired radiologist and a member of the Eckankar clergy. She is grateful to be a hospice and grief support volunteer and facilitator for spiritual discussion groups.



Gratitude Ritual for Women and Girls

Riverview C | **YG**

Introductions & Welcome, we will sing in the Sacred Directions, center Honoring the Stages of Life: Maiden, Mother, Crone. We will explore gratitude through journaling and offer mini personal energy readings—if participants so choose while others are journaling, and if the Goddess so desires. We will raise energy through music, play with percussion instruments/toys and close with a song of gratitude song.

Treewommon is a priestess who celebrates the Goddess as the Divine Feminine and a former presenter and ceremonialist at the Mankato and Rochester Women and Spirituality Conferences over the years.

Shooting Star has been attending the Women and Spirituality Conference in Mankato and Rochester every year of her life assisting with ceremonies and workshops. She is a high school student, saxophone player and an amazing young woman.



Loving Yourself and Healing Your Spirit

Riverview D | YG

Loving yourself is not selfish. It is a bold affirmation of the value of your life. It is important to remind yourself that you deserve such love – for better health, a more positive outlook on life, and the ability to contribute to the universe the rich resources within you waiting for Soul escape. This workshop will be divided into three parts and will include storytelling, personal reflection for participants, and group sharing.

Julie Lynn is a world-renowned psychic, spiritual empowerment mentor, speaker, author, Reiki master practitioner, and holistic health coach, helping guide her clients towards self-love, self-worth, and self-confidence.



Understanding the Universe Using Mayan Spirituality

Room 110

This lecture will explore the origin of the Maya and the creation of ancient beliefs, including Native American ancient views about life and ways of being as interactions with environment. Gina will explain the 20 basic forces of the universe, their powers and flaws, and identify everyone in the audience's forces on the river of life and their present and at birth and their implications. Resources to continue learning will be provided.

Gina K. Miranda, author and Ajkin (Keeper of Days) was trained by Ochee at age 11. She studied Mayan Archeology at Hamline University and was adviser to the greatest Mayan exhibit in US history at the Minnesota Science Museum in 2013.



Hypnosis and Spirituality: Expanding Your Pathways

Room 113

If you are ready to delve deeper into your own personal spiritual journey, ready to clear some of the things that have been blocking you and take those first steps, then now is the time. Learn about how the hypnotic trance state can also be a place of prayer and healing, enhancing our connection with the Divine as we invite the Ascended Masters, Guides and Angels into every hypnosis session.

Cathy Weber-Zunker, Inspirational speaker and Hypnotherapist, trained at the Academy for Professional Hypnosis in AZ under Mary Elizabeth Raines. She trusts the Ascended Masters, Guides, Angels and All That Is are present in all explorations of consciousness.



Divine Masculine & Feminine Energy Balance

Room 109

This workshop will guide participants inward to receive a blueprint of characteristics of their own Divine Masculine and Divine Feminine energy they have within and explain how the % of each that a person carries will determine how life unfolds. We will talk about the benefits of each energy, the power of balancing both. We will explore what happens when the energy is unbalanced and how to get back on the path of balance.

Gina Soleil is an Executive Coach, Speaker, Author and Founder of Wonder Woman CEO. She works with women in business who are driven to live their purpose and impact the world in positive ways.

Amanda Rangel co-founded IntraAwareness, a Holistic Lifestyle Training System™. As a Hypnotherapist and Master Practitioner of OnenessNLP™ she specializes in Empath Development, Spiritual Guidance, & Awakening, Elevating & Mastering Personal Power Within.



Touching Worlds with Tai Chi

Riverview B | YG

Touch worlds with slow graceful movements that create inner and outer physical, mental and emotional balance, strength and energy. In the workshop, we will have a discussion, share inspiring words and affirmations, practice healing qigong movements and Tai Chi movements from Tai Chi for Health program which is endorsed by many health organizations.

Stephanie Siddiqui has a Master of Science in Applied Psychology from St. Cloud State University in 1997 with a special interest in diversity and spirituality. She has been teaching Tai Chi since 2016.



Tune-in, Turn-on, Tune-up: Women, Empowerment & Spirituality

Riverview E | YG (16 & older)

Explore the multi-faceted dimensions of being a Woman! This experiential workshop is designed to allow women to have greater insight into who you are as a woman, how your idea of who you are has been formulated, and develop an empowered enlightenment to gain your highest potential as a woman. Areas of spiritual enhancement are explored including meditation.

Vicki L. Bush is a Clinical Social Worker, Counselor and Intuitive Empath with Spiritual Prophetic Gifts of Clairvoyance and Clairsentience for over 35 years. Her workshop was presented at 'Healing Beyond Borders International Conference' in September of 2018.



Workshop Session 2: Saturday 3:00 – 4:30 PM

Moving Meditation for All

Riverview B | YG

Anyone can meditate! This class is for people of all physical abilities and sizes to learn ways to meditate through movement—not all Zen moments need silence! Using Qigong, neurolymphatic massage points and a variety of stretching movements (with modifications if needed), you will learn how to center and ground yourself, feel connected to your body, align your own chakras and connect with deity through the art of movement and music.

Tina Cotterman, High Priestess of the Coven of the Standing Stones. Her 10 year love for movement and dance is currently focused in theatrical belly dance. She teaches classes locally at Magus Books in Minneapolis for the Standing Stones.



Sacred Sisterhood Awakening: Embracing a New Self-Love Paradigm Together

Room 112 | Booth 1

In order to transform our world, we need to transform our own lives first. “Sacred Sisterhood Awakening” examines all we have been told about putting our needs and dreams behind the needs of others—and reveals the truth about the beauty and joy of living empowered, whole, and supported. You will experience immediate results with four proven techniques to reclaim wholeness and find spiritual deepening, confidence, and joy.

Dawn Morningstar, is an advocate for women, a survivor, master coach, spiritual guide, podcast host and award-winning author of *Venerable Women: Transform Ourselves, Transform the World*. *Venerable Women* emboldens women to change the world by bringing their wisdom to life.



Courage to ACT

Riverview C | YG

Discover how your unique purpose, strengths, and future visions can give you the confidence to enjoy the bumpy ride along the path to change. Utilize the ACT (Acknowledge Change Today) method to step forward and embrace areas of change. We will learn breathing techniques, yoga postures, mantras and visualizations to keep you calm and grounded on the journey to self-discovery and long lasting change.

Cheryl Killilea, is a fitness fanatic, mud runner, body builder, and dedicated yogi who works with women to help them ACT (Acknowledge Change Today) and transform their lives to live their fullest potential.



From Victim to Guru: Self-Realization through Archetypes and their Goddess Counterpart (Part II)

Room 111 | Booth 14

Broaden one’s self-realization with the archetypes and their goddesses through the lens of the chakra system. At the end of the course, participants will be able to identify their archetype, have the tools to invoke the goddess within, and the knowledge to make personal choices in their life which can lead them into self-realization, empowerment and growth. This is part two of a two part workshop, please plan to attend part one.

Please see Claire & Jennifer’s bios on page 4

Renewing Your Spirit

Room 113 | YG

The purpose of this workshop is to help people reconnect with their spirit and its many wonderful qualities including joy, wisdom, inspiration, love, beauty and power. When we are overwhelmed with challenges, we can lose touch with our spirit. We will learn enjoyable, creative activities to inspire and stimulate daily connection to our spirit for inner reflection, new insights, creative action and positive new directions.

Carole Cravath Reiki Master, teaches Soma Pi Healing and the Perceptive Awareness technique, drawing on her 30 years of experience in the fields of teaching, counseling, cultural diversity, social work, intuitive development and deep healing of body, mind and spirit.



Chronic Bipolar Disorder, My Story of Struggle & Healing

Riverview E | YG

After I turned 35, I started suffering some strange symptoms, I tried Ayurvedic therapeutic massage, homeopathy, Love Yourself workshops, Ayurveda and Astrology. After 10 years of no relief, my symptoms were diagnosed as rapidly cycling Bipolar. After many losses I decided to learn to live with my symptoms. Fortunately, I found meditation, and this completely transformed me. I would love to share my experiences with you all.

Bhavana Shivu, was trained as a scientist, has 20 published papers in peer-reviewed journals with over 2500 citations. A mother and entrepreneur, she has embraced her meditation practice as it has brought freedom from her illness.



The Queen of Heaven

Riverview A

To begin, I will talk about Mother Mary and my seeking journey, sharing the details of my fear of the dark and how I met the Queen of Heaven. I am a Christo-Pagan & Crone of the Dark Moon Coven in Sacred Heart but also believe in Jesus Christ and the miracles of the Holy Spirit. A deep meditation into the dark mysteries of the Queen of Heaven, we will meet our Guardian Angel and receiving a message, discussing results together.

Rev. Shelli Haft is a psychic, Akashic Record reader, hands on healer and spiritual adviser. As an Interfaith Reverend, her seeking mission led her to find the Queen of Heaven. She is author of, 'On My Mary Way.'



Symptoms as Messengers – Hearing the Call of the Divine Feminine

Room 110

Healing synthesis is a method to evaluate how our symptoms offer clues to the hidden treasures that maximize human experience. This technique uses hands-on evaluation techniques that provide healers a pathway to help clients identify and overcome problems and patterns that create illness, leading to transformation and self-realization. We will discuss universal laws and archetypal patterns that influence health and well-being.

Dr. Valorie Prah is a Doctor of Chiropractic and Certified Clinical Nutritionist with a specialty in functional health and whole-body healing. As an Integrative Health Provider, she offers drug-free, nutritional recommendations, mind/body tools, and health coaching.



Align With the Rhythm of the Universe: How to Sync with the Cycles and Seasons & Optimize Your Life Path

Room 109

Life on planet Earth is constantly changing. Yet, the one thing we've come to count on is the cycle of the seasons. They are enduring and consistent—we know that winter will come, and the sun will rise again. Each season brings its own special energy, designed to support evolutionary growth. By consciously aligning with the seasons, we can optimize our life and our spiritual unfolding.

Kailean Welsh is a Holistic Psychotherapist and Wisdom Guide using a blend of psychotherapy, quantum physics, ancient wisdom, and life experience. She brings an innovative approach to wellbeing that returns us to the roots of wholeness—care of the soul.



Ho'oponopono

Room 108 | YG

Have you ever been attacked on Social Media by someone that will never have to see you face to face? You or your children bullied in school or work? A very troubling Childhood that has followed you for all these years? Well you are not alone. Ho'oponopono – Learn how your body stores anger, guilt and judgement. The side effects that come from Forgetting but not Forgiving. And how you can move on with your life so you can drop this heavy weight you've been carrying all this time with Healing and Forgiveness.

Michelle Lehn has been a Certified Massage Therapist/Energy Worker for the past 16 yrs. with teaching and practicing Ho'oponopono for the past 10 years.



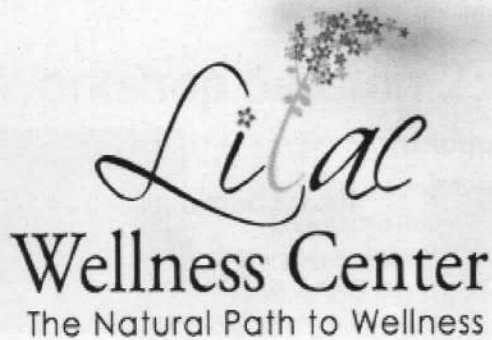
Introduction to Universal Kabbalah & the Tree of Life

Riverview D | Booth 42

The Tree of Life is a pattern with many layers of deep meaning to explore and unfold. Often referred to as "The Roadmap for Life," it gives us the blueprint for manifestation and a path to ascend to higher states of consciousness and unite with our divinity for a more empowered and joyful life. The Tree is not just a concept; it is alive within each of us. It is within our DNA, a pattern of creation within us. In the Universal Kabbalah tradition maintained through the Modern Mystery School, we have the opportunity to experience an ascension process to activate this pattern within us on a deeper level, and begin to work with the dynamic Tree of Life within our being, showing us where we are in balance, and where we must shift to achieve our desired outcome. Through working with the Tree, we begin a close examination of who we are at our very core.

Deb Regan, CHHC, is a certified healer, teacher and Kabbalist with the Modern Mystery School. She began her journey to find purpose in life after she quit the practice of law. Her path led her to the Modern Mystery School and the study of metaphysics. The Mystery School opened the door for healing, empowerment and transformation in herself and in others.





Lilac
Wellness Center
The Natural Path to Wellness

Wellness Retreat Room

Downstairs Room 114

Brought to you by

LILAC WELLNESS CENTER

We invite you to take a break from the energy and excitement of the conference by visiting the Lilac Wellness Retreat Room. Have a hot cup of tea, relax in the sitting area or book a service. The Retreat Room is open to ALL conference participants. The following Wellness Services are by Appt Only, so stop by and make your appointment early! Talk with your Therapist about any pain, injuries, or concerns you have and they will help you choose the best services for you.

15 Min Chair Or Table Massage	\$15.00
15 Min Aromatherapy Scalp Massage	\$15.00
15 Min Spa Facial Massage	\$15.00
30 Min Body Work W/Reflexology	\$30.00
30 Min Cranio/Sacral Therapy	\$30.00
30 Min Reiki Session	\$30.00
30 Min Infrared Cocoon Session	\$30.00
30 Min Cold Stone Treatment	\$30.00

*A face, scalp, neck, feet and calves massage.
The ultimate conference relief*

CONFERENCE SPECIALS

**Our 30 Min Exclusive CBD Infused
Spa Hand Or Foot Treatment**
\$40.00

Pop Up Salt Cave Tent
\$10 for 10-Minute Express Salt Session
\$20 for 20-Minute Salt Session

WELLNESS RETREAT ROOM HOURS

Fri 5:30 to 8:00 | Sat 10:30 to 5:00 | Sunday 9:30 to 5:00

MEET OUR THERAPISTS

During the Conference, see our therapists by appointment in the Wellness Retreat Room.

Emily Thompson



Emily is a Registered Nurse, BSN and Reiki Level II Practitioner. After years of living with anxiety and other health problems, she believed there was more to healing than western medicine. That is where the journey opened as an energy practitioner and she became committed to helping others along their healing journey. She offers Reiki healing, distant Reiki, intuitive crystal healing & wellness coaching. Additionally, she offers group Reiki relaxation parties that include meditation instruction.

Jennifer Kiehne



Jennifer has experience and a passion for helping others be the best version of themselves. Whether it's through education, communication, or the healing practice of Reiki at her business - Abundance Wellness and Coaching, Jennifer helps shine a light on healing and wholeness. Jennifer teaches psychology at Rochester Community and Technical College and was a mental health therapist for ten years prior. She combines those experiences to meet people where they are, with what they need, to thrive.

Lynn Fricker



Lynn is a lead therapist at Lilac Wellness Center - Rochester MN and has been practicing Massage Therapy since 2011. She is certified in Pregnancy and Geriatric Massage. She uses an integrated therapy approach of Swedish, Esalen, and Deep Tissue techniques to effectively relieve stress, pain, and muscle tension. Lynn is also a Cosmetologist who loves to work with quality skin care and facial treatments. Lynn is one of our areas few Craniosacral Therapists and also loves to provide Spa Therapy and Body Treatments.

Michele Maus



Michele, a lead therapist at Lilac Wellness Center - Rochester MN, has specialized training in classic Sports Massage and has been in practice since 1997. She also masters Deep Tissue Therapy, Hot Stone, Aromatherapy, and Prenatal Massage. Michele has experience in being a traveling massage therapist, providing massage therapy to home clients in the area as well as providing comfort massage to hospice patients. Michele says, "Providing relaxation, pain relief, and a peaceful, calm space is my goal for each massage client that I see."



More at the Conference:

Sacred House of Young Goddesses

(to be renamed by the young goddesses)

Join other young women (14-21 years) to relax in the beautiful Sacred House of Young Goddesses. Learn energy management skills. Attend sessions together. Get to know other amazing young women.

SATURDAY

8:30-9:30 am Young Goddesses Opening Ceremony: Meet other young women, bless the sacred space, choose a group name, make goddess hair accessories, decorate the goddess house sign.

9:30 - 11:00 am Large Group Opening Ritual and Keynote

11:00 am - 12:00 pm Lunch together and Boost Your Good Vibes – learn useful skills to bring back to school. Learn how to raise your vibration when you feel down and how to clear negative energy from your bubble when you are around negative people.

12:00 - 12:30 pm Young Goddess Gathering or Calling Spirit Guides

12:30 - 2:00 pm Session 1: Gratitude Ritual for Women & Girls

2:15 - 3:00 pm Creative Movement/ Dancing with Scarves or Painting with Fabric & Beads

3:00 - 4:30 pm Session 2: Attend Sessions marked with **YG**

4:30 - 4:45 pm Closing Circle for Young Goddesses

4:45 - 5:15 pm Community Connections

SUNDAY

8:45 - 9:15 am Tai Chi, Riverview C

9:30 - 11:00 am Session 3: Attend Sessions marked with **YG**

11:00 - 11:30 am Young Goddess Gathering: What's Your Superpower? Learn ways to develop your natural superpower.

11:30 am - 12:30 pm Lunch + Young Goddess Gathering

12:30 - 1:30 pm Vision Boards

1:30 - 3:00 pm Session 4: Attend Sessions marked with **YG**

3:00 - 3:15 pm Activism and Action

3:30 pm Closing /Closing Circle with Young Goddesses

Tina Ridler



Tina is a Wellness Practitioner, a Massage Therapist, a Cosmetologist, an active participant in the national Spapreneur movement, a botanical medicine advocate, and owner of Lilac Wellness Center. She

loves working in her field of Wellness Therapy. She is passionate about her client's well being and brings fresh ideas and continuous education to her craft. Her educational background is in Medical Technology, Cosmetology, Massage Therapy, Ministry, Pain Management, Health Science, Coaching, and Teaching. Her passion is Whole Wellness - factoring Body, Mind, and Spirit.

Trina Klunder



Trina is a wife, mother, and a dog mom to her rescue Chihuahua, Romeo. She has over 20 years of experience in the health and wellness field. Intrigued in her early twenties by the amazing results she

received from a massage for extreme low back pain caused by degenerative disc disease, she decided to pursue a career as a massage therapist in order to help others. After an over 18-year massage career, life circumstances took her in a new direction. While caring for her ailing parents, who both suffered from respiratory/lung disease, she researched and studied the many health and wellness benefits of Halotherapy (Dry Salt Therapy). Her lifelong passion for helping others, and the desire to honor her parents after their passing, lead her to open a Himalayan Salt Cave in 2017. The business, located in Rochester MN is called - Salty . Trina is inspired every day by the results her clients receive from their Halotherapy treatments.

After the conference, continue to work with our Lilac Wellness therapists.

For more information visit:

lilacwellnesscenter.com

Workshop Session 3: Sunday 1:30 – 3:00 PM

Food & Spirituality: Eating for Color and Vibration

Room 111

Food is fuel for the body and nourishment for the soul. It connects to the entire spectrum of one's being. What you eat, how you eat, and when you eat can reflect deeper meaning and actions in your life. How do your food choices and eating behaviors impact your 7-part chakra (psychoneuroendocrine) system? We will journey through the many facets of food, from physical to energetic, moving through the subtle connections food has with emotions, thoughts, love, truth, intuition and spirituality.

Dr. Deanna Minich is a Fellow of the American College of Nutrition, a Certified Nutrition Specialist, and a Certified Functional Medicine Practitioner and author with more than twenty years of experience in nutrition, mind-body health, and functional medicine.



Classical Nia

Riverview C | **YG**

Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life – body, mind and soul. We believe every person can discover, explore, unleash, and enhance their individual potential to live a healthy and meaningful life by engaging their senses and listening to their bodies. Nia is non-impact movement to music, practiced barefoot, and adaptable to individual needs and abilities.

Jacque Paulsen is a Nia Black Belt and Certified 5 Stages teacher, a Montessori director and educator. As a movement artist, she believes that healing begins from within and she can't wait to move with you!



Be Perceptive to the Colors in Your Aura Energy Field

Room 108 | **YG** | Booth 5

The relationship between your Aura field and your Chakra system is through color. Understanding the harmony between the two will create a healthier you! When you are true to your Aura birth color, you will discover ways to better nurture and support your Chakra system. What color is Your Aura?! Learn the importance of color experienced through everyday life and how you can keep yourself healthy and balanced by being perceptive to the colors in your energy field.

Annette Bruchu is a nationally-known visionary and intuitive healer who blends her expertise as a medium, psychic, colorstrologist, author and mentor to help people heal and grow. Her 'Helping You Heal Center' is located in Stillwater, MN.



Spiritual Anatomy for Healers

Room 113

Spiritual anatomy reveals the root cause of pain in clients that exhibit stress, anxiety, and physical pain. Emotional, mental, and spiritual issues can emerge in the body if not addressed early. By identifying the initiating factor, the practitioners can help clients heal more efficiently. The practitioner will learn the areas of the body and feel of subtle energies there that target specific emotional issues.

Antoinette Caruso is a Nutritional Therapy Practitioner, Reiki Master/Teacher, psychic and spiritual counselor who runs a private practice in Ellsworth, Maine. She is a teacher, healer and former radio host host dedicated to health and well-being.



Personal Journaling with the Tarot

Riverview A | **YG** (15 & Older)

Combining personal journaling techniques (both written and visual) and Tarot allows us to play with two distinct paths to self-reflection. We will explore exercises, prompts and other ways to interact with both journaling and the Tarot mysteries. Feel free to bring your own journal or Tarot deck, or use materials provided.

Nell Morningstar has been an avid journaler for over 50 years, and a Tarot student/reader/teacher also for over 50 years. She says it has been fun to integrate these two passions and find ways in which they deepen and enliven each other. www.beltanestudio.com



Shamanic Meditation & Spirit Boat Journey

Riverview E | **YG**

These meditations assist us to raise our vibrational levels to heal ourselves and open us up for greater communication with our Guiding Spirits, bringing our consciousness into a state of harmony and balance. As we repair damage on a spiritual level, the natural world begins to repair at the same time. We will collectively then experience the Spirit Boat Journey to move the group energetically into another dimension, communicate with our Spirit Guides, and bring us more clarity on our soul's purpose.

Mary Newstrom, Ph.D., is a Shamanic Practitioner, Reiki Master and founder of Zenith High and creator of Spirit Flow~ shamanic study for Women. Her 30 year path of study led to specializing in shamanic education, healing, cacao ceremonies, ancestral healing.



Sound, Singing Bowls & Gongs

Riverview D | **YG** | Booth 39

Playing and listening to singing bowls & gongs assists us in resolving emotional and physical dissonance, finding spiritual, physical and emotional resolution – opening of doors and windows to the Universe, moving around energies, Universal energies – to enter a spiritual dimension. The Gong is a psycho-acoustic gateway to heightened states of awareness and consciousness. It is an ideal tool for stress reduction, assisting us to relax, reflect, and rejuvenate.

Frank & Kathy Andresen blend singing bowls, gongs and Native American flutes to bring a harmonic blend to enable the listener to relax, reflect, and rejuvenate.



What is a Death Doula?

Riverview B

What is a death doula? What are your options? What are the environmental considerations? What are your spiritual ideas? We cover these topics and more. Led by Anne Murphy (funeral celebrant) and Jane Whitlock (death doula), this lighthearted discussion will be an open forum to learn about your options and possibilities when it comes to celebrating a person's life.

Anne Murphy is a Celebrant, Home Vigil Guide, and Death Educator, trained in the art of supporting individuals and families through the season of death and dying through heart-centered, compassionate, and meaningful conversations, rituals, and ceremonies.

Jane Whitlock is a trained death doula, supporting individuals and families as they face the end of life. She holds a BA in American Institutions from UW Madison. Her recent TEDx talk focused on the gifts that death has to offer us, how to lead lives of meaning and love.



Self-Healing for Various Illnesses: A Chinese Mystery School (Hanmi Buddhist) Meditation Class

Room 112 | **YG** | Booth 26

The Chinese Mystery School—Hanmi Buddhism—has many meditation practices and techniques for healing oneself and others. Learn one that you can use for many situations to bring your body back to health and to be free from disease and pain. Includes full transmission of the meditation with mantra, mudra and visualization. Experience relief from suffering.

Varjacharya Charlotte Steen, student of Great Master Dechan Jueren, the 49th Lineage Bearer of the Chinese Mystery School is an ordained Buddhist minister, former Vice Abbott of Dari Rulai Temple, Los Angeles, CA.



Mediumship and the Divine Feminine

Room 109

This workshop will connect the history of women in spiritualism using the healing aspect of the Divine Feminine and how these amazing pioneers influenced the political and societal changes of their time. A guided meditation will assist us to merge our energy with a healing, hopeful intention based on the Divine Feminine. We will create empowering affirmations, then building the energy, with goddess breathing, physical, emotional, spiritual grounding so everyone walks out feeling healed and empowered.

Claudia Johnson, Psychic Medium, Reiki Master Practitioner, Teacher, Hypnotherapist is a naturally gifted intuitive, medium, and spiritual healer, student of Arthur Findlay College in England, founder and owner of Healing Energy Arts Center



Living Your Purpose

Room 110 | **YG** | Booth 7

This workshop is based on the bestselling book, 'The Passion Test: The Effortless Path to Your Life's Purpose.' 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 assists us to discover our passions and true calling in life.

Luann Buechler has a Masters Degree from UW Stout, an author, speaker and transformational trainer. She is a Certified Facilitator of the Passion Test and Passion Test for Businesses.



Workshop Session 4: Sunday 9:30 – 11:00 AM

Healer, Heal Thyself

Room 108

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 look at how we take on other peoples' energies, sacrificing ourselves for others. If you are a healer or someone who is affected by other peoples' energies, don't miss this opportunity!

Nedra Blietz is certified in ThetaHealing®, a registered Yoga Alliance teacher, she facilitates workshops on Hatha Yoga, Yin Yoga, Meditation, Introduction to ThetaHealing, Manifesting, Crystal Healing, Crystal Layouts and more.



Food & Spirituality: Eating for Color and Vibration

Room 113

Food is fuel for the body and nourishment for the soul. It connects to the entire spectrum of one's being. What you eat, how you eat, and when you eat can reflect deeper meaning and actions in your life. How do your food choices and eating behaviors impact your 7-part chakra (psychoneuroendocrine) system? We will journey through the many facets of food, from physical to energetic, moving through the subtle connections food has with emotions, thoughts, love, truth, intuition and spirituality.

Please see Deanna's bio on page 10



Sacred Sisterhood Awakening: Embracing a New Self-Love Paradigm Together

Room 109 | Booth 1

In order to transform our world, we need to transform our own lives first. "Sacred Sisterhood Awakening" examines all we have been told about putting our needs and dreams behind the needs of others—and reveals the truth about the beauty and joy of living empowered, whole, and supported. You will experience immediate results with four proven techniques to reclaim wholeness and find spiritual deepening, confidence, and joy.

Please see Dawn's bio on page 6



Feeling, Seeing, & Psychically Reading Auras

Riverview D | YG

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 is a lifelong psychic, professional speaker, documentary filmmaker, and global mogul in transformation tactics and transformation services.



Freeing your Soul from Stress

Room 112 | YG

When you are stressed you lose your sense of self. Your body is deeply affected, responding to your state of mind and feelings. Stress disconnects us from Source and the essence of who we really are: divine spiritual beings! Jurema will guide you to learn stress triggers, effects on your body and health, and assist you to regain your spiritual power to win over stress with tools and techniques to be present and create positive energy.

Jurema Silva is a Brazilian Intuitive Healer and Transformational Speaker, celebrated Intuitive Healer, Speaker, Spiritual Counselor, Energy Healer, she leads Transformational Workshops and Events



Setting Your Internal GPS, Your I-GPS

Riverview E | YG (16 & older)

Neuroscience now shows us we all have our own internal GPS system, a part of the brain whose job is to see to it that we accomplish our goals and intentions for our lives. In this workshop we will learn how to release old unconscious limiting beliefs through emotional mindfulness in the embodied self. And the great thing is you do not have to know how, Your I-GPS will show you the way, like it always does!

Dorothea Hrossowyc, MA, member RMPA, and ABMP, in private practice in Northfield and Lakeville, a Level 3 practitioner of Self Leadership Transformational Counseling. She is a certified practitioner of Rosen Method, trained in Hakomi Body Psychotherapy, Sensorimotor Psychotherapy for Trauma, Development and Attachment Issues.



Death is a Partner for Life

Room 110

This class will educate and empower participants and help to remove the stigma of fear and shame associated with death. It will demonstrate death's role in cultivating an increase in love, forgiveness and compassion. Students will receive tools and practices for enriching one's life journey and preparedness for a sacred death. Also included will be support tools for sudden and unexpected death.

Deah Kinion is Licensed Acupuncturist practicing for over 30 years. She is active in the wide range of death education, and recently completed End of Life Death Doula training.



Deep Awakenings Prom[p]t Connect – A Journaling Circle

Riverview A | **YG** | Booth 10

This class examines the benefits of journaling while on a spiritual quest. Journaling is a dialogue with one's soul in an effort to write toward wholeness of self. This class presents the opportunity to discover parts of self and oneness with the universe. Writing creates a better understanding of one's life. Using shortwriting activities and small group discussion, Sara will guide you to experience the power of guided journaling.

Sara Taylor loves the challenges of life, learning and simplicity. She finds the intersection of people, processes and products fascinating. She is a graduate of the Christine Center's 3 year Spiritual Awakening program.



If Not You, then Who? Becoming the Sage the World Needs

Riverview C

"Ageism" is alive and well in our culture! It starts early in life, especially for women. Women become more and more invisible as they age, and their voices are taken less seriously or not heard at all. Other cultures value older people as sages, and as holders of experience, wisdom, spirituality, and hope. Our world is in desperate need for women to resume this role. We will explore together through discussion, sharing and ritual.

Rita Simon, MD, is a retired family practice physician who strongly believes that an essential task of each person's life journey is to integrate ones body, mind, and spirit, and to connect the beauty and awe of ones inner life to that of the outer world. She has been a retreat team leader at St. Anthony Spirituality Center in Marathon, WI since 2009.



Living Your Life Full Spectrum

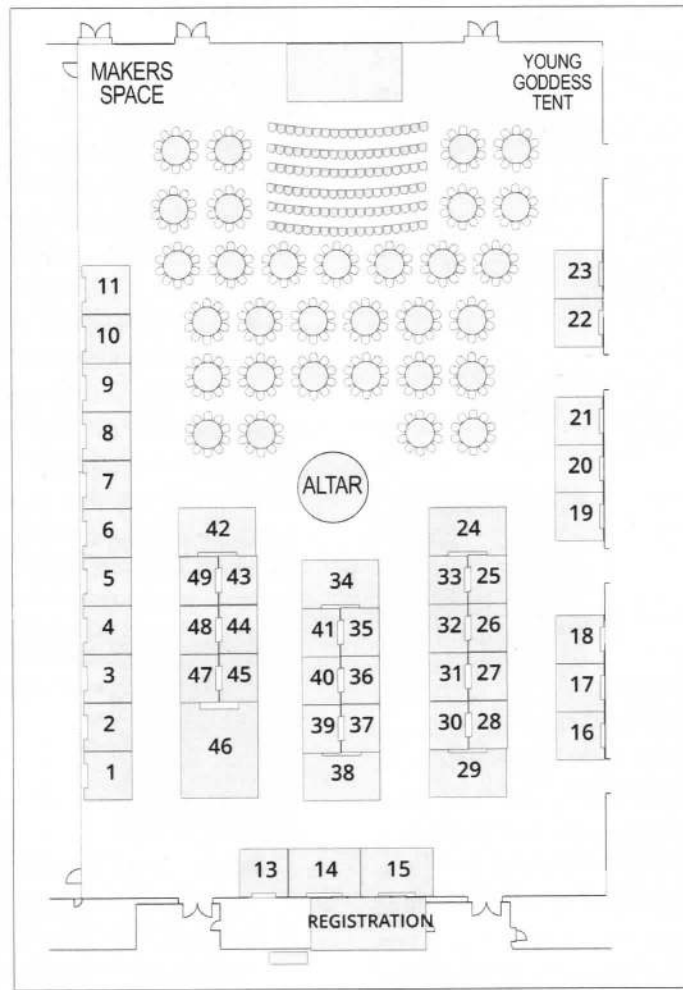
Room 111 | **YG**

This workshop is an opportunity to discover your true dream or purpose. You will learn to eliminate fear, doubt, and worry and move toward your goals with confidence and achieve greater results with less effort. During this dynamic and fun program, you will have an opportunity to define, design, and experience your dream – and receive the blueprint for how to turn your greatest possibility into your reality. Learn two essential keys for tuning into your purpose, simple thinking-strategies to help you stay motivated and override fear, doubt, and worry.

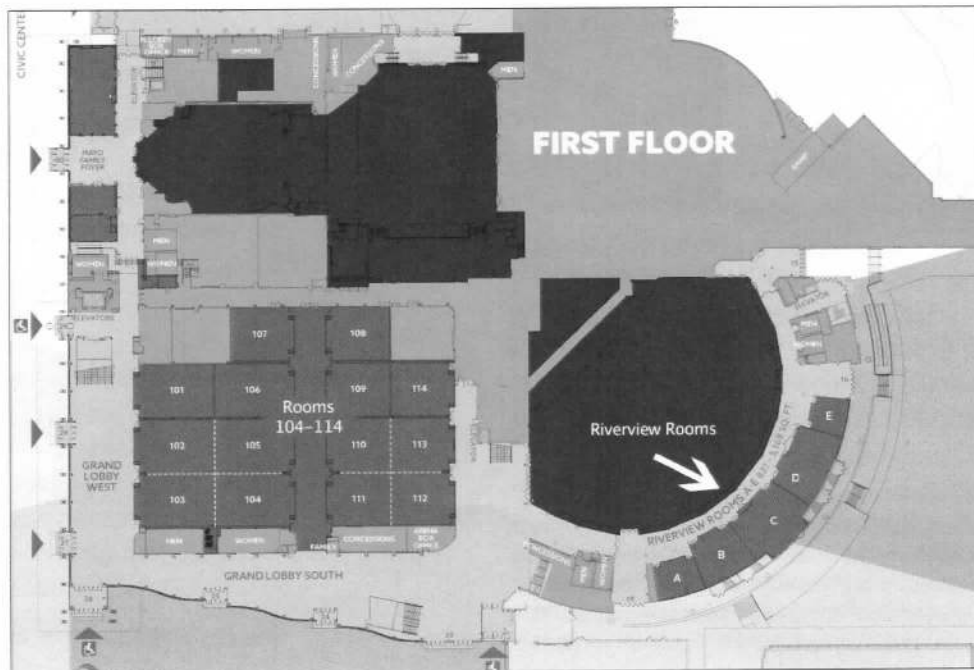
Jan and Kelli Reed As Certified Life Mastery Coaches, Jan and Kelli have worked with people, helping them build their dreams, accelerate their results, and create richer, more fulfilling lives. Jan is a recently retired educator of 30 years with a Masters in Elementary Education U of MN. Kelli currently works at the Mayo Clinic and has a degree in Clothing and Design through NDSU where she was a Division 1 Soccer player.



Conference Vendors Map



Event Space Map, Lower Level




2019 Women & Spirituality Conference Vendors

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|----|--------------------------------------|----|--|
| 1 | Venerable Women | 27 | Joan Hernandez Lindeman |
| 2 | Earthway Gifts | 28 | MN Valley NOW |
| 3 | Sister Seekers | 29 | Sherry Faith |
| 4 | Sweetwater Pottery | 30 | Nothing But Hemp |
| 5 | Aura Photos by Annette | 31 | Relationship Connection |
| 6 | RMSTE Wearable Technology | 32 | Triple Moon Tessa Tarot |
| 7 | PMC Events & Coaching | 33 | Katie Wornson-Knaak |
| 8 | Geek Girl Tarot | 34 | Roots to Stars |
| 9 | Trust Your Vision Coaching | 35 | Dr Nakita Savant |
| 10 | Prom[p]t | 36 | Chakra House |
| 11 | Shauna Aura Knight | 37 | Namaste Therapy |
| 13 | MoonCrafted Essentials | 38 | The Tumbled Stone |
| 14 | CMK Energy | 39 | Temple Harmonics |
| 15 | Hiawatha Valley Mobile Pack Boutique | 40 | Owl in the Oak |
| 16 | Rev Judith Laxer | 41 | ECKANKAR |
| 17 | Destiny Church | 42 | Modern Mystery School |
| 18 | PT Rocks & Gems | 43 | Healing Synthesis |
| 19 | Nature's Creations | 44 | Chhaya Phatarpekar |
| 20 | Tarot by Katrina | 45 | Club Sparkle |
| 21 | The Aware Way | 46 | Cheryl Carrigan |
| 22 | Frank DiChristina | 47 | Jeanne Lecher & Michelle Case |
| 23 | Wind Water Harmony | 48 | The Wellspring Massage Bodywork & Energy Healing |
| 24 | Nancy Potek | | |
| 25 | Amy Danielson | 49 | American Holistic Nurses Association |
| 26 | Upper Midwest Hanmi Buddhist Assn | | |




WOMEN & SPIRITUALITY
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Diversity & Cultural Appropriation Statement

The Women and Spirituality Conference is dedicated to providing a safe, nurturing space for all women. We strive to be inclusive and welcoming to women of all faiths, cultures and backgrounds. We are committed to making the Women & Spirituality Conference open and welcoming to all women without regard to race, color, religion, class, age, sexual orientation or (dis)ability.

We are also very aware and sensitive to the issue cultural appropriation of indigenous ways by those not qualified. The Women and Spirituality Conference is dedicated to education and enlightenment of how injurious this is to First Nations people.

We celebrate the uniqueness of all women! We value your authentic voice as a presenter, an exhibitor or a participant, we seek to grow, to learn and to heal together.