



Saturday & Sunday, October 9-10, 2021, 11am - 6pm
2000 Civic Center Ln, Waxahachie, TX 75165

WELLNESS EXPO

PROGRAM GUIDE

VISIT

70+ exhibit booths with
products & services
for body, mind & spirit

HEAR

24 holistic medicine,
personal growth &
metaphysical talks

EXPERIENCE

intuitive
consultations,
energy healing
&
aura photos

DISCOVER

how to boost
your immune
system &
balance your
emotional state

SHOP

jewelry,
essential oils,
CBD, natural
products,
metaphysical
gifts

MEET

holistic healing
professionals

GET

a free hearing
screening

Saturday, October 9

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 Psychic Medium (she gets pictures in her minds eye) and she is Clairaudient (she hears messages). She owns Inner Muse Hypnosis, where she offers Hypnotherapy and Past Life Regression. Visit: www.InnerMuseHypnosis.com

1:30 PM

Natural Emotional Wellness

Sue Siebens

214-437-2737

Learn about Emotional Resolution, a tool to remove the buried triggers that keep unwanted emotions present in your life. EmRes integrates unprocessed emotions that cause stress and anxiety. EmRes is not a coping skill— EmRes results are permanent. Sue Siebens facilitates Emotional Resolution in private sessions with clients and teaches Self-EmRes to compliment personal growth and development. She is a published author: "Get Unstuck Naturally". Visit: <https://NaturalEmotionalWellness.com>

3:30 PM

Shadow Work: What is it & are you ready?

Stacey Bosley

757-810-7376

During this enlightening talk, Stacey will discuss what shadow work is, how to benefit from it, and when you are ready for this transforming work. Stacey Bosley is a Shadow Walker, psychic and channel. Her passion is to assist others with their healing journey through shadow work, removing negativity, and moving forward on a more peaceful, positive life path. Visit: www.staceysees.com

12:00 PM

Increase & Balance Your Energy

Thomas Nolan, PhD

405-360-2250

Are you feeling tired and drained? Join Thomas in this uplifting talk to learn tools to regain your energy and become your best self. Dr. Nolan has a unique educational background including Theoretical Chemistry, Psychology, and forty-five years of studying a wide range of spiritual and metaphysical topics. Through these experiences, he developed a system, "The Path of the Holistic Warrior". Visit: www.theholisticwarrior.com

2:00 PM

The Power of Connection in 2021

Joy Kauf · 972-221-8080

Are you ready to connect and communicate with your angels and inner guidance? This is the year to have '2021' vision to be able to Manifest & receive clear guidance. Joy will share with you some practical tools to clear your energy and explore how to be more present to receive your messages. 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

4:00 PM

Accessing Your Inner Sanctuary

Sheela Goodrich

512-577-4055

Join Sheela for this experiential healing event! In this interactive lecture, you will discover tips, techniques and spiritual truths to apply as you enjoy Sheela's resonating vibration and voice of serenity, warmth and joy with a relaxing, healing and energizing guided meditation to find your own Inner Sanctuary. Sheela Goodrich is a Healer of Healers, Meditation Master Teacher, and an Intuitive Advanced Energy Healer. She can be reached at: sheelagoodrich@gmail.com

12:30 PM

Ready to Take Back Your Life?

Dr. Levi Richards, DC

575-799-0639

Ever wonder why some moments in life are so easy and others send you spiraling into chaos? Our lives are a direct result of our capacity to integrate and utilize information through our nervous system. Learn how you can transform your life. Dr. Levi Richards graduated from Parker University in 2014 with his Doctorate in Chiropractic, Bachelors in Anatomy, and Bachelors in Health and Wellness. His private practice is located in the Oak Cliff Community of South Dallas. Visit: www.thechiropracticcoop.com

2:30 PM

Take the Natural Path

Beth Carpenter, ND

512-707-9886

Beth will discuss how reducing stress, anxiety, depression and fatigue while increasing mental clarity and energy, and learning to listen to a higher wisdom is primary. In all areas of our life we begin to make better choices, and we can course correct before we get too exhausted and lost. Beth Carpenter is a naturopathic doctor, Intuitive Life Coach, and spiritual healer with over 25 years experience in the communication & connections with our higher self. Visit: HealthyHelp4u.com

4:30 PM

Astrology and You!

Irene Rubin

972 955 7140

Let's look at your astrological sign and upcoming events. A student of astrology for more than 30 years, Irene believes that astrology is a wonderful tool for self awareness. Irene has a successful practice and has been on the radio, where she provided call-ins with a brief forecast for the caller. Additionally, she is a popular speaker and has written articles for astrological newsletters. Visit: www.plutomonjewels.com

1:00 PM

Connect in Spirit™ Gathering

Darla Gray

469-290-2644

Intuitive Medium Darla Gray will facilitate a Connect in Spirit® Gathering which will include: - Evidence of life after death and messages from loved ones in spirit - Questions & Answers on mediumship Darla is an intuitive medium and healing facilitator who connects with loved ones in spirit. She delivers details and messages to support the healing process. Darla offers readings, training, healing circles and development circles in person and online. Visit: <https://darlagray.com>

3:00 PM

Light Language

Ana Noyce

817-944-0867

Light language is a holographic universal language that we as human beings are fluent in on a subconscious level. It is about understanding yourself as a multi-dimensional being as you awaken to the power of co-creating, in aligning your mind, body, and soul. Ana is an Usui & Karuna Reiki Master Teacher. She is certified in Akashic Record consulting and is a Blessing Giver. She also studied under various spiritual teachers as she progressed in understanding the connection of the physical and spiritual world as One. Visit: www.circleinsights.com

5:00 PM - 7:00 PM

Embracing Your Empathic Self: Why do I feel Everything? - \$25

Joy Kauf

972-221-8080

Join Joy for this workshop that will explore how to walk in this world and use your empath skills to connect with your angels and guides and read the energy around you. You will gain some tools you can use in your everyday life, and she will share with you her intuitive insights. 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

Sunday, October 10

11:30 AM

Using Feng Shui to Enhance Your Life

Helen Watson
682-234-8942

Feng Shui, the Chinese art of placement, has been around for over 4 thousand years. Join Helen as she discusses how you can utilize these principles to enhance your energy flow and to manifest the positive changes you desire. Helen is a psychic medium, who is clairvoyant, clairaudient and clairsentient. She is also a feng shui consultant and astrologer, who helps her clients to live their best life.

1:30 PM

Energy Healing & Medicine

Dr. Jennifer Laing, MD
903-821-4001

Who and what amplifies your current, fills your current and zaps you? In this talk Dr. Laing will discuss how we are affected by the energy of the people and things around us and how this manifests in our body. She will offer tips on how to optimize our health. Dr. Laing, MD, Board Certified Family Physician, Usui & Karuna Reiki Master, integrates complementary medicine on a daily basis into her practice. Visit: www.schoolofmysticalawakening.com

3:30 PM

Stepping into Your Soul Alignment

Gaer Ferrinson
254-659-8832

How do you know you are on the right path? Join Gaer for tips on discovering and embracing your authentic self. Gaer Ferrinson, The Transitional Doula, is an oracle and healer. Her work focuses on Starseeds and Soul Journeys. Visit: www.TheTransitionalDoula.com

12:00 PM

Chakra Clearing & Cleansing

Samantha Gollakner
vibrationsoflove777@gmail.com

Chakras are the energy centers in your body. They function best by staying open and being balanced. Samantha will do a cleansing of all major and minor chakras with divine energy for the entire audience. Samantha is a healer, psychic and medium. She is also an international, best selling author who writes Self-help/ Fantasy books.

2:00 PM

Connect with Your Loved Ones in Spirit

RosaLee McIntosh
832-603-1456

RosaLee will be doing open spontaneous readings for some members of the audience. She will be channeling information from Spirit and your loved ones that are on the other side. RosaLee has been doing her passion for 20+ years. She is always learning and growing through the Psychic readings, Medium, Intuitive Tarot cards, Reiki, Egyptian Healing, Clinical Hypnosis, and Past Life regressions that she does. She feels that each experience has been a blessing through doing what she loves.

4:00 PM

Numerology: Seeing Life Through the Numbers

Eloy Machuca
347-687-5028

Join Eloy as he talks about the basics of Numerology and how you can change your perspective by paying attention to the spiritual properties of numbers. Each of us have individual numbers for each year depending on our birthdate. Come find out yours! Eloy has been practicing Numerology as well as various other methods of divination for the past decade. He is a Lenormand, Tarot & Charm reader, as well as a BARS Practitioner & Holy Fire Reiki Master. Find him and all he does at www.thegreenmanstudios.com

12:30 PM

Interacting with Your Quantum Field

Erin Schrick
817-781-7341

The Universe has no restrictions. We create boundaries based on our beliefs or they are programmed into our quantum. Erin will explain how we can clear and reprogram it in order to enhance our health, spiritual growth and inner development. Erin has been in the field of education for over 22 years. She holds a B.S. with a major of physics, as well as an M.Ed in Educational Administration and an MA in Counseling. She is also a trained healer, who paid attention to her elders. Visit: <https://thenaturegypsy.com>

2:30 PM

The Healing Power of Holographic Sound

Dr. Paul Hubbert, PhD
512-659-0069

Through Holographic Sound Techniques, crystal bowls and vocal harmonics, activate the body's blueprint for health. Experience healing & balancing of physical, emotional, mental, and energetic bodies guided by higher consciousness. Paul holds a Ph.D. in Psychology, he's a Multidimensional Sound Master and teaches internationally. He is certified in Grief Recovery, hypnosis, Reconnective Healing and received recognition from the White House for his family counseling work. He's an intuitive channel, Reiki Master, musician and international recording artist. Visit: www.HolographicSound.com

4:30 PM

Expanding Your LIGHT!

Robyn Slagle
214-893-5639

What keeps our energy stuck, causes drains or weighs us down? How do we lighten the load? Learn techniques and get to know your own energy body and how to revitalize and nourish your soul. Robyn is a healer and Spiritual Teacher. She's a 26th generation lineage holder of an unbroken Mayan lineage and has studied with numerous teachers, shamans, and curanderos. She guides you through self exploration and empowerment for healing on all levels. Visit: www.jarlight.com

5:00 PM - 7:00 PM

Dipping Your Toes in the Shadows Gallery - \$25

Stacey Bosley & Gaer Ferrinson
757-810-7376 / 254-659-8832

What is Shadow Work? Shadow work is taking a deeper look at yourself and changing those negative events that repeat themselves in your life. Join Stacey and Gaer for this enlightening gallery to introduce your shadow and give you some practical tools for real change. Stacey Bosley, is a Shadow Walker, psychic and channel. Her passion is to assist others with their healing journey through shadow work, removing negativity, and moving forward on a more peaceful, positive life path. Visit: www.StaceySees.com Gaer Ferrinson, The Transitional Doula, is an oracle, healer, and certified End-of-Life Doula. Her work focuses on Starseeds and Soul Journeys. Visit: www.TheTransitionalDoula.com

1:00 PM

Shadow Work Can Heal Years of Relationship Struggles

Rebecca Eigen
281-799-2900

Understanding this incredible concept by Carl G. Jung can transform everything you ever thought you knew about your closest and most intimate relationships. There is synchronicity in all of the people/ events/ situations you've experienced. They are leading you towards wholeness. Rebecca Eigen, Relationship Alchemist and Astrologer for 25+ years, specializes in the 7th House (marriage, partnership and open enemies; i.e. the shadow in us all). Visit: shadowdance.com

3:00 PM

Aromatherapy for the Body, Mind & Emotions

Becky Heaton
972-965-0636

In this talk Becky will discuss how to avoid the domino effect that daily stress, pressure and anxiety causes in weakening the body, mind and emotions. She will offer tools that provide one way to help the body heal itself. Becky is a graduate of Trinity College of Natural Health with degrees as a Nutritional Consultant, Natural Health Professional, Traditional Naturopath, and Master Iridologist. Becky is also a Certified Aromatherapist, specializing in Clinical Aromatherapy, as well as the owner of Lavanda® Aromatherapy & Botanical Products. Visit: www.iLavanda.com

Exhibitors

Ameriprise Financial Services, LLC

Liz Sullivan.....813-817-7183
Personalized financial advice for a healthy future.
www.ameripriseadvisors.com/elizabethsullivan

Artio Artisanals

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Astrologer for the 7th House

Rebeca Eigen.....281-799-2900
Specializing in Relationships.
shadowdance.com

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Book Life

Samantha Gollakner
.....vibrationsoflove777@gmail.com
Healing/ Psychic/ Medium; Author of Self-Help Series.

BOTANIX

Damon Williams.....817-449-6191
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www.botanix.store

Capricorn Shamaness

Tonya Davis.....972-415-7767
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www.capricornshamaness.me

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Clairvoyant Psychic Medium/ Professional Artist

Mari Weldon.Weldonmari@gmail.com
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PsychicMari.com

Crystal Moon and The Wicker Den

Brandi Parks.....936-933-3181
Crystals, metaphysical items and energy work. www.facebook.com/groups/537823830244476/

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Dee Jackson.....817-863-6509
Holistic Home, Bath, and Body Products.
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Divine Soul Crystals, LLC

Kayla Williams.....214-207-2071
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www.divinesoulcrystals.com

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Christine Hocker.....972-489-9225
Oracle Readings and Essential Oils.
lovercr45@gmail.com

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www.StaceySees.com

Intuitive Reader

Pavi Selene 254-559-2650
Oracle & Tarot Cards.
Pavonine.Selene@gmail.com

Intuitive Tarot

Helen Watson 817-684-1146
Reader, Numerologist, Medium, Healer &
Feng Shui Consultant.

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Ren Adams 214-475-6207
tbadams217@gmail.com

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www.lc.juiceplus.com

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Jeff Symons
Kingdomawakeninginternational
@gmail.com
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Laura Rodriguez 405-626-0865
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Tanya Griffin 903-268-5436
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lightlanguageuniversity.com

Mavi Healer of Hearts

Mavihealerofhearts@yahoo.com
..... 214-477-7292
Healer Clairvoyant Psychic Medium.
Readings in English & Spanish.

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Open Hearts Crystal Boutique

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OpenHeartsSanctuary.com

Oracle + Healer

Sarah Beth
..... Instagram: @sarahbethbram
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orrolistichealing.com

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www.thegreenmanstudios.com

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Joel Cecala 469-841-4414
Intuitive Guidance; Reiki Master Teacher;
YouTube - The Information Intuitive

Readings by Rozalynda

Rosalinda Sepeda-Sanchez
..... 512-587-1401
Bilingual Spanish/English,
Empath, Medium.
www.readingsbyrozalynda.com

Exhibitors (continued)

Renewal By Andersen

Amy Gutierrez 469-320-9192
Home Improvement.
Visit: rbaofdfw.com

The Chiropractic Co-op

Levi Richards 575-799-0639
Network Spinal Chiropractor.
www.thechiropracticcoop.com

Traveling Light

RosaLee McInstosh 832-603-1456
Psychic, tarot cards, Palmistry,
Past life readings.

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Daniel Shoshan 702-350-6296
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elevareskin.com

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Spiritsong.world

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Anti-Bullying information.
www.AntiBullyingRoughing.org

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Rebeca Eigen 281-799-2900
Specializing in Relationships.
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United Health Care

Vicki Torres 972-898-5521
Health Insurance Organization.
www.uhc.com

WELLNESS EXPO®

MARK YOUR CALENDAR

Grapevine, TX: April 2-3, 2022
Grapevine Convention Center

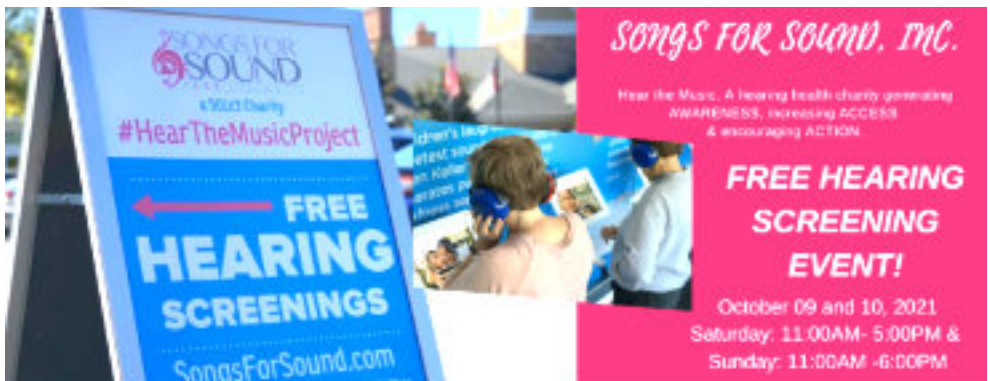
Grapevine, TX: July 23-24, 2022
Grapevine Convention Center

Conroe (Houston): Sept. 3-4, 2022
Lone Star Convention & Expo Center

stay tuned: more to be announced!

WellnessExpo.net • 972-925-9393

FREE SCREENING OUTSIDE IN TRAILER



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October 09 and 10, 2021
Saturday: 11:00AM- 5:00PM &
Sunday: 11:00AM -6:00PM