

# Workshop Descriptions

## **HAPPY HOUSE PLANTS CLASS – MICHELLE – Teaching Kitchen – Carriage House First Floor**

In this easy and fun workshop where we all can get our hands dirty, you will learn how plants grow, identifying the soils they need, creating that soil mix, and learn propagation tricks while replanting a beautiful houseplant you get to take home. (Note: \$15 extra for materials. Please pay at the workshop.)

## **TERRARIUM WORKSHOP – Michelle Inciarrano – Teaching Kitchen – Carriage House First Floor**

In our terrarium workshops, you learn to create your own miniature ecosystems. From selecting the perfect plants to arranging them within glass enclosures, participants discover the joy of crafting their own green havens. (Note: \$20 extra for materials. Please pay at the workshop.)

## **Drumming Circle – Susan Lanigan - Meadow Bonfire - 30 participants maximum**

A fire ceremony is a powerful Shamanic practice used to release unwanted energies and attachments from the past and make space for new intentions. A fire ceremony can be used to release unhappy memories, fears, negative emotions, and anything that you are holding onto that doesn't serve your Higher Self. By releasing these unwanted energies and old patterns into the fire, you are healing at the soul level. We'll be writing down intentions that we need to release and casting them into the fire! We'll also do some journaling and stating our own affirmations to bring our strength to the surface! A drum circle is any group of people playing hand drums and percussion in a circle. It can range in size from a handful of players to thousands. During a drumming event, players work together to create a harmonious groove.

## **Yoga Class – Susan Lanigan – Veranda – Mansion Second Floor - 20 max (mats provided)**

This class will be a nice mix of stretching and flow. 60 minute session includes a few minutes of breath work and grounding, a nice flow for all levels and then finishing off with stretching and relaxation.

**Workshop: Subtle Energies for Self-Care: Change Your Vibe – Leigh Carrasco – The Secret Chamber, Carriage House Second Floor**

What are frequencies and what do they have to do with you? Absolutely everything! We will discuss why it's important to pay attention to not only your vibe but to others you engage with. In addition to a list of ways to quickly help balance your personal frequency we will experience tools such as colored lenses, music, and an AO scanning device which will imprint a personalized SEFI Dot skin patch for you to wear that will help balance the body, mind and spirit. Experience healing vibrations in the form of sounds, colors, uplifting information and your own personalized SEFI Dot.

**RELAXATION EXPERIENCE – Leigh Carrasco – Mansion Second Floor Bedroom – Appointment required**

Do you have poor sleep, exercise intensely, or perhaps just need help feeling more peace? The AO Infinity Mat will be your go-to when dealing with this! The AO Infinity Mat is a new state of the art Crystal full body relaxation, low-intensity PEMF mat that emits infrared heat, uses natural chakra stones, and has a unique coil design to help reduce stress, increase energy, improve sleep, and circulation. The combination of the technologies used in this mat is like no other in the market. Recharge your body and feel renewed today by scheduling time to experience the AO Infinity Mat for yourself. Contact Leigh to schedule a private appointment: [Balanced-self@outlook.com](mailto:Balanced-self@outlook.com). This is an additional charge per minute.

**START SMART: UPDATE YOUR MORNING WELLNESS ROUTINE - Leigh Carrasco – Diner – Carriage House First Floor**

Keep life simple with an easy morning wellness routine. We will discuss an easy way to incorporate a heavy metal detox smoothie and an extended liver rest into your morning based on the teachings of the Medical Medium. Did you know if you eat fruits and veggies without adding fats, your brain and body get what they need, for you to have an amazing day. We'll even blend up some samples for you to try.

**MAKING AN ABUNDANCE OR PROTECTION JAR – Karen Posner – Saloon, First Floor Mansion**

Karen believes that the energies of the universe are available to us to manifest what we need. By using a combination of herbs, crystals, and intentions, you can create a jar to attract abundance, prosperity, or protection to you and your home. Follow along and make your own

jar (optional) or just watch and get instructions to make your own jar at home. If you purchase a kit to make a jar during the class Karen will bless and charge it with reiki energy for your intention to amplify the energy. You can choose to make a jar, pendant jar to wear, or a ball to hang in your house. Limited number of seats available so register early. You can also reach out to Karen at Purple Moon Sanctuary on FB with any questions. (Note: \$15 extra for materials. Please pay at the workshop.)

### **Crystal Healing Class- Karen Posner - Saloon, First Floor Mansion**

Crystal healing is a holistic, non-invasive, vibrational energy-based system of healing. The technique uses precisely placed crystals either on and/or around the physical body. Crystals may also be laid in precise geometric patterns (grids) within the vicinity of your physical body. Crystal healing works on our mental, emotional, and spiritual bodies. Crystal healers like Karen believe that crystals, such as quartz, hematite, and obsidian, have specific healing properties that benefit your mind, body, and soul. It is believed that crystals are made up of different elements or compounds, which our bodies react to in different ways. Think about it, crystals are minerals that hold energy, as humans we are made of energy, so we can exchange energy with the crystal when we work with them to facilitate physical, mental, and spiritual healing and well being. Crystals can also be incorporated into reiki, meditation, manifestation, and other forms of energy healing to enhance the effectiveness. Crystal healing is also great for our pets! Karen will guide you through a list of crystals and share with you how you can use them yourself for healing and manifesting. At the end of class you will have the opportunity to purchase a variety of crystals and get guidance to create your own personal crystal "mojo" bag.

### **INTUITIVE TAROT READINGS -Karen Posner - Saloon, First Floor Mansion**

Karen is a professional intuitive tarot reader and empath. She will be offering 20 minute readings for \$25. She reads from her heart and shares information she receives from her spirit guides and ancestors during your reading. A tarot reading provides confirmation for you and gives you the clarity you are looking for. Karen delivers this in a warm way that feels comfortable and safe, like you already know each other. Time slots are extremely limited so please register ahead of time. You can reach out to Karen at Purple Moon Sanctuary on FB to schedule a reading or sign up at the event.

### **MANDALAS AND MUSIC – Wendy Mooney-Smith – The Magic Cottage**

“Each person’s life is like a Mandala, a vast, limitless ride. We stand in the center of our circle and everything we see, hear, and think forms the Mandala of our life... Everything that shows up in your Mandala is a vehicle for your awakening.”- Pema Chodron

Align your chakras by tuning into the beautiful sound of the frosted Quartz Crystal Sound Bowls performed by Mångatas Muse. Each bowl is tuned to the note aligning with each of your chakras to instill a sense of balance and tranquility. Directly after, learn the meditative process known as Mandala art and create your own tealight holder in the colors that you feel called to express. You may purchase the tools to continue to practice the art.

Materials total cost \$20 per person. Class time: 90 minutes (5-8 attendees per class).

### **CRYSTAL ALCHEMY SOUND BATH – Wendy Mooney-Smith – The Secret Chamber, Carriage House Second Floor**

Vitality through Vibration. Experience the healing song of the Crystal Sound Bowls. Mångatas Muse specializes in playing the Crystal Alchemy Sound Bowls that are tunes to various vibrations (440 Hz, 432 Hz, 528 Hz). Each bowl is infused with various precious metals and crystals to target the endocrine system and the chakras. The custom crafted bowls were specifically designed to assist in creating balance and tranquility, while assisting in alleviating common diseases such as anxiety and depression. Perfectly referred to as Quantum Healing, and Angel Lemon Healing; these beautifully tuned bowls combined with other rhythmic healing instruments will be sure to provide an unforgettable experience.

### **PRIVATE SOUND BATH – Wendy Mooney-Smith – The Magic Cottage – By Appointment Only**

45-minute private Sound Bath combined with Reiki sessions available throughout the 3 days. Enjoy a personalized session in the Mångatas Muse studio attached to the Magic Cottage. The sound proofed room provides a tranquil space and a safe container to allow total immersion in the vibration of the crystal alchemy sound bowls. Combined with Reiki healing, this session will permit total calming to settle in that will be sure to stay with you for days following the event. -Cost \$50/45-minute session.

**60-MINUTE RUNE READING SESSION – Wendy Mooney-Smith – The Magic Cottage – By Appointment Only**

Seeking answers to questions about your personal or professional life, the art of Nordic Rune Reading is combined with the practice of Tarot and Oracle Card readings to provide insight and guidance to those questions. The nine realms of Norse Mythology and the Gods and Goddess reigning over each of these realms delve into the past, present and future to offer direction into your queries. Cost- \$75/60-minute session.

**YOGA – Susan Lanigan – Second Floor Veranda – The Mansion**

This class will be a nice mix of stretching and flow. 60 minute session includes a few minutes of breath work and grounding, a nice flow for all levels and then finishing off with stretching and relaxation.

**DRUMMING CIRCLE – Susan Lanigan – Outdoor fire in Wildcat Woods**

Using crystal singing bowls, metal drum, ocean drum and tuning forks, Susan gives a demonstration/talk on all of the different modalities that can be used for a person's wellness.

**AYURVEDIC BODY TYPE / LIFESTYLE CONSULTATION - Susan Lanigan – By Appointment Only**

At certain points in our lives, we all wonder what am I doing wrong with my lifestyle / diet that my health is not the same any more. Quite possibly you may not be following lifestyle that suits your unique mind-body type known in Ayurveda as Prakruti. Ayurveda understands and identifies uniqueness of individuals as Prakruti and recommends the lifestyle that suits each individual the most. Ayurvedic body type/ Life style consultations helps to identify your unique body type and specific lifestyle guidelines for that body type.

Ayurvedic body type consultations are ideal for people who are comparatively healthy and keen to know about their body type and recommended lifestyle. Lifestyle consultation involves assessment of body type using detailed questionnaires regarding the physical, mental and spiritual state of the individual. Ayurvedic body type consultation helps to find out the lifestyle and diet ideal for you so that total mental and physical wellness is achieved with minimal efforts. Right lifestyle can also help you to prevent illness and maintain youthfulness. It just helps to improve the quality of life A LOT!! Cost \$60

### **Manifest Like a Rock Star – Lacy Younger – Solarium – First Floor Mansion**

A Seminar on mastering the art of manifesting. A quick study of Quantum Physics and how to put positive words, thoughts and feelings into daily practice and bring your aspirations into physical reality in record time!

### **Group Past Life Regression – Lacy Younger – Solarium – First Floor Mansion**

Hypnotherapy guided meditation to retrieve and heal traumatic memories from childhood and past lives, and 'integrate' the information gleaned to clear phobias, dis-ease and raise your vibration in general.

### **Meditation for Beginners – Lacy Younger – Solarium – First Floor Mansion**

A lesson on the basics; learn about chakras/energy centers, breath-work and 'going within' and how to make the time to apply it daily and why doing so will absolutely change your life in all areas! Includes guided mediation.

### **The Power of Prayer - Lacy Younger – Solarium – First Floor Mansion**

A conversation on Prayer, its application and why some are answered with instantaneous miracles and others seem to remain unanswered. Why praying with 'Passion' and 'Gratitude' are the clearest channel to God.

### **ANGEL TAROT READINGS – Katrina Elder – Tea Room in Mansion**

What are Angel Tarot Reading? I believe that God & the Angels are always trying to guide us towards joy. An Angel Tarot Reading is merely a language for speaking to Heaven, every card is a message of love & is leading you to happiness. It's always about love, it can't be anything other than love because the Divine only wants us to be happy & Angel Tarot is the Divine speaking to us. I want you to feel the love, compassion & hope that Angel Tarot readings can bring to your life. It's my desire to bring you immense blessings as you move along your spiritual path. An Angel Tarot Reading is an angelic map leading the way to a joyous life. Through the power of my combined belief & faith in the angels & in Tarot, I've created a direct form of communication with Heaven that you can see. I find that Tarot allows me to see deeper into people's souls. No one knows better than what you need than the angels do. I like to leave you with a gift, so that when you leave your reading you will feel better having the tools you need to move on.

### **ANGEL COMMUNICATION WORKSHOP – Katrina Elder - Tea Room in Mansion**

Katrina will share her many experiences with the angels and show how you can start your relationship with angels and be the best version of you. She will answer questions and you can share your experiences.

### **ANGEL TAROT WORKSHOP – Katrina Elder, Tea Room in Mansion**

To Katrina, Tarot is a form of communication with Heaven. She has combined her adoration of angels with the wonderful insights of Tarot to create Angel Tarot Reading. In this workshop she will teach you how to use Tarot everyday for guidance using your intuition from the angels. You can Bring your own cards, if you have them. It's her desire to bring you immense blessings as you use Tarot to move along your spiritual path.

### **CRESCENT MOON WREATH MAKING WORKSHOP – Amy McCracken – Picnic Pavilion**

During this workshop, you'll learn how to create your own moon shaped wreath to take home with you, while using some foraged natural materials from the surrounding woodlands. (Note: \$20 extra for materials. Please pay at the workshop.)

### **NATURE HIKE – Amy McCracken – Picnic Pavilion**

Amy will be leading a hike around the property, while sharing with you some local history, the history of Wildcat, and maybe even some local lore.

### **ASTRO-HERBALISM & the Path of TotaliTEA - Gina Clark and Liza Say – Tea Room, First Floor Mansion**

If you're interested in astrology and herbalism, this class is for you! Astro-Herbalism and The Path of TotaliTEA. Astro-herbalism is the study and practice of observing the connections between plants, celestial bodies and our earthly experiences. In this class, we will start by delving into the basics of astro-herbalism and accessing your birth/natal chart. We will then focus on the astrology of the New Moon Total Eclipse in Aries and how this cosmic event, and its associated energy, can affect each zodiac sign. Lastly, we will apply our knowledge of astro-herbalism by blending a Total Eclipse Tea. Each herb that we will be working with, has been chosen for specific reasons. You will learn all about the herbs and why we included them

in our special Eclipse Tea blend. Every participant will have the opportunity to blend their own sample of the Eclipse tea. We will close with a Total Eclipse guided meditation. For anyone interested, Herbal Astrology oracle card readings will be available at the end of the class.

**SPIRIT HACKING TOOLBOX: How to move from 3D Darkness to 5D Light – Gina Clark and Liza Say – Tea Room, First Floor Mansion**

Eclipses are not only fascinating astronomical occurrences but also hold significant spiritual and magical potential. They are a time of recognizing our shadows and stepping from the darkness back into the light. This workshop will help you to step fearlessly from this 3D Blackout (the age of darkness that we have been experiencing) and into the 5D light to access a place of fierce empowerment. We will learn some tools, practical strategies, and hacks to emerge from this solar eclipse as a happier, lighter, healthier 5D human. Some topics will include Connecting to Higher Self; Being mindful of what goes into your body; Mindfulness, Meditation, Manifestation; Spiritual Connectedness; Connection to the Earth; Creating; Energy Work; Power of Love/Gratitude.

**REIKI SHARE – All instructors and festival attendees – Mansion**

Reiki is an energetic healing modality that reduces stress/anxiety and promotes relaxation and mental clarity. This Reiki Share is a gathering for anyone who enjoys or is curious about Reiki. Come give and receive the benefits of Reiki- no experience/attunement necessary.

**MARVELOUS MUSHROOMS– Gina and Liza – Tea Room or Saloon**

Fungi provide a key to understanding the planet on which we live and the ways that we think and behave. Fungi can change our minds, heal our bodies, and help the environment in ways we can't even imagine. In this workshop we'll explore the basics of mushroom foraging, learn how mushrooms can heal the body/mind/spirit and learn the benefits of our mushroom double extraction. We'll have some of our homemade Reishi/ Chaga/ Lion's Mane Double Extraction for purchase and we'll even walk you through how to make your own!



**LET'S TALK ABOUT WELLNESS – Matt Smith, Elijah Conger, Christine Breakstone – Carriage House Second Floor**

What wellness means, Different kinds of wellness, Good stress and tough stress, Sharing ideas for wellness, and making your own plan about YOUR wellness

**Subtle Energies for Self-Care: Change Your Vibe – Leigh Carrasco - The Secret Chamber Lounge, Carriage House Second Floor**

Experience healing vibrations in the form of sounds, colors, uplifting information and your own personalized SEFI Dot. Upon signing up, make sure to select two choices for your personal SEFI Dot to be pre-programmed and ready for you.

Everything is energy and frequency. Atoms and molecules constantly vibrate, making up the world we live in. When frequencies change from their optimal state, problems can occur.

SEFI dots can be programmed with the specific energy frequencies you need that can enhance your body's own energy field.

**ENERGETIC PROTECTION AND THE EMPATH - Stephanie and Robin of Twisted Sisters - Solarium, First Floor Mansion**

Twisted Sisters is a partnership of two mediums, Robin and Stephanie. They specialize in energetic protection education for the empath as well as in energetic clearings of individuals and homes, spirit release practices, and even entity removal. They are providing a course for those who either suspect or know that they are an empath. As an empath you may absorb the emotions and energies of those around you. Learning how to detach from what does not serve you is a learned skill and Twisted Sisters are here to give you the techniques to get started.

Many empaths also have special spiritual abilities and they need to spend extra time on spiritual hygiene and energetic protection techniques as they are particularly vulnerable to energy transference and to those who attempt to dim their light. You do not need to identify with possessing spiritual gifts to benefit from this class, just to suspect you may be an empath.

The course will teach the basics of protecting your own energy and how to address common pitfalls that come with being an empath. This class will also teach you about your auric field and how to avoid energy transfer.

### **COPING WITH COGNITIVE DISTORTIONS AND SHAME - Stephanie Minshull - Solarium, First Floor Mansion**

Stephanie Minshull is a rescue medium and certified alcohol and drug counselor. Stephanie combines skills from her history of teaching cognitive behavioral therapy techniques as well as her insight from being a teacher of energetic protection for the spiritually gifted in order to provide coping strategies that can be used to help all individuals cope with negative thinking patterns and self-limiting beliefs.

The course is focused on learning common cognitive distortions and how thoughts shape our feelings as well as learning to break down shame and overcoming self-limiting core beliefs. Through the lecture and workshop you will be able to identify your personal limited thinking patterns and identify how shame may have an impact on your life decisions today.

This is an entry level lecture/workshop and is focused on the human experience. Those who are interested in spiritually gifted energetic protection courses may be interested in the Energetic Protection and The Empath course also offered at Wildcat the same weekend.

### **THE POWERS PROGRAM – Lacy Younger – Solarium, First Floor Mansion**

You can read the books, listen to the tapes, watch the DVD's and attend the lectures that speak to your spiritual growth...you can 'GET IT'...forget it...and get it again. But until you apply it, put what you know into 'practice' on a daily basis it will fade from your memory like high school Geometry. This intensive program will give you the basic fundamentals of meditation, the Laws of The Universe and many other tools to incorporate into your daily routine to bring about CHANGE. You will learn about your God-given 'Super-Natural-Powers' and how to ignite them and begin to master them. You can change your neural pathways... change your mind, change your life.