Wellness Expo®
Saturday & Sunday, April 6-7, 2019, 11am - 6pm

PROGRAM GUIDE

visit over 100 exhibit booths

hear 24 wellness talks

experience hands-on demos & sessions

shop, dine, mingle, learn, play

enjoy massage, reflexology, & energy healing

Yoga on the Lawn
Saturday & Sunday
at 3:00PM
sponsored by Dallas Yoga Magazine

972-925-9393
WellnessExpo.net
The Universe utilizes Jennifer Hall to relay information in a way that allows for a clearer understanding of disease and health. Come explore a short past life regression to go back and look at what gifts we can discover. Lisa Chalmers, a Certified Hypnotherapist, Certified Past Life Regression Healer, a Reiki Master, an intuitive healer, and a teacher of numerology, will work with attendees to identify any energy issues. Visit: www.marshallneil.com

4:00 pm

7 Overlooked Principles of Successful Weight Loss
Linda D’Nise
214-636-9720

Linda will disclose 7 crucial overlooked principles that most weight management programs don’t address. She will discuss what the “7” means and how imperative it is to know and understand true weight loss. Visit: www.godsciencefood.org

1:30 pm

Living a Sweet Life without Sugar
Dr. Neelofer Basaria, DrPH
469-363-4996

How would it feel if you understood the reasons behind your sugar cravings and discovered how to substitute or eliminate certain sugars from your diet? Come learn some practical tools to help you overcome sugar cravings, lose weight and increase your energy level. Join Dr. Basaria as she works with clients to help them realize their own potential, experience authentic transformation and achieve vibrant health. Visit: www.truelivingforlife.com

2:00 pm

Clearing, Connection, and Channeling Joy’s Magical 3 C’s
Joy Kauf
972-221-8080

Are you willing to open and connect with your angels, guides, and the All That Is? Join Joy as she shares her insight and offers practical tools that will change your everyday life. Joy Kauf is the founder of the Miracles of Joy Spiritual Center, a Mecca for healings, readings, and esoteric studies in the Dallas area. Joy is a Master Teacher of Galactic Healing and is certified as an Advanced Theta Practitioner, as well as a Reiki Master Teacher. Visit: www.galactichealing.org

1:00 pm

Dietetic Difficulties
Dr. Aldo D’Aversa, DC, Dip. O.M., C.C.E.P.
972-233-2929

Food intolerances are now common place. However, not all gut issues even cause stomach pains. Learn how the mind, immunity and the joints are effected. Find out why and discover ways to deal with this worsening problem. Dr. Aldo D’Aversa is physician trained as a chiropractor and a Chinese medicine doctor. This unique education has allowed him to integrate the Western medical diagnosis with the Chinese medicine pattern diagnosis allowing for a clearer understanding of disease and health.

11:30 am

Past Life Healing
Lisa Chalmers, CHT, CPLR
972-998-7491

Often times it’s the awareness of the past that frees us in the future. Come explore a short past life regression to go back and look at what gifts we can discover. Lisa Chalmers is a Certified Hypnotherapist, Certified Past Life Regression Healer, a Reiki Master, an intuitive healer, and a teacher of numerology. Visit: www.InnerMuseHypnosis.com

12:00 pm

Spiritual Insights
Psychic Jennifer Hall
psychicjenniferhall.com

The Universe utilizes Jennifer Hall to relay important and essential messages for an individual’s achievement of Highest Good. In this forum, Jennifer will share the information in whatever form it is received—messages from past loved ones, insight into misuse of personal energy, teachings about Universal Truths, etc. Jennifer Hall is the host of Lessons from the Universe with Jennifer Hall a channelled audio cast available on Itunes and PodBean. She is a psychic, clairvoyant, medium, empath, and channel. She is a spiritual counselor and healer, life coach and advisor. Visit: psychicjenniferhall.com

12:30 pm

Numbers, Planets & Chakras
Dr. Ravi Ratan, DSc
646-546-6892

According to Numerology each number is associated with a particular planet, which in turn impacts our life and our Chakras. Each planet influences a certain Chakra and affects our life through that. Dr. Ratan explains how it works. Dr. Ravi Ratan, from India, is a clinical aromatherapist and Healer, author of “Handbook of Aromatherapy” & “Journey Through Chakras”. He integrates Aromatherapy and Lymph Drainage with Chakras & Crystal Healing. Visit: www.aromatantra.com

2:30 pm

Spirit Speaks
Dr. Gary Berman, DC, NMD
972-404-8650

Ever wonder what your higher self wants you to know or is trying to tell you? Please join Dr. Gary Berman known psychic and medical intuitive, for your opportunity to hear what your inner voice has to say. Dr. Gary Berman, PhD, NMD, DC is the founder of the InnerRx Institute in Dallas, a chiropractic, wellness and education center dedicated to the teaching and practice of achieving wellness on all levels. Dr. Berman’s formal training as a physicist and research engineer has helped develop a unique and highly effective approach to wellness.

3:00 pm

What Do You Know About CBD?
Greg Montoya
214-478-9737

Greg will discuss the health benefits of hemp based, non-THC, nano-amplified, American-grown CBD oil products for physiological and psychological human and animal wellness. Learn why CBD has become a national trend and what you need to know to choose the most effective and safe products on the market. Greg is the President and national keynote speaker for New You, LLC, a reputable company whose products are uniquely and effectively making a significant difference in people’s lives based on customer testimonials. Visit: http://TryNewYou.com

3:30 pm

The Lesson from Our Angels is Choice
Linda West, MA, CATP, Metaphysician
928-367-2040

Each of you is connected to the most powerful energy in the Universe. Most do not understand what that means or how to connect with that energy. Join Linda as she connects the dots for you to make that connection. Linda West, MA, Psychic Medium, Author, Speaker, holds a Masters Degree in Metaphysics and is an Angel Communicator. She is the author of the acclaimed book, “8 Keys: A Special Delivery Message from the Angels” and is the Radio Show Host of Empowered Life with Linda West, Thursdays, 11am PST on BlogTalk Radio. She is Co-CEO of Love My Youth, Inc., which is a line of youthing products. Visit: Lindawest-medium.com

4:00 pm

One with Spirit Gallery
$20

Join Neil and Joy and experience their connection with spirit. A gallery is where messages are given to individuals in the audience. They will offer intuitive readings from Angels, Ascended Masters, Guides, ET contact and Loved Ones from the Spirit World. Come and receive channeled messages and see what guidance Spirit has for you. Joy Kauf is the founder of the Miracles of Joy Spiritual Center, a Mecca for healings, readings, and esoteric studies in the Dallas area. Joy is a Master Teacher of Galactic Healing and is certified as an Advanced Theta Practitioner, as well as a Reiki Master Teacher. Visit: www.galactichealing.org Neil is a gifted Psychic Medium, Reiki Master, Advanced Theta Practitioner and Galactic III Practitioner. Visit him at: www.marshallneil.com

4:30 pm

Spiritual Physics: Multidimensional Healing
Neil
972-221-8080

Come join Neil for a journey into the spirit world. With the energetic tools from Spirit, he will work with attendees to identify any energy issues, and to heal and release them. Neil is a gifted Psychic Medium, Reiki Master, Advanced Theta Practitioner and Galactic III Practitioner. Visit him at: www.marshallneil.com

5:00 pm - 7:00 pm

One with Spirit Gallery
$20

Join Neil and Joy and experience their connection with spirit. A gallery is where messages are given to individuals in the audience. They will offer intuitive readings from Angels, Ascended Masters, Guides, ET contact and Loved Ones from the Spirit World. Come and receive channeled messages and see what guidance Spirit has for you. Joy Kauf is the founder of the Miracles of Joy Spiritual Center, a Mecca for healings, readings, and esoteric studies in the Dallas area. Joy is a Master Teacher of Galactic Healing and is certified as an Advanced Theta Practitioner, as well as a Reiki Master Teacher. Visit: www.galactichealing.org Neil is a gifted Psychic Medium, Reiki Master, Advanced Theta Practitioner and Galactic III Practitioner. Visit him at: www.marshallneil.com
Sunday
11:30 am
Eliminate Anxiety by Rewiring Your Brain
Jim Moore
972-467-6773
Jim will describe how to use self-directed neuroplasticity to change your brains for greater happiness and less anxiety. Citing his own near death experience, Jim will show us how to release the energetic blocks created by unresolved past traumatic events. Jim is a Spiritual Life and Executive Coach. As part of his own recovery from childhood sexual abuse, Jim developed a method that helps people free themselves from the energetic blocks caused by unresolved trauma, and fear about what might happen in the future.

12:00 pm
Reiki Energy Healing
Louise Cruz
910-217-4333
Are you interested in energy healing? Have you heard of Reiki, but you’re not sure what it is? In this informative workshop, you will learn about this spiritual healing practice and how it can change your life. Come take the next step in your journey. Louise is a Reiki Master and owner of Life Balance Healing with Louise. A registered dietitian for almost 20 years, Louise has always been called to healing, first through food, and now through Reiki energy.

12:30 pm
Crystal Messages for You
Michelle Welch, SoulTopia Owner
214-530-2326
In this gallery Michelle, Owner of SoulTopia, LLC, will receive clear messages for some audience members, while teaching the entire audience about the crystals. An attorney on her＃ calling is to assist others in gaining clarity and self-empowerment. As an intuitive and “clair-blend,” she utilizes “modality-matching” to determine the best tools suited to help each client’s desires or needs in their Intuitive and Healing Sessions. You can find her at: www.soultopia.guru, and on Michelle SoulTopia YouTube, FOX Radio, SoulTopia Shenangians and 3rd Eye Thinkers.

1:00 pm
How to Cultivate our Most Powerful Energy
Charles Barber, Epigeneticist
888-614-7044
Learn why cellular energy is our most powerful creative force. Charles is an epigeneticist and Founder and CEO of Crucial FOUR INC’s award-winning wellness center. Charles’ passion for health and wellness has inspired 1000’s of lives, which created their world-class organic, food-based product line, wellness center, tonic bar and farm. Visit: crucialfour.com

1:30 pm
Complementary Medicine: The Best of East & West
Dr. Jennifer Laing, MD
903-821-4001
In this talk, Dr. Laing will share her knowledge of Eastern & Western medicine and discuss how they can be integrated and utilized for you to experience your best health. Dr. Jennifer Laing, MD, Board Certified Family Physician, Usui & Karuna Reiki Master, integrates complementary medicine on a daily basis into her practice. Visit: www.schoolofmysticalawakening.com

1:30 pm
Nutritional Supplements & Your Health
Dr. Lona Smith, ND
972-233-8339
Why do I feel better when I take nutritional supplements? Dr. Lona will provide some basic information about the different vitamins and what they do for your body. Dr. Lona Smith is a Board Certified Naturopathic Doctor. As proprietor of Texas Biological Medicine, Inc., she empowers clients to achieve wellness and balance, naturally. Visit: www.texasbiologicalmedicine.com

2:00 pm
Waking Up & Ascending
Catherine Cates
469-850-2204
What’s Happening to me? Am I waking up? Why am I waking up? What do I do with it? What is ascension? Catherine Cates addresses these questions and more to help you understand and navigate the process of waking up and ascension. Catherine Cates is an intuitive life coach, psychic reader, medium, empath, speaker and author. She has been a professional in the business world for over 20 years, who regularly appears on Fox 4 “Good Day” TV show. Catherine has a life coaching practice and regularly teaches manifestation workshops. Visit: www.psychichalldao.com

2:30 pm
Got Questions On Medicare? We Can Help!
Karen Travit
214-763-8126
Original Medicare has many different parts. Do you understand them? If you don’t you may want to attend this seminar which will give you an overview of Medicare. This seminar combines teaching and games to help you understand and navigate understanding of Medicare. Karen Travit has been with Blue Cross Blue Shield of Texas since 2010 and has over 15 years’ experience in health insurance. Karen is certified in Medicare, Affordable Care Act and is a licensed insurance agent for Texas, Illinois, Oklahoma and New Mexico. Visit: http://www.thinkbluetx.com

3:00 pm
Advanced Laws of Healing
Steve Caldwell
580-819-0565
Steve Caldwell will lead a team of spiritual healers in a discussion and demonstration of the advanced laws of healing. He has adopted this approach as healing teams have been found to be much stronger than individuals and are considered the future of medicine. Steve has been a vessel for spirit-led healing for over 35 years. He works with Clinton Peirce, Medical Intuitive, under the banner, “Touch of Heaven”.

3:30 pm
Weight Loss & Wellness
Dr. Sharlene Selvaratnam, MD
469-431-0544
Dr. Selvaratnam combines both modern medicine, as well as quality holistic care to help people safely lose unhealthy weight. Losing unhealthy weight can prevent or improve diabetes, reduce high blood pressure, and lower risk of sleep apnea, and help solve other health risks. Dr. Selvaratnam is a board-certified physician, who founded ReShaped Weight loss & Wellness, which is a center that integrates modern medicine, as well as personal lifestyle transformations, as well as personal lifestyle transformations. She incorporates an individualized approach to weight loss. Visit: reshapedwellness.com

3:30 pm
3 Steps to a Quantum Leap in Your Income
Dagmar Fleming - 414-801-5041
Tired of working till you drop and still not making the money you want and deserve? Learn how you can dissolve emotional blocks to your success and upgrade your mindset and actions to a high 6-figure income. Dagmar is a genuine business hybrid- a blend of traditional businesswoman, entrepreneur, spiritual and emotional healer, and intuitive empath. After enjoying a successful business career and setting up her own global strategy consulting firm, Dagmar cultivated and perfected a proprietary process called Triple Quantum Reset that accelerates her client’s growth, purpose and income potential. Visit: www.dagmarfleming.com

4:30 pm
Connecting with Your Angels in 5 Easy Steps!
Linda West, MA, CATP, Metaphysician 928-367-2040
Feeling like things happen to you instead of for you? Join Linda, for a class that will open your heart and your eyes to your connection to Angels. For business owners and anyone else you can get the guidance you need. The Angels are always with us, it is only our ego that keeps us from connecting to get what we need to live an incredible spiritual life. Linda West, MA, Psychic Medium, Author, Speaker holds a Masters Degree in Metaphysics and is an Angel Communicator. She is the author of the acclaimed book, “8 Keys: A Special Delivery Message from the Angels” and is the Radio Show Host of Empowered Life with Linda West, Thursdays, 11am PST on BlogTalk Radio. She is Co-CEO of Love My Youth, Inc., which is a line of youthing products. Visit: Lindawest-medium.com

All presentations take place in the Stone Cottage, across from the Conference Centre.
Exhibitors

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Linda West.......... 928-367-2040
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Bill Foss - Akashic Records
www.BillFoss.net .... 918-770-3810
Akashic Records, Author, Teacher, Healer.

Blue Cross Blue Shield of Texas
Karen Travit ........... 214-763-8126
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www.HolographicSound.com

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continued on next page >
Exhibitors (continued)

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**Psychic Jennifer Hall**
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