

♥ Breathing ♥ Relaxation ♥



CELEBRATION OF SOULFUL HEALING

Sunday, April 19, 2026

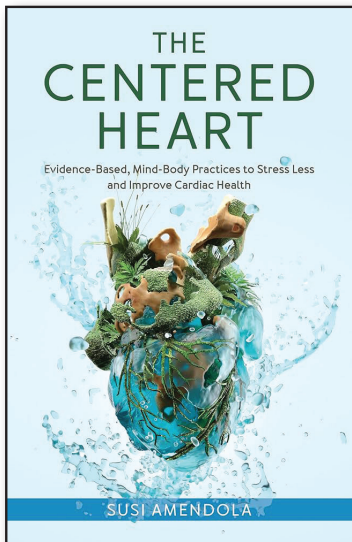
1:00 pm - 4:00 pm

Registration begins at 12:30 pm

\$10 suggested donation to cover expenses.

KEYNOTE 1:00 - 2:00 – SUSI AMENDOLA

Evidence-Based, Mind-Body Practices to Stress Less and Improve Health



Books available to purchase

This book was a Gold Medalist in the Relaxation and Mindfulness Category, Living Now Book Awards, 2024

Register online with this QR code.



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Please enter doors #4 (east)

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Breakout Sessions – 2:15 - 3:00 pm

Ayurveda Nutrition – Jill Curtis

Eat for your unique body and restore balance. Ayurveda teaches that there is no one-size-fits-all diet. What nourishes one person may aggravate another.

Chakra Sound Bath – Jane Florence

In a sound bath, your body enjoys the harmony of quartz crystal bowls, gongs, and chimes. The sound vibrations can reduce stress and anxiety, bringing balance and calm to each cell of your being.

Wild Hope – Cass Opal

Step into Wild Hope and experience a restorative session on trauma-informed, nature-based mindfulness, where gentle guided meditation meets the healing rhythm of the natural world.

Healing Touch – Kristy Christensen

This alternative and complimentary healing modality is gaining respect in conventional medicine for the gentle, non-invasive way it can relieve pain and anxiety and can contribute to overall wellness.

Final Group Session – 3:15 - 4:00 pm

Centered Heart Practice with Susi Amendola

Daily practices to build nervous system resilience.

Feel free to bring a yoga mat for this last session.

Gentle Movements ♥ Compassion

Imagery ♥ Meditation

♥ Connection to Nature ♥