



THE REVOLUTION OF CONSCIOUSNESS

A Conscious Lifestyle Event

**FEATURE DOCUMENTARY FILM
SCREENING FOLLOWED BY Q & A**

5:45 PM in Multipurpose Rooms 214, 216, 218



BROUGHT TO YOU BY

natural
awakenings



Adam Schomer



Linda Sechrist



Kelly Noonan Gores



Kathleen DiChiara



Rob Wergin

A MIND-BODY AND HEALTHY-LIVING EXPO

WORKSHOP PRESENTERS



HOW FOOD ALTERS YOUR GENES AND WHAT YOU CAN DO ABOUT IT

Kristine Jelstrup, CMFT, CBK, LMT: *Central Square Health and Wellness • CentralSquareHealthandWellness.com*

Commercially grown crops are an epic health failure. Environmental factors such as GMO crops and the toxins that are sprayed on them are adversely altering your genes and harming your health. In this workshop you will learn how to protect yourself and your family from these environmental challenges by understanding which crops are the most toxic and how to read and grow your energy field by taking corrective measures including learning how to do Muscle Response Testing.



THE GUT: FROM HEALTH TO ENLIGHTENMENT

Cho Greenwater: *Body 'n' Brain Yoga and Health Centers, Inc • BodynBrain.com*

This workshop will guide you to improve the condition of your gut, which is often referred to as your Second Brain. Energetically, the gut is connected to the Second Chakra. The gut influences the body's digestion, circulation, immune response, and production of neurotransmitters essential for maintaining physical and mental health. Through this workshop you will learn how good maintenance of your gut health creates a foundation for living an enlightened life. We will introduce you to basic energy principles for achieving and maintaining optimal energy circulation and guide you in simple exercises and techniques to improve your overall condition.



GETTING UNSTUCK: ACTIVATING QUANTUM CONFIDENCE

Tam Veilleux and Bambi Thompson: *Corporate Unicorns • ChooseBigChange.com*

There are three things you must know to say YES to bigger opportunities. See if you are one of millions suffering from "stuckness", understand the science that keeps your mind frozen in fear and what to do to shift what's blocking you. The Corporate Unicorns will make you laugh, learn and launch your life quickly.



LISTENING TO YOUR BODY, FOLLOWING YOUR HEART

Linda Marks, MSM: *HealingHeartPower • HealingHeartPower.com*

When your body speaks (knot in stomach, heavy heart, lump in throat), what is it trying to say? This workshop will provide an opportunity to tune inwards to listen to your body and translate body sensations, emotional feelings and deeper thoughts into important messages to guide your life. Using concepts and experiential exercises from Emotional-Kinesthetic Psychotherapy (EKP), we work in a safe space and experience the power of the heart.



FINDING YOUR HEALTH IN A MODERN WORLD

Donna Markussen: *Finding your Health • FindingYourHealth.com*

Finding health in a modern world can be a daunting task. With our busy schedules, it's almost impossible to decide what diet is best. One day we believe a certain diet is the one, then, the next day, a new one comes along claiming to be the best scientifically proven diet, contradicting everything you thought you believed you were doing right. Stress, making bad food choices, and lack of quality rest and sleep, lead to chronic inflammation. Chronic inflammation leads to disease and a host of auto-immune disorders. In order to take back control of your health, feel more energized and sleep better, you will learn ways to implement easy steps to get you on the road to health.



DISCOVERING THE DIVINE IN EVERYDAY LIFE WITH SPIRITUALITY AND MINDFULNESS

Susan Kapatoes, MHA: *Kapatoes Enterprises • InspireYourJourney.com*

Would you like to experience more happiness, inner calmness, and balance in your life? Drawing upon insights gained from her own spiritual journey, Susan Kapatoes will help participants learn the value of everyday spirituality and how to incorporate the mind/body/spirit into their daily lives. The workshop will begin with a short meditation so participants can experience the calming effect of this powerful, yet gentle, technique. Be ready to expand your consciousness, empower your spirit, and elevate your awareness in this enlightening workshop.



NATURAL SOLUTIONS FOR ANXIETY AND DEPRESSION

Dr. Jolene Ross: *Advanced Neurotherapy • AdvancedNeurotherapy.com*

One of the most common concerns in mental health treatment is regarding non-medication-based corrective care for brain-based problems such as anxiety and depression. Dr. Jolene Ross has dedicated her career to finding and developing solutions to these disorders. Her presentation will introduce you to these effective options for brain health, including neurofeedback and allied therapies. These corrective care applications result in improvements in overall quality of life. She will also be presenting research on how these methods change both brain physiology and function.

WORKSHOP PRESENTERS



JOURNEY DANCE: GET OUT OF YOUR MIND AND INTO YOUR BODY AND HEART

Denise Costello, RN MS: *Chrysalis Center for Meditation and Wellness • InsideTheChrysalis.com*

Move into a new story through JourneyDance™, a flowing expressive movement where you can reclaim your body, your power, your voice and your divine connection. You can shift your wired patterns, liberate your stuck emotions and free up new creative and inspired energy. Coming together in the practice, sharing our stories on the dance floor and experiencing this free flowing movement brings you home to your body, fully present, open and alive. No dancing experience or special clothes required, just an openness to move.



CONSCIOUSLY CREATE YOUR LIFE

Kelly McCormack: *Creating A Leader • CreatingALeader.com*

Everyone has the potential to create visions and goals. If done skillfully, they magnify the expression of creativity and impact. One simple framework can help to clarify visions, select goals, attain them and grow through the process. Leave this presentation with a tangible, customized tool that will help you take your life in the direction you intend. Say “Goodbye” to overwhelm and “Hello” to the life you see in your visions. CreatingALeader.com



THE HIDDEN CONNECTION: UNCOVERING YOUR CAPACITY TO HEAL THROUGH INTELLIGENCE OF THE MICROBES THAT LIVE IN, ON AND AROUND US

Kathleen DiChiara: *Rhode to Health • KathleenDiChiara.com*

Most people would agree that food should nourish our bodies rather than contribute to disease and illness. However, we are not the only ones at the table. There is an inextricable link between human health and the microbes within us, just as there are between plant health and the microbes in the soil. Speaking through the lens of a practitioner, patient and parent, this lecture will stimulate your thinking about the hidden connection between what we feed our microbiome and the role it plays in preventing and reversing chronic disease. Using food as our guide, we will explore the bacteria, beliefs and behaviors that shape our life and our capacity to heal.



BLAMING AGE FOR YOUR SYMPTOMS IS LIKE BLAMING THE WEATHER FOR A BAD DAY

Lisa Vasile: *4 Better Health • 4BetterHealthMedicine.com*

“It’s all part of getting older”... This is a statement many of us hear daily - not just from our friends but from medical providers. However, age is not the (only) reason for the body ‘breaking down’. This seminar will delve into the 10 reasons our body has ‘aging’ symptoms and easy ways to test for and treat them.



FREE YOUR MIND- HOLISTIC SUPPORT FOR MENTAL WELLNESS

Liz Elia: *Whole Minded Health • WholeMindedHealth.com*

“Do you ever feel stuck? Overwhelmed? Have you ever felt the desire to connect to who you were truly meant to be? Join Liz Elia on a journey to discover the terrain of the subconscious- understand how old traumas and life experiences from long ago can be healed and released so that you can reconnect to who you truly are today. In this workshop you will experience a guided meditation, some simple yoga breathing exercises, and energy work techniques that you can use on yourself to help bring balance into your life every day. “If you find yourself struggling to keep calm when life gets busy, Crossinology Brain Integration Technique (BIT) can help. Developed for children who struggle with learning difficulties, BIT works for people of all ages to find clarity, focus, and ease in all areas of life. In a simple, relaxing process that takes an average of 10 hours to complete (over multiple sessions) people begin to notice school or work getting easier, and difficult situations causing less anxiety. Come see a demonstration of how BIT works; no devices, exercises, or medications.



HOW TO CREATE TRUE MOVEMENT IN YOUR LIFE

Brian Sean Reid: *Learning Systems International, Inc. • BrianSeanReid.com*

In this seminar, Brian will help you experience how to release the HorsePower of Forgiveness, Gratitude and Appreciation to create Movement Toward what Matters to you in your Life.



HEALING TRAUMA WITH LIFE CENTERED THERAPY- MASTERING AND RELEASING DEEPEST FEARS

Andy Hahn, Psy.D: *Life Centered Therapy • LifeCenteredTherapy.com*

Do you want to get let go of the fears that restrict your life? We will teach you how to master the trauma associated with the deepest fears we have about ourselves. You will experience the Essence Process which may be life-changing and notice it’s transformational power immediately. You will learn how to deepen this practice at home.

WORKSHOP PRESENTERS



HOW YOUR BODY REALLY WORKS: UNDERSTANDING THE ENERGETIC & PHYSICAL BODY

Ray Veilleux: *The Health Medium • TheHealthMedium.com*

Learn how your body works energetically. The Health Medium Ray Veilleux will provide an explanation in simple terms how your physical body works. He will demonstrate basic energy medicine exercises that help improve anyone's well being. Discover the 3 most common health interruptions he finds among his hundreds of client and finally obtain a basic supplement regiment you should consider for optimum health.



HEART AND SOUL YOGA FOR THE BODY AND MIND

Devorah Steinberg, LICSW, CYT: *Genesis Therapy and Coaching*

This will be a transformational movement class incorporating breathwork, meditation and gentle yoga postures. Heart and Soul Yoga is more than a typical yoga class, inviting participants to be deeply present and gentle with their breath and movements to expand their consciousness and spiritual connection. Taught in the Kripalu yoga tradition, Heart and Soul yoga welcomes all with any or no yoga experience to meet themselves anew in each moment and create expansive possibilities inside themselves and in their lives.



HEALING YOUR RELATIONSHIPS AND BRINGING BACK LOVE

Bhavna Srivastava: *Bhavna's Wellness Group*

This seminar will focus on bringing healing into your relationships. We will discuss how negative relationships, with pain and hurt, can affect your life and overall well-being. There will be a healing meditation to attract energy and love back to you. BHWellnessGroup.com



3 BODY QIGONG

David Sholemson: *3 Body Healing Arts*

This workshop will feature a short but effective practice to get you ready to begin your day, uplift you in the afternoon and help dust off all the energy you have been wandering around in all day, bringing you back to a more quiet and peaceful place. 3BodyHA.com



GIVE THE WORLD A PEACE OF YOUR MIND

Reverend Ian Taylor: *Concordia Center for Spiritual Living*

Our world feels tense and insecure. Many feel fear and confusion. Let's take an innovative approach. We fill our cup (of Grace and Peace) and allow it to overflow into the cups of others. Then we become a beneficial presence in the world. We claim Divine Peace with our mentalities and we give away, not what is personal, but what is Universal that is shared by everyone. Let's practice spiritual activism.



TAI-CHI & KI-GONG

Arthur Babakhanov will be teaching a combination of various forms of Tai-Chi and Ki-Gong. Gentle moves and forms help properly align the spine, bones, joints, muscles and internal organs, prompting strength, power, confidence, mental clarity, improved balance and coordination.



DRUM! DRUM CIRCLE AT ROC

Jodi RedHawk: *The Healing Community Centers*

Bring your drum, percussion instrument, your salad bowl and fork, whatever ya got to make noise, or just come and be in the circle, and Join Jodi RedHawk for some kick butt drummin fun! Release stress, feel better, receive spirit, and get the best vitamin of all - JOY! If you miss this drumming time, there will be some other impromptu drum times throughout the day...all depending on the flow of spirit.

EXPO EXHIBITORS

3 Body Healing Arts	3BodyHA.com	Linda Sechrist	LindaSechrist.com
4 Better Health Medicine	4BetterHealthMedicine.com	Litter Aware	LitterAware.com
A Wellthy You	AWellthyYou.com	Living Balance Wellness	LivingBalanceWellness.com
Advanced Neurotherapy	AdvancedNeurotherapy.com	Modern Mystery School - Boston	Facebook.com/ModernMysterySchoolBoston
Alexandria Mauck Photography	AlexandriaMauck.com	MOJO Cold Brewed Coffee	MOJOCoffees.com
Arbonne International	StephanieLyon.Arbonne.com	New England Treatment Access, Inc. (NETA)	NETAcare.org
Be A Holdings, LLC	Be-a.Rocks	Newton Chiropractic & Wellness Centre	WellAdjusted.com
Between Two Worlds	BetweenTwoWorlds.info	Peace Pouches	PeacePouches.co
Bhavna's Wellness Group	BHWellnessGroup.com	Portal Crystal Gallery	PortalCrystalGallery.com
Body & Brain Yoga & Health Centers Inc.	BodyNBrain.com	Progressive Asset Management	PAMBoston.com
Bon Me Foods, LLC	BonMeTruck.com	Reiki of Greater Boston	ReikiOfGreaterBoston.com
Central Square Health and Wellness	CentralSquareHealthAndWellness.com	Respiratology	Respiratology.com
Chrysalis Center Meditation & Wellness	InsideTheChrysalis.com	Rhode to Health, Inc.	KathleenDiChiara.com
City Compost	CityCompost.com	Sage Naturals	SageCannabis.org
Concordia Center for Spirituality Living	ConcordiaCSL.com	Saharnaz Rezania, Acupuncturist LLC	Saharnaz-Acupuncture.com
Conscious Evolution Boston	ConsciousEvolutionBoston.org	Sat Nam Designs	SatNamDesigns.com
Corporate Unicorns	ChooseBigChange.com	Shiatsu School of Vermont	ShiatsuVT.org
Corey Hale	CoreyHalesMusic.com	Simpson Spring	SimpsonSpring.com
Creating a Leader	CreatingALeader.com	Singing Bowls of the Himalayas	TheSingingBowlLady.com
Dancing With The Universe	DebGowen.com	Sound Goddess Healing	SoundGoddessHealing.com
Egoscue Boston	Egoscue.com	Stefan Engels Corrective Body Work LLC	SEBodywork.com
Enagic	HydrogenSaturatedWater.club	Taco Party	TacoPartyTruck.com
Essentially Holy	EssentiallyHoly.com	The Ancient Bakery	TheAncientBakers.com
Finding Your Health	FindingYourHealth.com	The Healing Community Centers	TheHealingCommunityCenters.org
Five Way Foods	FiveWayFoods.com	The Health Medium	TheHealthMedium.com
FLOAT Boston	FloatBoston.com	The Spiritual Teen Book	AponiWind.wixsite.com/AngelaJamal
Functional Bodywork	FunctionalBodywork.us	Touchstone Crystal Jewelry by Swarovksi	JaclynsGems.com
Genesis Integrative Therapy	GenesisIntegrativetherapy.com	Walk in Beauty	WalkInBeauty.us
Glee Gum	GleeGum.com	Wellfit Acupuncture and Integrative Health	WellfitStudio.com
HealingHeartPower	HealingHeartPower.com	WellnessWithin	WellnessWithinCT.com
Honest Tea	HonestTea.com	When Angels Play Poker	WhenAngelsPlayPoker.com
Horses Know the Way Home	www.BrianSeanReid.com	Whole Minded Health	WholeMindedHealth.com
Johrei Fellowship	Johrei.org	World Global Network (HELO)	My.WorldGN.com/Store/DrMitch
Kapatoes Enterprises	InspireYourJourney.com	Yogaworks	Yogaworks.com
KIND Snacks	KINDSnacks.com	Your Infinite Wellness	YourInfiniteWellness.com
Life Centered Therapy	LifeCenteredTherapy.com		

WORKSHOP SCHEDULE (50 Minute Sessions)

Time	Workshop Room	Full Name	Company	Workshop Title
11:00 AM	MultiPurpose Room 218	Bhavna Srivastava	Bhavna's Wellness Group	Healing Your Relationships and Bringing Back Love
11:00 AM	MultiPurpose Room 216	Andy Hahn	Life Centered Therapy	Healing Trauma with Life Centered Therapy: Mastering and Releasing Deepest Fears
11:00 AM	Seminar Room 211	Donna Markussen	Finding Your Health	Finding Your Health in a Modern World
11:00 AM	Seminar Room 217	Ray Veilleux	The Health Medium	How Your Body Really Works: Understanding the Energetic & Physical Body
11:00 AM	Dance Studio	Devorah Steinberg	Genesis Integrative Therapy	Heart and Soul Yoga for the Body and Mind

BREAK

Time	Workshop Room	Full Name	Company	Workshop Title
1:00 PM	MultiPurpose Room 218	Susan Kapatoes, M.H.A.	Kapatoes Enterprises	Discovering the Divine in Everyday Life with Spirituality and Mindfulness
1:00 PM	MultiPurpose Room 216	Lisa Vasile	4 Better Health Medicine	Blaming Age for Your Symptoms is Like Blaming the Weather for a Bad Day
1:00 PM	Seminar Room 211	Liz Elia	Whole Minded Health	Free Your Mind- Holistic Support for Mental Wellness
1:00 PM	Seminar Room 217	Dr. Jolene Ross	Advanced Neurotherapy	Natural Solutions for Anxiety and Depression
1:00 PM	Dance Studio	Arthur Babakhanov	Body & Brain Yoga &	Tai-Chi & Ki-Gong Health Centers Inc.
1:00 PM	Outside Front of Building	Jodi RedHawk	The Healing Community Centers	DRUM! Drum Circle at RoC

BREAK

Become a Certified Shiatsu Practitioner

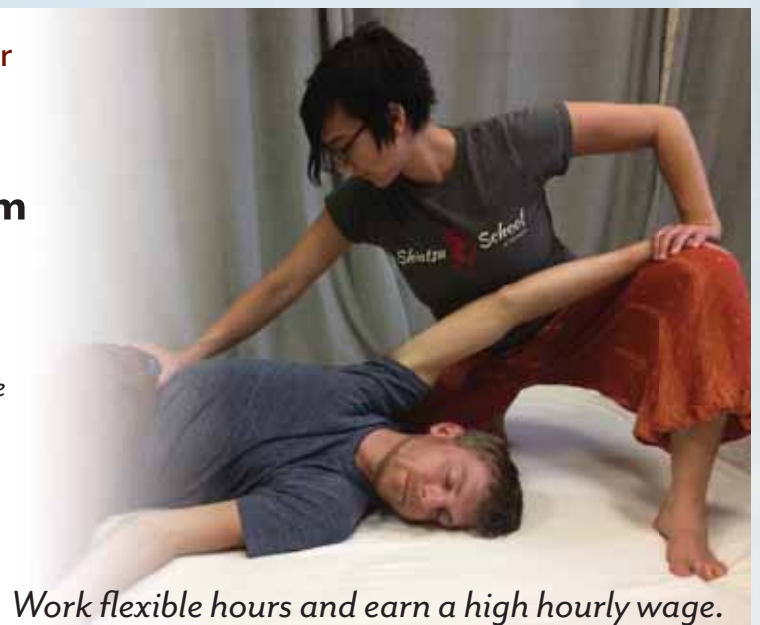
Zen Shiatsu Boston

One-Year Certification Program

Begins September, 2018

Zen Shiatsu is a form of Asian Medicine from Japan, a meditative physical practice that brings healing to the practitioner as well as the client.

For more information:
zenshiatsuboston.org
802-246-0877



Work flexible hours and earn a high hourly wage.

WORKSHOP SCHEDULE (50 Minute Sessions)

Time	Workshop Room	Full Name	Company	Workshop Title
2:30 PM	MultiPurpose Room 218	Cho Greenwater	Body & Brain Yoga & Health Centers Inc.	The Gut: From Health to Enlightenment
2:30 PM	MultiPurpose Room 216	Linda Marks	HealingHeartPower	Listening to Your Body, Following Your Heart
2:30 PM	Seminar Room 211	Kristine Jelstrup	Central Square Health and Wellness	How Food Alters Your Genes and What You Can Do About It
2:30 PM	Seminar Room 217	Rev Ian Taylor	Concordia Center for Spirituality Living	Give the World the PEACE of Your MIND
2:30 PM	Dance Studio	David Sholemson	3 Body Healing Arts	3 Body Qigong

BREAK

Time	Workshop Room	Full Name	Company	Workshop Title
4:00 PM	MultiPurpose Room 218	Brian Sean Reid	Horses Know the Way Home (aka Learning Systems Intl)	How to Create True Movement in Your Life
4:00 PM	MultiPurpose Room 216	Kathleen DiChiara	Rhode to Health, Inc.	The Hidden Connection: Uncovering Your Capacity to Heal Through Intelligence of the Microbes that Live In, On and Around Us
4:00 PM	Seminar Room 211	Tam Veilleux and Bambi Thompson	Corporate Unicorns	Getting Unstuck: Activating Quantum Confidence
4:00 PM	Seminar Room 217	Kelly McCormack	Creating a Leader	Consciously Create Your Life
4:00 PM	Dance Studio	Denise Costello	Chrysalis Center Meditation & Wellness	Journey Dance: Get Out of Your Mind and Into Your Body and Heart

5:00 PM EXPO ENDS • Followed by 45 minute Snack Break before Film Screening

5:45 PM MultiPurpose Rooms 214, 215, 216 *HEAL* Film Screening immediately followed by Q&A

CHAKRA BALANCING – using Muscle Testing and special healing micro-crystals, I locate and transform any acquired energetic vibrations that keep your body from its own natural order. Gently guiding your chakras back to their natural energy balance, supporting your body's ability to determine a healthy balance for itself. Upon completion of the protocol, my clients have reported being able to:

- Manifest Happy, Healthy, Loving Relationships
- Find Purpose & Contentment
- Find Their Dream Job
- Optimize Their Finances
- Improve Their Health & Wellbeing & More...

How can A Wellthy You help you claim the life you desire?

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Honest.



The Healing Community Centers



Multipurpose Room 214

**EXPERIENCE
GUIDED
LABYRINTH
MEDITATION**

*Quiet the Mind...
Reduce Stress...
Open the Heart...*

Labyrinths are ancient meditation tools used for healing, expanding creativity and connecting with inner guidance. Walking the labyrinth is an opportunity to let go, listen deeply and tune in to your heart. The labyrinth represents a journey to our own center and back out again into the world.

Walk the Labyrinth at The Revolution of Consciousness

Donald Moore, Veriditas-trained facilitator. His passion is teaching others how to use labyrinths, creating walks and workshops, and forwarding the knowledge to others so they may benefit from the total labyrinth experience.

Experience the power of sound healing through crystal bowls with **Laurinda Raquel**, a former executive in the field of Information Technology, Laurinda's heart calling emerged 15 years ago, and since then she has been on a path to serve, guide, mentor, transform, facilitate and inspire others in connecting to Self, Spirit and the beauty of the world around us.

Listen to your body... follow your heart...

When we experience trauma, deprivation or neglect, our hearts are wounded emotionally and spiritually and we often lose touch with the power of the heart. Emotional-Kinesthetic Psychotherapy (EKP), a heart-centered psychospiritual method of body psychotherapy, helps you learn to tune inwards to listen to your body, a critical inner resource for self-care and well-being, and translate body sensations, emotional feelings and deeper thoughts into important messages to guide your life.

LINDA MARKS

Linda Marks has worked with individuals, couples, groups and families for over 32 years. Linda is also a professional singer/songwriter/performer, who is active in the Boston music scene.



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