



Holistic Expo and Psychic Fair Presentation Schedule

Located in a workshop room at the back of the facility

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| 10:00AM | Expo Begins |
| 10:30AM | “Letting Go of Stress, Metamorphic Technique” with Deborah Hannaford, Inner Search Centre |
| 11:00AM | “Self Care for Sensitive Souls” with Margaret Sample, Spirited Insight |
| 11:30AM | “Learn to Manifest Using Energy” with Paula Boylan, Evolution Coach |
| 12:00PM | “Your Perfect Day” with Marnie Prokator, Blissed Out |
| 12:30PM | “Colour Breathing” with Brenda Lanigan, Essence of You |
| 1:00PM | “Communication with Animals and How You Can too” with Marybeth Haines, The Gal Speaks |
| 1:30PM | “Learn to Do Your Own Muscle Testing” with Maura Bommer, Niagara I.M.T. |
| 2:00PM | “The Effects of Reiki on Modern Medicine” with Aly Brousseau, The Homemade Momma |
| 2:30PM | “Psychic Kids and How to Know if You Have One” with Liz Throp, Psychic Kids United |
| 3:00PM | “Psychometry – The ability to read objects” with Cathy Ther, Intuitive |
| 3:30PM | “The Dangers of Sitting” with Dr. Domenic Pantano, Advanced Chiropractic Clinic |
| 4:00PM | “Alternative Therapies to help deal with Brain Injuries” with Bonita Pafford, Now N Zen |
| 4:30PM | “Energy Health” with Jennifer Neustaedter, Aegea |
| 5:00PM | Show Ends |

Come join us for An Evening with Spirit here tonight! Featuring four of the best mediums Niagara has to offer. Tickets are \$40 and available at the door

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| 6:30PM | Bar and Doors open |
| 7:00PM | An Evening With Spirt begins;
Featuring, Liz Throp, Julie Murray, Vanessa Hurst and Tracy Kennedy |
| 9:30PM | Show Ends |