WELLNESS EXPO

PROGRAM GUIDE

Saturday & Sunday, October 14-15, 2017, 11am - 6pm



hear 24 wellness talks

experience hands-on demos & sessions

shop, dine, mingle, learn, play

enjoy massage, reflexology, & energy healing



Addison Conference Centre 15650 Addison Road • Addison, Texas

Yoga on the Lawn

Saturday & Sunday at 3:00PM

sponsored by Dallas Yoga Magazine with Logan Bennett

972-925-9393 WellnessExpo.net

Saturday

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.lnnerMuseHypnosis.com

12:00 pm Spiritual Insights

Psychic Jennifer Hall psychicjenniferhall.com

The Universe utilizes Jennifer Hall to relay the most 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 as messages from past loved ones, insight into misuse of personal energy, teachings about Universal Truths, etc. Jennifer Hall is a psychic, clairvoyant, medium, empath, and channel. She is a spiritual counselor and healer, life coach and advisor.

12:30 pm Messages for You

from Crystals
Michelle Welch of SoulTopia
214-995-6140

In this gallery Michelle will receive clear messages for some of the audience members, which she will deliver in a direct, yet compassionate manner. An attorney on an enlightened path, her calling is to assist others in gaining clarity and self-empowerment. Michelle is the Founder and Owner of SoulTopia Academy and Owner of SoulTopia Holistic Boutique in Carrollton, Texas. As an empath and "clair-blend" she utilizes "modality-matching" to determine the best tools suited to meet her client's desires or needs in her Intuitive and Healing Sessions. You can find her at: www.soultopia.guru

1:00 pm Digestion & Disc Herniations

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

Food intolerance is one of the first indicators of being out of balance. Proper digestion with bone & joint supporting foods allows for healthy discs & strong bones. Learn which food will cause a problem, which diagnostic tests can identify a problem, & what can reduce & eliminate back pain, disc herniations, & food intolerances. Dr. Aldo D'Aversa is a 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.

1:30 pm

Law of Attraction Now!

Eric Belair, LUTC 972-233-7106 x223

Experience an energetic shift and empowering message using practical Law of Attraction Principles that can be used in your everyday life. Eric will help you awaken your natural abilities and feel a deeper connection to abundance. Eric is a Licensed Unity Teacher Candidate, Gong Master, Expansion Facilitator, Spiritual Teacher, & Associate to the Minister at Unity of Dallas. See Eric every Friday night to experience an expansive shift in your vibrational energies. Receive a FREE digital download meditation: FB/UnityOfDallas or www.unitydallas.org

2:00 pm

We are Channels Everyday, Come & Experience the Channel You Are Being

Joy Kauf 972-221-8080

Joy will share with you some insights of the new higher frequencies of our planet. Come explore and gain some practical tools to help feel more grounded and centered. Bring Your Questions. 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

2:30 pm Spirit Speaks

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

Every wonder what your higher self wants you to know or is trying to tell you? Please join Dr. Gary Berman, a renowned 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 How to Stop Stress and Negativity from Affecting You

Ryan Hader 800-518-0961

Ryan will show you how to feel energized, balanced, and grounded in spite of negativity and stress around you. You will experience live audience demonstrations while utilizing guided imagery and other means by which to share these exciting techniques. Ryan Hader is a Reiki Master in the Usui Method, a Higher Brain Living Master Facilitator, and a Yoga Expert. He has led workshops, lectures and trainings nationwide in his 11 year career. He has also studied quantum physics, spirituality and human potential. Visit: www.upyourfrequency.com

3:30 pm Angels, Angels, Everywhere!!

Linda West, MA, CATP, Metaphysician 928-367-2040

Each of us has guardian angels and an entourage to help us reach our heart's desires. Join Linda as she describes the simple way to communicate and hear the guidance of your Angels. 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

Three Factors Toward Total Wellness

Dr. Wm Sheppard (Dr. Bill) 269-470-7262

In our lives, there are three important factors toward our achievement of a healthy body within the concept of total wellness. Dr. Bill will discuss these factors. Dr. Bill is an author, speaker and nutritional formulator with a diverse background in herbs and nutrition that spans over two decades. He is a man committed to education and passionate about the powerful influence nutritional factors (weltrients) have on general health. Visit: www.quantum-health.us

4:30 pm Spiritual Physics: Multidimensional Healing Neil

972-221-8080

Come join Neil for a journey into the spirit world. With direction 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

Joy & Neil 972-221-8080

9/2-ZZ 1-8080
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

Intuitive Gallery

18K - 027 776

573-837-7766

Tak will share intuitive messages with various audience members. Tak is an intuitive wellness/health coach, psychic medium, empath, fitness instructor and personal trainer. He has worked with hundreds of clients and students to improve their fitness, health, and overall wellness. visit: www.intuitiveelephant.com

12:00 pm Your Gut and Thyroid Connection

Charles Barber, Epigeneticist 888-614-7044

Did you know your thyroid hormones are produced in your gut? Learn how your gut health/digestive health is related to your thyroid function and how you can heal an over- and under-active thyroid holistically without pharmaceuticals and surgery. Founder and CEO of Crucial FOUR INC's award-winning wellness center, Charles Barber has spent the last decade working with medical doctors, naturopaths, shamans, and herbalists in his wellness center and farm. Charles' passion for health and wellness has impacted 1000's of lives, which created their world-class organic, food-based product line, wellness center, tonic bar and farm. Visit: crucialfour.com

12:30 pm

Chakras, Energetic Bodies & Our Health

Patt Hagens 214-557-2479

Patt will be speaking about Chakras, our energetic bodies, and how they relate to our health. He will demonstrate reading chakras with a pendulum and will also discuss the links between energetic and physical health. Patt trained with Deborah King of HayHouse fame for 4 years in her Energy healing and Life Coaching courses, graduating at the Master level. He has studied with James Van Praagh, John Holland, and Collet Baron Reid in the mediumship area, as well as Doreen Virtue and Radleigh Valentine in Tarot and Angels cards. He has his own practice in Plano.

1:00 pm Resolving C-Section Trauma Using Breathing & Bodywork

John James & Lauren Cato Robertson, LMTs & Founders 972-612-3399

While c-sections are often necessary, mothers will frequently experience many painful symptoms and mysterious health issues after the point by which they "should" have recovered. Learn how the C-Section Recovery Center empowers women with better health and frees them from debilitating symptoms. The first and only massage therapy clinic of its kind, the C-Section Recovery Center specializes in the relief of chronic pain and dysfunction for women who have experienced a c-section surgery. Visit: csectionrecoverycenter.com

1:30 pm

Take Back Your Power

Dr. Jennifer Laing, MD 903-821-4001

In this talk Dr. Laing will discuss the energy of cancer and various other diseases. She will offer ways to shift back into empowerment and to regain control of your life. Dr. Jennifer Laing, MD, Board Certified Family Physician, Usu & Karuna Reiki Master, integrates complementary medicine on a daily basis into her practice. Visit: www.schoolofmysticalawakening.com

2:00 pm

Seeking Emotional or Physical Healing?

Catherine Cates 469-850-2204

Channeling an ancient Light Language that speaks directly to your DNA, Catherine will guide you through a powerful healing process. Through a Dynamic Frequency Encoding of Light and Sound, Light Language can activate and re-code the vibrational signature of your Higher Self, thereby allowing you to release internal blocks and facilitate healing on a soul level. 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.psychicdallastx.com

2:30 pm

Health & Rejuvenation Through Biological Medicine

Dr. Lona Smith, ND 972-233-8339

Join Dr. Lona for an overview of optimum nutrient absorption as achieved using the principles of Biological Medicine. Learn how by supporting the whole body, its innate healing forces are reinvigorated. 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

3:00 pm Kriya Yoga: The Route to Higher Awareness

Darshan Lotichius, Ananda Meditation & Yoga Center 972-248-9126

Every aspect of your life can be improved by meditation, however, its highest purpose is to discover your Highest Self. Darshan will discuss Kriya Yoga, a meditation technique made popular by Paramhansa Yogananda, who called it the most effective technique for reaching union with the Divine. Darshan is an Ananda minister visiting from Assisi Italy, where he has been practicing and teaching meditation for over 30 years. Visit: anandadallas.org

3:30 pm

Anthroposophy: The Spiritual Science of Rudolf Steiner

Lisa Dalton & Benjamin Butler 817-875-3578 This talk will introduce anthroposophy, the life & work of the philosopher, scientist, & visionary Rudolf Steiner (1861-1925). The anthroposophical world conception & various initiatives will be discussed by the local Maitreya Initiative, including: Waldorf education, Biodynamic agriculture, anthroposophical medicine, eurythmy, as well as Steiner's other contributions. Lisa Dalton, Anthroposophical Society member, has been a ceremonial minister, life coach, actor/director/stuntwoman, Amazon #1 Best Selling author & master teacher of a Spiritual Science-based Performance Arts Training. Benjamin Butler holds a Masters in Sociology from the U. of North Texas & studies anthroposophy in the Dallas area.

4:00 pm

The Science of the Healing Process

Prof. Karl West • 801-226-0123

Only the lymphatic system can reverse the process of morbidity that defines a degenerative disease. This lecture is designed to empower you to be much more competent in caring for yourself over the remainder of your natural life. Prof. Karl West is president of the Academy of Lymphology. He has authored dozens of important articles from a "lymphological" perspective, while coaching people who are seeking to prevent or reverse a variety of degenerative diseases. He is also the creator of a number of instructional videos teaching a variety of vital healing techniques. Visit: www.speedhealing.com

4:30 pm

Tui-Na - Acupressure Healing Massage

Tim Wong 469-544-1115

Master Tim Wong will discuss Tui-Na, a form of systematic massage from Traditional Chinese Medicine, which is based on the Theory of 14 Meridians and energy points. Although Tui-Na is an ancient treatment method, it is never out-of-date because the human body remains the same. Tim Wong is a Master of Chinese Massotherapy (Tui-Na) and has been practicing since the late 1980s in London, England and Dallas, Texas. He developed his own bodywork program and specializes in chronic and acute conditions. For more information: www.barehandsdoctor.com

5:00 pm - 7:00 pm Open Your Psychic Ability with the Angels! - \$20

Linda West, MA, CATP, Metaphysician 928-367-2040

Every one of us has an intuitive ability, which is our connection to Source. Join Linda West for a journey that will help you rediscover that special power that is within you. With personal teaching from Linda West, Certified Angel Therapist and Psychic Medium, you will experience how to open your mind, heart and spirit to the Divine presence within you, while learning to identify information from Source and your Angels. 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. Visit: Lindawest-medium.com

Exhibitors

Aarohan Healing

Academy of Lymphology

Prof. Karl West801-226-0123
The science behind every healing art.
www.speedhealing.com

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Ananda Meditation & Yoga Center

Supriya Chadwick...972-248-9126 Meditation & yoga to access inner joy & peace. anandadallas.org

Angels Whisper

Charlotte & Michael Lin214-288-9888/214-789-9888 Quantum-touch®, Feng Shui, Crystal, Access Bars. www.AngelsWhisper.net

Anthroposophy of North Texas

Chester L. Davison. 682-240-7766 Spiritual study groups & practical initiatives. archaimichael@gmail.com

Arbonne

Sawyer Powers432-349-6656 nutrition, skincare, and cosmetics company. sawyerpowers.arbonne.com

Ardis' Healing Center

Brian Tregellas...... 972-955-6181 Chiropractic Clinic. ardishealingcenter.com

Ashley Orf- State Farm

Author of 8 Keys: A Special Message for the Angels

Linda West.......928-367-2040
Psychic Medium, Author & Radio Host.
www.lindawest-medium.com

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Beth Carpenter, ND

Bill Foss - Akashic Records

www.BillFoss.net ...918-770-3810 Akashic Records, Author, Teacher, Healer.

Carolyn P. Little

CBO- Nutrition and SkinCare

Carolyn Kelly......214-736-6640 Health nutrition and skincare. www.goherbalife.com/carolynk

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Marty Bernard.......214-238-8292
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www.CHulaHoopsUSA.com

Claudia Denisse

......972-221-8080 Intuitive readings, candles and more

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Crucial FOUR, Inc.

Charles Barber 888-614-7044 Health & Wellness. Visit: crucialfour.com

Dallas Meditation

Maureen Hinds469-522-1229 Finding your true self. www.DallasMeditation.org

Dallas Nursing Institute

Michelle Berndt......469-941-8308 LVN, RN and BSN Nursing School. https://www.dni.edu/

Dallas Yoga Magazine

AJ Crowell214-624-9896
Yoga inspired magazine focusing
on health & wellness
www.dallasyogamagazine.com

Dallas/Fort Worth Acutonics

Mary Burke-Kelly817-918-3939 Certified Acutonics Practitioner, Licensed Faculty. www.dfwacutonics.com

Decode-Life.com

Diane Wood.......405-626-1590 Palmistry & Numerology Specialist.

Dermadeli LLC

Homaira Badr513-519-7453 Rejuvenate, Nourish, and Replenish your skin! www.Dermadeli.com

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Austin Audu.....214-929-3872 Religion of the Light and Sound of God

Energy Dynamics

Cynthia Shaw 972-991-2097 MultiDimensional Healing www.CynthiaRShaw.com

Functional Acupuncture Institute Dr. Dashima Dovchin, PhD, LAc

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......214-628-4325

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Holistic Hemp Company

Amber Lansing817-343-3560 Hemp oil products, hemp fabrics, crystals. www.holistichempcompany.com

Holistic Spa on Wheels

Deepthi Mallakki 214-235-2562 We provide Holistic Spa services.

Holographic Sound & Inner Balance

Paul Hubbert.........512-659-0069 Crystal Bowls, Workshops, Egyptian Jewelry, Crystals. www.HolographicSound.com

I Am Divine Within

Cluny Joseph-Savage914-329-0738

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Patricia Cox or Matt Knudson...... 469-643-7862 or 972-632-9139 on comer of Lebanon & Ohio Dr. Frisco, TX. www.lconMeals.com

Indigenous Roots

Loren Axberg972-365-7938 Handcrafted plant-derived non-toxic skin care. www.indigenousroots.com

Inner Muse Hypnosis

Lisa Chalmers 972-998-7491 Hypnotherapy & Past Life Regression Healing. www.lnnerMuseHypnosis.com

Intuitive Tarot

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

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Life Purpose @ Your Fingerprints Barbara Gale/Bailey

4 Keys to Living Your Souls Mastery. www.AwakenYourFire.com

Life Purpose Discovery

Rhonda Burns972-420-4530 Scientific Hand Analysis. www.Rhonda-Burns.com

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Alla Bardov......214-244-2304 Natural age fighting products for face/body & mind. www.myfacebodymind.com

Norwex

Meg Robinson 972-989-8299 Non-toxic cleaning & personal care products. www.MegRobinson.norwex.biz

NOVA Spinal Care

Maxwell Carlin, DC.972-546-2998 Structural Chiropractic Care. www.novaspinalcare.co

Exhibitors (continued)

Nspire Network Marie Beauvoir 847-477-5791 Welcome Cherish Premium Sanitary Napkins. mariebeauvoir.nspirenetwork.com

Nu Skin / Pharmanex

Diane Patterson.....972-743-8902 Whitening toothpaste with no peroxide or bleach. www.askmeaboutmysmile.com

Origami Owl - by Amy

Amy Rehmeyer...... 214-810-0671 Lockets, charms, bracelets, oil diffusing lockets. amyscharms.origamiowl.com

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Psychic Jennifer Hall

.....psychicjenniferhall.com
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Catherine Cates469-850-2204 Intuitive Life Coach & Psychic. www.psychicdallastx.com

Psychic-Healer-Teacher

JoAnne Christine Helmer214-477-7292 Individuals & Couples Readings (English-Spanish)

Quantum Health & Welltrients for Life

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Spiritual Intuitive & Reiki Master

Kathy D. Carter......214-245-2293 Channel, Reiki Master, Frequency Healer, Author. www.KathyDCarter.com

Tak

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Gary Douglas.......800-518-0961
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www.upyourfrequency.com

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Ruth McKee......(580) 235-6236
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www.wcfworld.org

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Literature Table

Aarohan Healing

Chandita Choudhury682-551-3072

Metaphysical Healing & Spiritual Counseling. www.aarohanhealing.com

Ananda Meditation & Yoga Center

Supriya Chadwick...972-248-9126 Meditation & yoga to access inner joy & peace. anandadallas.org

Anthroposophy of North Texas

Chester L. Davison. 682-240-7766 Spiritual study groups & practical initiatives. archaimichael@gmail.com

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Functional Acupuncture Institute Dr. Dashima Dovchin. PhD. LAc

......972-404-4442

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Dr. Cody Newman, DC214-628-4325

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Holistic Fitness by Cheri

Cheri Hausmann, PFT RYT940-218-8437

Whole soul in home fitness & yoga for Denton, TX. www.fitnessbycheri.com

Holistic Hemp Company

Amber Lansing817-343-3560 Hemp oil products, hemp fabrics, crystals. www.holistichempcompany.com

Hypnotherapy Clinic

Nanci DuPlant214-236-4683 www.thehypnotherapyclinic.net

Indigenous Roots

Loren Axberg972-365-7938
Handcrafted plant-derived non-toxic skin care.
www.indigenousroots.com

Integrated Energy Works

Pamela Jackson.....214-457-3434
Spiritual healing and learning center.
www.spiritualhealinglearningcenter.com

Kyani

Tangy Porter.........817-966-1862 superfood- based nutritional supplement, skin care. tangy74.kyani.com

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NOVA Spinal Care

Maxwell Carlin, DC.972-546-2998 Structural Chiropractic Care. www.novaspinalcare.co

Soultopia

Roger Welch......214-995-6140 Holistic Boutique. Visit: www.soultopia.guru

The Avatar® Course

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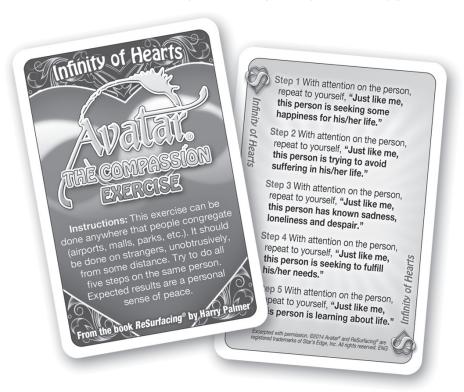
Create the Reality You Prefer

Discover your power to create. Discover your power to forgive. Discover your power to connect.

The Avatar® Course introduces you to a level of consciousness where you are the knowing creator of your life.

The exercises are simple enough for a child to do, yet profound enough to transform your viewpoint from limited consciousness to infinite being.

The exercise below is provided for your exploration. Enjoy.



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