



Workshop Schedule

11:45 An Experiential Session with Hypnobreathwork

[The Connected Woman](#) with Megan MacKenzie

You will get a chance to feel the POWER and potentiality of the breath. In this short session you may experience emotional release, physical sensations or connect to a higher power.

12:00 Journey into the Akashic Records with [Dr. Roi Armstrong](#)

This workshop offers a brief history of the Akashic Records including their beginnings in ancient Greece and Egypt. Authors including Edgar Cayce and more recently Linda Howe have written extensively about the Records yet they continue to remain a mystery. If you have heard about the Akashic library and are drawn to access it, join me as I explain my understanding of this sacred energetic space.

12:15 The Magick of Bending Time (the personal story)

[In Arms Coaching](#) with Britt Bolnick

I LITERALLY wrote the book on time management for multi-passionate women entrepreneurs and biz owners, spiritual leaders and seekers, healers, teachers, and transformational leaders. But there's a very personal story behind the book...and I'd be honored to share it with you. It's a story of losing my home as a single mama, living on food stamps and waitressing tips while I built a 6 figure business...and one of the most important tools on that journey...I'm looking forward to sharing it with you.

12:30 Nourishing our Roots ~ Intro to the Wise Woman Tradition of Herbal Medicine

[Earth Spiral Medicine](#) with Kelly Benson

I will share about my herbal lineage which is rooted in the Wise Woman ways, and how it compares to the Scientific and Heroic traditions of healing. We will briefly touch on the nourishing herbs and wild weeds and why we should ingest and indulge in the wild in this way.

12:45 - 1:15 Break

1:15 Intuitive Energy Healing with Emotion Code & Golden Orb methods

[Soul Path Energy Healing](#) with Heather Guernsey

Please join Clairvoyant Psychic, Intuitive Energy Healer & Intuition Expansion Guide Heather Guernsey as she shares about the importance of clearing our subconscious energetic blocks and stories. She will be selecting a volunteer to demonstrate a very brief mini healing session on. If you'd like to sign up for a mini session at her booth but want to understand more about what her work entails first, please attend this workshop!

1:30 Unleash your Creative Self

[Larissa Davis Artist](#) with Larissa Davis

Creative Coach and Artist Larissa Davis shares hands-on creative exercises to help you connect with your intuition and inner wisdom, loosening the bonds of self-criticism. No experience needed.

1:45 Divine Guidance with [Linda Philbrook](#)

2:00 Carpe Diem with Cogno-movement with [Katie Wrigley](#)

Make the most of your experience today with Unleashed Fest by joining this workshop and seizing the day! Experience directly the impact that can happen when you harness the power of your subconscious mind, and literally "map in" the experience you want to have today. In this workshop you will:

- Learn what Cognomovement is and how it works with the subconscious mind
- Fully embrace the joy of today by removing anything that may be in the way of your joy
- Ensure you maintain focus on the events and vendors the most intriguing to you
- Experience how quick and easy change can be with Cogno-movement

2:15 The Healing Power of Touch

[Urth Holistics](#) with Danielle Black

When we begin to see our skin as the nervous system turned inside out, we can harness the power of touch in its fullness. Join Danielle to learn more about the mind-body connection of touch, and its impacts far beyond the surface of our skin. Think nervous system, immune system, hormone counterbalance and stress relief.

2:30 - 2:45 Intro to Human Design

[Divine Vitality](#) with Jenn Greiner

Learn about Human Design! Find out what it is & why you need to be utilizing it in your life right now! We'll quickly review the Energy Types & aspects to begin your journey to aligning with your Design.

2:45 - 3:00 Break

3:00 - 3:15 Joint Yoga for Pain Management

[Conscious Cure](#) with Elaina Wagner

"Put the joy back in your joints!"

We live on planet stress and are up against a lot in our daily lives. Elaina Wagner of Conscious Cure is a chronic pain survivor, and was inspired to develop this form of yoga in order to address joint and muscle pain, lack of mobility, the brain-body connection, posture and the sympathetic state.

As humans, we have a complex nervous system and therefore, we must work to maintain a healthy vagal tone, which allows for optimal balance between the sympathetic and parasympathetic nervous system.

This form of yoga is liberating at a slow to medium pace, done mostly on the floor and designed to help re-balance your nervous system, decrease muscle pain, increase joint mobility, improve posture, encourage self-massage and invigorate your senses.

Break and transition to Opening Healing Ceremony and Ecstatic Dance

