



**Conscious
Michiana**

EVOLVE ~ EXPAND ~ GROW
WWW.CONSCIOUSMICHIANA.COM

MIND BODY SPIRIT FESTIVAL

MAY 3RD 11AM -5PM

Share & Win

Post your favorite moment, booth, class, or activity on Facebook or Instagram using **#ConsciousMichiana**

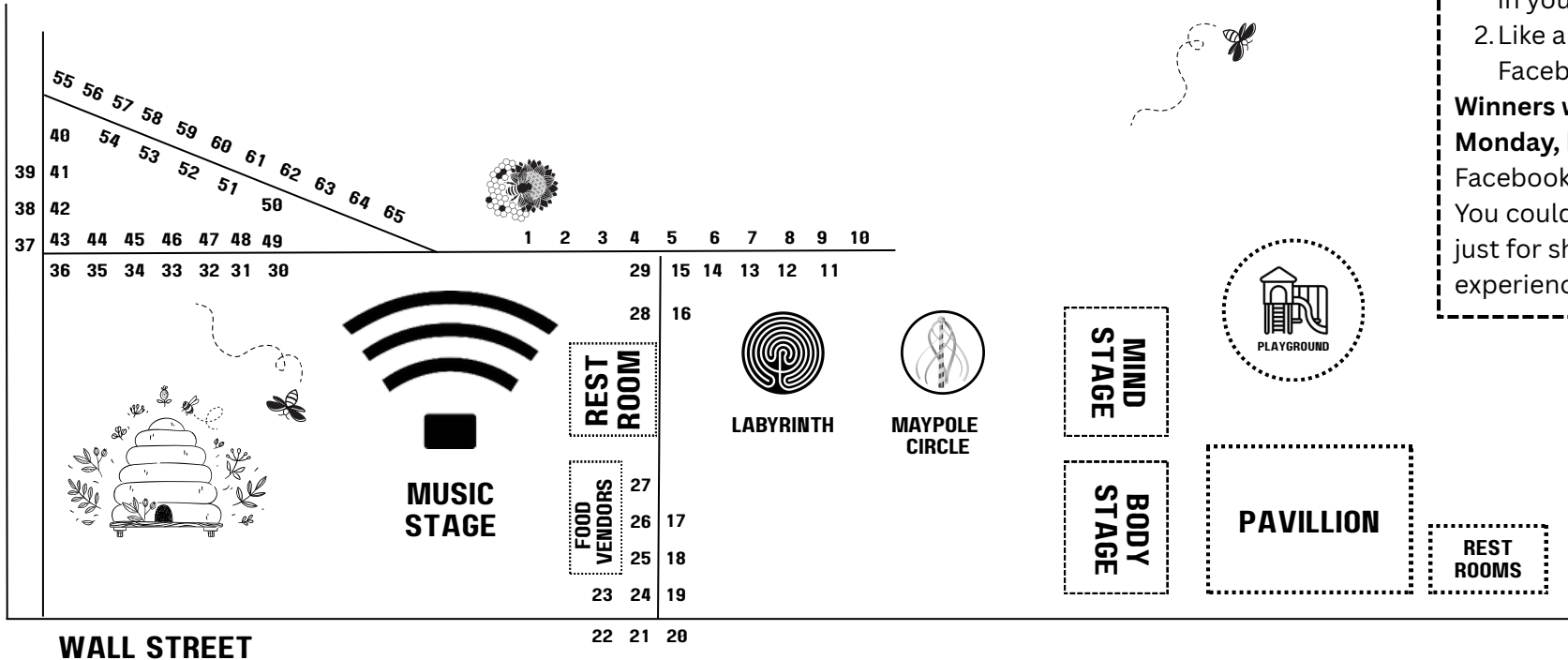
To enter the giveaway:

1. Use **#ConsciousMichiana** in your post
2. Like and follow us on Facebook or Instagram

Winners will be announced Monday, May 5th on our Facebook page.

You could win a special prize just for sharing your festival experience!

GREENLAWN AVE



1. CONSCIOUS MICHIANA
2. WELLNESS WITH ALLISON
3. ROOTED BALANCE MASSAGE
4. EARTH STICKS & SCENTS
5. NOW & ZEN HOLISTIC HEALTH
6. HO;;Y BETH HANDMADE
7. TAROT BY MONIQUE ROSE
8. SKY APOTHECARY LLC
9. VIBRANT SOUL COACHING
10. VA
11. RESILIENT MENTAL HEALTH & WELLNESS SOLUTIONS
12. DUALITY DIVINATION

13. SHADES OF ORANGE
14. PAN-O-PLY STORY & ART MICHIANA
15. TONY BREWER
16. A MINDFUL PLACE
17. GODDESS OF JULES
18. KATIE LADYBUG
19. HOLE IN THE WOODS FARM
20. DOPE LEMONADE
21. PROFESSOR BUTTERBEER
22. RICO SUAVE MEXICAN CUISINE
23. SWEET SENSATIONS
24. TOSSED TOGO

25. JETTAS KETTLE CORN
26. A BITE WITH MEE
27. FUNKTIONAL BAR
28. SEVA AYURVEDA
29. SAI SHAKTI BOTANICALS
30. REIGNWEAVER
31. SKY IS THE LIMIT ART STUDIO
32. MAYA BEAUTHERAPY
33. SPICE FOR LIFE COACHING
34. ERIN SERAFINO HYPNOTHERAPY & WELLBEING
35. SACRED EMBERS
36. GEMS OF PRIDE

37. CHATTY CAT CRAFTS
38. FIRST UNITARIAN CHURCH
39. COSMIC CONNECTION CENTER
40. ADINA ARTS
41. HANDPRINT ENERGY PALMISTRY
42. LUNA NATAL DOULA CARE
43. ROSE AND SAND
44. LILITH'S VIVARIUM
45. CAREFULLY CONCOCTED
46. A HEALING OASIS
47. BALANCING CONNECTIONS
48. ANIMAL REIKI & RIPPLING WAVE
49. PURPLE PORCH CO-OP

50. NIGHT OF THE SUN
51. UNITY OF MICHIANA SPIRITUAL CENTER
52. DUNN RIGHT DESIGNS
53. THE CHOP SHOP WOODWORKS
54. CTCRAFTCO
55. THE HIVE OF LIGHT
56. THE HEALERS' DAUGHTER
57. SADIE'S SOURCERY
58. GET BENT JEWELRY
59. FREDDIE & FRIENDS
60. BY MEL
61. MOONLIGHT MAKERS
62. READING4 YOU

63. JEWEL IN THE LOTUS
64. SPACESUIT SELF, LLC
65. ART BY AMBER OLSEN & A TWINKLE IN TIME JEWELRY

MC: LISA DANIELLE
SOUND: JEFF WILHELM
STAGE: CHRISTINE DE LA FUENTE



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MIND STAGE

- 11:30 AM Poetry Reading**
Tony Brewer
- 12:00 PM All Things Labyrinth**
Dr. Kevin Ladd
- 2:00 PM Why Coherence Matters**
Debra Sheehan
- 3:00 PM Beyond Talk: Healing the Mind with Movement and Sound**
Tiffany Green - Mikell

BODY STAGE

- 11:15 AM Hip Hop + Pranayama Flow**
Misty Love / Inhale Exhale School of Yoga
- 11:45 AM Michiana Acro Yoga Meet Up**
Michiana Acro Yoga
- 12:30 PM Power Vinyasa Yoga**
Chelsea Yeoman / Nirvana Yoga
- 1:15 PM Elemental Harmony Qigong**
Dr. Natalie Kilheeny / Beyond Zen Studio
- 2:00 PM Get Up & Go Flow**
Amanda Losch / Beyond Zen Studio

CLASSES BY RAY OF SUN YOGA SCHOOL

- 2:30 PM SLOW FLOW WITH BALANCING** / LIZ ZAPF
- 3:00 PM FIERCE FOUNDATIONS** / JESSICA WOOLLEY
- 3:30 PM SLOW FLOW ROOT TO RISE** / JUSTIN DEAL
- 3:30 PM ELEMENTAL FLOW YOGA** / LAUREN PIENNERT

MUSIC

ON THE MAIN STAGE

- 11:00 AM JAYLIN RAIN GARNER**
Conscious Rapper
- 12:00 PM Firetruck Save the Day**
Acoustic Musical Duo
- 1:30 PM Why Not Both**
Midwest Indie Rock
- 2:45 PM Ghana G**
Conscious Rapper
- 3:45 PM Imperial**
Natural Earth Tones on Solo Cello

MAYPOLE CIRCLE

- 11:00 AM Singing & Sound Healing Workshop**
Zella Mae
- 1:15 PM Free Flow Hoop & Flow Space**
Kim Bell
- 3:30 PM Maypole Dance**
Ada Robb
- 4:00 PM Drum Circle**
Korynn Amm

ACTIVITIES

- Labyrinth Walk**
Labyrinth / All Day
- Walk as One at 1**
Labyrinth / 1:00pm
- Maypole Dance**
Maypole Circle / 3:30 pm
- Drum Circle**
Maypole Circle / 4:00pm
- Story Hour & Community Art Book**
PAN-O-PLY / Booth #14
- Experience Shakespeare**
Shades of Orange / Booth #13
All Day
- Poetry On Demand**
Tony Brewer / Booth #15
All Day

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