

Please forward this email program to your family, friends, colleagues and clients. Workshop schedule and list of vendors inside program

[www.mindbodyspiritfestival.org](http://www.mindbodyspiritfestival.org)

[mbsfestival@hotmail.com](mailto:mbsfestival@hotmail.com)

University of Maine Hutchinson Center  
80 Belmont Avenue, Belfast, Maine 04915

# Mind Body Spirit Festival

10:00-4:00 Saturday, April 16, 2016

Admission fee \$5.00 at the door

Individual providers may charge additional

## *Energize Your Life, Rejuvenate Your Spirit*

Reiki  
Energy Healing  
Hypnobirthing®  
Hypnotherapy  
Crystal Healing  
Crystals, Gems, Jewelry  
Past Life Readings  
Aura Readings  
Animal/Pet Communicator  
Spirituality Education  
Herbal Healing & Therapy  
Organic Skin Care Products  
Aromatherapy (Essential Oils)  
Mystical Art Work  
Spiritual Table Tipping  
Psychic and Medium Readings  
Handcrafted Velvet Bags  
Oracle Cards, Tarot Cards  
...and a lot more



## *Belly Dancing for Fitness and Empowerment*

**Bettina Benoit**, Reiki Master, Crystal Healer, Belly Dancer  
*Tree of Life Energy Medicine*

*Learn a brief history of belly dancing, as well as some basic moves to help you get a feel for this style of dance, which is both empowering for women and wonderful for fitness. All shapes and sizes are welcome.*

## *Introduction to Spirit Guides and Power Animals*

**Wachian Welch**,  
Shamanic and Reiki II Practitioner, Psychic  
Medium, Spiritual Teacher and Native  
American Flutist. *Rollin' w/Spirit*

*Explore what a Spirit Guide is and what a power animal is. Learn how they can help you in everyday life and how you can increase and build this connection.*



## *A Year of Healing from the Garden*

Holly Ihloff, Herbalist

*Medieval Magic Organics, LLC*

*Learn how Holly landscaped her property sustainably with organically grown fruit and nut trees, soft fruits, and herbs and how this contributes to the health and well being of her family — tools that can help you develop your own plan for health and well being..*

## *Manifestation Made Easy*

Angie Butler, Art Mediumship  
**Leap of Faith Artistry**

Learn four simple yet imperative steps to manifesting your desires — and learn what mistakes to avoid. Manifesting is easier than you think!



## Mind Body Spirit Festival Workshop Schedule, April 16, 2016 - Belfast

Workshops are free **unless described in purple ink**. Those attending the 10:00 workshop will be admitted at 9:45.

<b>10:00-10:30</b>	<b>Raise Your Vibration Drumming Workshop</b> Eileen Mielenhausen <i>BeamingLight Coaching, Reiki and Sound Healing</i>	<b>Rm 127</b>
	<i>Join in the fun and raise your vibration by exploring West African rhythms on djembe drums and other instruments in this open drum circle led by sound healing guide Eileen Mielenhausen. Bring your drums, bells, and shakers if you have them, but we can provide several drums for those who don't have their own. (Please arrive at 9:45 if you are attending this session)</i>	
<b>10:30-12:30</b>	<b>Chakradance</b> Brenda Colfer, <i>Soundings</i> <b>\$25.00 ticket required –limited to 8 people</b>	<b>Rm 129</b>
	<i>Chakradance is a dance of inner awareness, an explorative movement practice for your body and spirit. In dancing the seven chakras you may find that you dance through seven different worlds, each with its own lesson, meaning and story.</i>	
<b>10:30-11:00</b>	<b>The Future of Breast Screening: Beyond Mammograms</b> Ingrid Levasseur, <i>Inner Image Thermography</i>	<b>Rm 127</b>
	<i>Explanation of thermal imaging for breast screening; how it works, why it's effective and what makes it different from other forms of screening.</i>	
<b>11:00-Noon</b>	<b>Past Life Readings</b> Regina Strongheart <i>Forest Circles</i> <b>\$10.00 – ticket required</b>	<b>Rm 127</b>
	<i>Regina will facilitate a Question &amp; Answer session concerning past lives. She will share some of her experiences and offering a brief reading for some folks in the audience. (Depending on attendance, not everyone will be guaranteed a reading.)</i>	
<b>12:00-12:30</b>	<b>A Year of Healing from the Garden</b> Holly Ihloff <i>Medieval Magic Organics, LLC</i>	<b>Rm 127</b>
	<i>Holly Ihloff, founder and owner of Medieval Magic Organics, LLC has landscaped her property sustainably with organically grown fruit and nut trees, soft fruits and herbs, from which the health of her family originates. Come see, hear, taste and try!</i>	
<b>12:30-1:00</b>	<b>Stay Healthy – Debunking Common Health “Wisdom”</b> Jamie Huntsberger <i>Transformative Bodywork</i>	<b>Rm 127</b>
	<i>Discussion of diet, exercise, medication, posture, water intake, etc...whatever! Bring your questions. Commonwealth wisdom debunked.</i>	
<b>12:30-2:00</b>	<b>Spiritual Table Tipping</b> Alice King <i>Seeds of Grace</i> <b>\$15.00 ticket required</b>	<b>Rm 129</b>
	<i>Experience this direct communication tool to meet your Spirit Guides, Loved Ones, and Your Higher Self for spiritual growth. Volunteers from the audience will be chosen to participate.</i>	
<b>1:00-1:30</b>	<b>Self-Mediumship with Hypnosis</b> Ernest Van Den Bossche, <i>Psychic Mediumship and Hypnotherapy</i>	<b>Rm 127</b>
	<i>Connect with your spirit loved ones using your own innate psychic mental abilities through hypnosis. Experience and learn how to self-hypnotize and expand your horizons using self-hypnosis.</i>	
<b>1:30-2:00</b>	<b>Herbal Medicine</b> Nathaniel Petley, ND <i>Maine Center for Natural Health</i>	<b>Rm 127</b>
	<i>Are herbs safe to use? How do they work? Herbs have been used for their medicinal properties throughout human history, and for many, herbal medicine is still a primary source of health care. Learn how Dr. Petley, Naturopathic Doctor and clinical herbalist, incorporates the use of herbs in his clinic. Bring your herbal questions.</i>	
<b>2:00-2:30</b>	<b>Introduction to Spirit Guides and Power Animals</b> Wachian Welch <i>Rollin' w/Spirit</i>	<b>Rm 127</b>
	<i>Explore what a Spirit Guide is and what a power animal is. Learn how they help you in everyday life and how you can increase and build this connection.</i>	
<b>2:30-3:00</b>	<b>Life and Times of an Animal Communicator</b> Kathryn Drage, <i>Earth Talk</i>	<b>Rm 127</b>
	<i>Kathy will be explaining how animal communication works and sharing her experiences as an animal communicator over the years.</i>	
<b>2:30-3:00</b>	<b>Belly Dancing for Fitness and Empowerment</b> Bettina Benoit <i>Tree of Life Energy Medicine</i>	<b>Rm 129</b>
	<i>Belly dancing has its roots in the Middle East where women would dance for each other in celebration. Today, there are many styles of belly dancing. In this workshop, you will learn a brief history as well as basic moves to help you get a feel for this style of dance. Dancing is empowering for women but also wonderful for fitness! All shapes and sizes are welcome.</i>	
<b>3:00-3:30</b>	<b>Manifestation Made Easy</b> Angie Butler <i>Leap of Faith Artistry</i>	<b>Rm 127</b>
	<i>Learn four simple yet imperative steps to manifesting your desires – and learn what mistakes to avoid. Manifesting really is easy.</i>	

## Vendors and Practitioner (in no specific order)

We do not have central scheduling. Most practitioners have a sign-in sheet. Those who do not have a sign-up sheet will see you on a first-come basis.

Cheryl Bean-Moody	Book Store - Health, Metaphysical, and Spiritual books	<b>Festival Organizer</b>	<a href="http://Mindbodyspiritfestival.org">Mindbodyspiritfestival.org</a>
Alice King	Shamanic Practitioner and Energy Healer, Soul Messages, Spiritual Table Tipping; Access Consciousness Bars® Practitioner	<b>Seeds of Grace</b>	<a href="http://seeds-of-grace.com">seeds-of-grace.com</a>
Jessica Mitchell	All Natural Bath, Body, Beauty and Remedial Products	<b>Earth Collective</b>	<a href="http://earth-collective.com">earth-collective.com</a>
Sheila Tondreau	Angel and Spirit Pictures, Greeting Cards, Bookmarks, Magnets	<b>Kaptured Spirits</b>	
Doug Thornsjo	Designer and Publisher of Award-Winning Tarot and Oracle Cards	<b>Duck Soup Productions</b>	<a href="http://Tarotbyducksoup.com">Tarotbyducksoup.com</a>
Bonnie Lee Gibson	Psychic Medium		<a href="http://bonnielee.net">bonnielee.net</a>
Ernie Van Den Bossche	Mediumship, Healing		<a href="http://zohrala.com">zohrala.com</a>
Mary Fessenden	Soap, Lotion, Cream, Essential Oils, Natural , Personal Care	<b>Mary's Therapies</b>	
Kim Dunn	Gemstones, Crystals, Jewelry, Metaphysical Books	<b>Bennett's Gems</b>	<a href="http://BennettsGems.com">BennettsGems.com</a>
Regina Strongheart	Medical Intuitive and Past Life Readings	<b>Forest Circles</b>	<a href="http://forestcircles.com">forestcircles.com</a>
Marlane and Victor Landau	Education on how to use essential oils for health solutions and optimal wellness for mind, body and spirit	<b>Do Terra Essential Oils</b>	<a href="http://Mydoterra.com/MarlaneLandau">Mydoterra.com/MarlaneLandau</a>
Jamie Huntsberger	Structural Integration, NeuroVisceral Mobilization, Whole Body Balancing	<b>Transformative Bodywork</b>	<a href="http://Transformativebodywork.net">Transformativebodywork.net</a>
Katenia Keller	Tarot Cards and Readings	<b>Katenia Keller</b>	<a href="http://Kateniakeller.com">Kateniakeller.com</a>
Ingrid LeVasseur	Breast, Half Body and Full Body Thermal Screening Information	<b>Inner Image Thermography</b>	<a href="http://myinnerimage.com">myinnerimage.com</a>
Angie Butler	Art Mediumship	<b>Leap of Faith Artistry</b>	<a href="http://Leapoffaithartistry.com">Leapoffaithartistry.com</a>
Kim Bolduc-Bartlett	Tarot Card Readings and Advising	<b>The White Raven</b>	
Pam and Jim Savage	Handcrafted Velvet Bags and Pouches	<b>Aeon Moon</b>	<a href="http://Aeonmoon.com">Aeonmoon.com</a>
Christine Murphy	Spiritual Sojourns to Ireland	<b>Heart &amp; Spirit Journeys</b>	<a href="http://heartandspiritjourneys.com">heartandspiritjourneys.com</a>
Bettina Benoit	Reiki and Crystal Healing; Crystals, Candles, Incense and more	<b>Tree of Life Energy Medicine</b>	<a href="https://www.facebook.com/treeoflifeenergymedicine">Facebook.com/treeoflifeenergymedicine</a> <a href="http://Treeoflifemaine.wix.com/treeoflife">Treeoflifemaine.wix.com/treeoflife</a>
Gary Mascher	Mediumship, Connecting with Loved Ones	<b>Spiritual Connections</b>	
Gayle Cunningham	Aura Readings; Medium Readings; Jewelry	<b>Gayle Cunningham</b>	
Eileen Mielenhausen & Brenda Bywater	Reiki Sessions (with option of sound healing) Energy Healing, Spiritual Direction	<b>BeamingLight Coaching, Reiki, and Sound Healing</b>	<a href="http://beaminglightcoaching.com">beaminglightcoaching.com</a>
Wachian Welch	Psychic Medium Readings	<b>Rollin' w/Spirit</b>	<a href="http://Rollinwspirit.com">Rollinwspirit.com</a>

More practitioners and vendors next page

## ***More Practitioners and Vendors:***

Holly Ihloff	26 Organic, handmade (by Holly) skin care products, FDA inspected/compliant priced for face, body, Payne management and beneficial fragrances, mixing European Apothecary Tradition with Native American Healing Arts.	<b>Medieval Magic Organics</b>	<i>Medievalmagicorganics.com</i>
Darcy Wilcox	Ultimate Body Applicator-Body Contouring Wrap: Tighten, tone, and firm the appearance of your skin wherever you need it most, in as little as 45 minutes, with progressive results over 72 hours.	<b>It Works Global</b>	<i>Darcywilcox.myitworks.com</i>
Laura Duffy	Natural Birth Classes, Hypnobirthing® Classes, New Life with Baby Classes; Doula Services	<b>Mainely Birthing</b>	<i>Mainelybirthing.com</i>
Melanie Furber	Crystal Skulls, etc.	<b>Raps' Eyes</b>	<i>Rapseyes.com</i>
Mei-Ling Cheung	Wire-Wrapped Gems and Minerals	<b>Rungy Cheungy</b>	<i>Ourthomastongallery.com</i>
Eva Goulette	Spirituality Products and Services for Children and Families	<b>Dancing Jaguar Inspirations</b>	<i>dancingjaguarinspirations.com</i>
Kathy Drage	Animal Communication and Animal Healing Sessions	<b>Earth Talking</b>	<i>earthtalking.org</i>
Nathaniel Petley, ND	Naturopathic Medicine and Herbal Products	<b>Maine Center for Natural Health</b>	<i>Drpetley.com</i>
Jeannie Sullivan	Earth magic Cards (oracle deck that draws on the magic and elements of the earth to give the client a reading); Mini Healing Sessions	<b>HeartFelt Energies</b>	
Phyllis Capanna	Access Bars® Sessions: Deep relaxation, opening new possibilities	<b>Phyllis Capanna, MA, OTR/L Holistic Wellness Consultant and Access Bars® Practitioner</b>	<i>phylliscapanna.com</i>

**DISCLAIMER:** Festival planners are not liable for the misuse or misrepresentation of information or treatments provided by individual practitioners. Seek medical advice from your physician in addition to alternative therapies.

**PET POLICY:** Only service animals are allowed on the premises. Animal practitioners can do readings from pictures or your pet's name.

**FOOD:** There will not be a lunch vendor at this festival; however, there will be coffee and tea available in addition to the vending machine cold beverages and snacks.

**DIRECTIONS:** University of Maine Hutchinson Center  
80 Belmont Avenue  
Belfast, Maine 04915

Located on Route 3 (Augusta Road), west of Belfast, across the street from Belfast Self-Storage. Look for the University of Maine sign and the Mind Body Spirit Festival sign.

[www.mindbodyspiritfestival.org](http://www.mindbodyspiritfestival.org)

[mbsfestival@hotmail.com](mailto:mbsfestival@hotmail.com)

(207) 649-2386



Photo by Aeriana Blue

OPEN DRUM CIRCLE  
at the  
Mind Body Spirit Festival  
Hutchinson Center, Belfast

Saturday,  
April 16  
10-10:30 am

## Raise Your Vibration!

# Explore West African-style rhythms

## Join in the fun!

Sound healing guide and drum teacher Eileen Mielenhausen will facilitate this drum circle, which is free and open to all ages and skill levels. Arrive at 10:00 am to learn basic techniques of hand drumming and play in circle with others.

**No prior drumming experience needed!** Please bring drums, bells, shakers, etc. if you have them. Extra drums and percussive instruments will be available to share.



Find us on Facebook  
at: [Healing and  
Expressive Arts  
Retreats of Maine](#)

A drum enthusiast for the past 20 years, Eileen has studied with and played/performed with Edgard Gnidehou (from the Ivory Coast), Ubaka Hill, Judy Nielsen and members of *Inanna, Sisters of Rhythm*, Layne Redmond, Barbara Gail, Abdoulaye Sylla and Sayon Camara (from Guinea). Eileen has facilitated drum circles since 1997 and has offered drumming lessons and exploration to a variety of individuals and groups, including children, inmates, seniors, cancer survivors, and people in addiction recovery. Recognizing the power of the drum for healing, she has coordinated numerous **8,000 Sacred Drums** ceremonies and other gatherings in central and coastal Maine, as well as across the USA. Eileen is a Reiki and sound healing practitioner, a life coach, and former English teacher and academic librarian. She has an M.A. in Literature, and a passion for play!

*For more info, contact Eileen at [BeamingLight Coaching, Reiki, and Sound Healing](#):  
(207) 441-2785 • [eileen.mielenhausen@gmail.com](mailto:eileen.mielenhausen@gmail.com) • [beaminglightcoaching.com](http://beaminglightcoaching.com)*



## **with Brenda Colfer**

Energy Healer, *Soundings*

Chakradance is a dance of inner awareness, an explorative movement practice for your body and spirit. It is like entering a waking dream.

In dancing the seven chakras you may find that you dance through seven different worlds, each with its own lesson, meaning and story. Meditation, guided imagery, sacred movement/dance and mandala art are all part of this amazing offering. (Comfortable clothing is suggested)

**12:30-2:30**

**\$25.00 Room 129 (limit 8 people)**

Tickets may be purchased in advance by calling (207) 649-2386  
or at the door, pending availability



# *Past Life Readings*

*with*

*Regina Strongheart*

Medical Intuitive, *Forest Circles*

11:00-Noon

\$10.00      Room 127



*(purchase ticket at the main entrance)*

*Regina will facilitate a Question & Answer session concerning past lives - what they are and what they mean.*

*She will share some of her experiences and offering a brief reading for some folks in the audience. (Depending on attendance, not everyone will be guaranteed a reading.)*

*"I am certain that I have been here as I am now a thousand times before, and I hope to return a thousand times." - Goethe*

*"The doctrine of metempsychosis is, above all, neither absurd nor useless ... It is not more surprising to be born twice than once; everything in nature is resurrection." - Voltaire*



# *Spiritual Table Tipping*

*Presented by **Alice King***

Shamanic Practitioner and Energy Healer  
**Seeds of Grace**

12:30—2:00

*\$15.00      Room 129*

*(purchase ticket at the  
festival main entrance)*

Spiritual Table Tipping is a means of communicating with your Spirit Guides, Guardian Angels, Loved Ones and pets who have passed on. It is very powerful and very healing physically, emotionally and spiritually.

At a Table Tipping Session, the Spirit's energy comes through the table and answers your questions by tipping the table, once for "yes" and twice for "no" to answer your question. You can learn what your soul's plan is, areas that you are stuck and why; how to gain the most out of your relationships, career and health; how your deceased family member or pets are doing, and what they are doing on the other side for their own soul development.

(Alice tries to have all attendees experience Spirit through the table, however depending on attendance, not everyone will be guaranteed a reading.)



*"Table tipping with Alice was a very powerful experience – it changed my life!"*

*Rob Mercier*

Learn more about Alice and her healing work at:  
[www.seeds-of-grace.com](http://www.seeds-of-grace.com)