

WELLNESS EXPO PROGRAM GUIDE



THE LONE STAR CONVENTION & EXPO CENTER · 9055 AIRPORT RD · CONROE, TX

SATURDAY & SUNDAY, AUG. 31-SEPT. 1, 2024, 11AM-6 PM

VISIT

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

HEAR

24 talks on
holistic medicine,
personal growth &
metaphysics

DISCOVER

how to boost
your immune
system &
balance your
emotional state

EXPERIENCE

intuitive
consultations
& energy
healing

MEET

holistic healing
professionals

SHOP

jewelry,
essential oils,
CBD,
remodeling
services,
metaphysical
gifts

Saturday, August 31

11:30 AM

Past Life Healing

Lisa Chalmers

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. Call 972-998-7491 or Visit: www.InnerMuseHypnosis.com

1:30 PM

Health & Weight Management with Lymph Drainage

Dr. Ravi Ratan, DSc

Lymph is the interstitial fluid, which supplies nutrients to each cell of our body and collects/eliminates toxins. Lymphatic congestion is major cause of various health issues and weight gain. Chakra and emotional blockages are the major cause for Lymphatic congestion which can be helped by manual lymphatic drainage using aromatherapy oil blends. 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. Call 646-546-6982 or visit: <http://aromatantra.com>

3:30 PM

Creating Space in an Imperfect World

Terri Groom

Come join Terri Groom for an informative and engaging talk on hope and connection. Learn how to replace your day to day struggles with a stronger, more meaningful connection with the spirit world. Terri Groom is a Medium as well as a Medical Intuitive, Animal Communicator, Trance Healer and Life Coach. She utilizes clair senses as well as pure channeling. Terri is a published author under the pen name of A. Tacked and has been featured on Netflix. Call 214-564-6349 or email: vita perceptions@gmail.com

12:00 PM

EFT- Creating Positive Change One Tap at a Time!

Helen Racz

Emotional Freedom Technique (EFT), is a form of acupressure similar to acupuncture without the use of needles. Come for a joyous journey with tangible effects as you ask questions and experience how to support yourself with this technique. EFT Practitioner, teacher, speaker, retreat leader, life coach and author, Helen's unique tapping style combines energy, humor and compassion to lead people into alignment with their desires, empowering them to live life on purpose with purpose. Call 281-384-0207 or visit: www.HelenRacz.com

2:00 PM

Embracing Your Empathic Self

Joy Kauf

An Empath is someone who can easily sense others' emotions, is very psychic and intuitive, has strong healing abilities, and can access the spiritual realm. Join Joy for this lecture to explore how to walk in this world, use your empathic skills to connect with your angels and guides, and read the energy around 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. Call 972-221-8080 or visit: www.joykauf.com

4:00 PM

Numerology: Seeing Life Through the Numbers

Eloy Machuca

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 your birthdate. Come find out yours for 2024! 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

Dissolving Trauma

Johnny 5 (J5)

Discover how to treat trauma and dissolve its impression within the bio field so that functionality can rebound to a healthier state. Johnny 5 will offer live demos for some audience attendees. In 2019 after studying Edgar Cayce and his methods of meditation, J5 had an out of body experience which unlocked something dormant within him. From that day forward he began being trained in his dreams on how to perform metaphysical sessions to treat the epidemic of trauma, specifically sexual abuse, which he has done professionally for the last 4 years all over the country. Call 501-500-4684 or visit: j5psychic.com

2:30 PM

Heal Your Mind & Body with Emotion Code & Body Code

Liza Davis

These are simple, fast-acting, and effective energy healing methods that get rid of your emotional baggage, health imbalances, and negative programs to help you alleviate physical discomfort, ease emotional pain, and experience more love, joy, and success in your life. It REALLY works and during this workshop we will demonstrate clearing negative trapped emotions from one of the participants. The workshop is led by Liza Davis, a certified Emotion Code, Body Code, and Belief Code practitioner, as well as Health, Mental Fitness, and Love Coach. Liza has also co-authored the book Love and Coaching with John Gray, the author of Men are from Mars, Women are from Venus. Call 1-646-309-4717 or visit: www.CoachingAndTraining.com

4:30 PM

Transform Your Life with Wholistic Nutrition

Christa Zuniga, Nutritionist

Our bodies are designed to heal themselves given the proper support. Whole food nutrition along with nutrient dense foods such as Microgreens (which have up to 40Xs more bioavailable nutrients), will do just that. In 2019, after 20+ years of working in the medical field and helping others, our family faced our own health crisis. This started our drive to find answers which, came in the form of Microgreens, and this gave us a true passion to dedicate this life to nutrition and growing the most organic nutrient dense foods available today. Call 940-222-5658 or visit: www.EatYourGreensOrganicFarm.com

1:00 PM

Toxins, Seen and Unseen

Dr. Pam O'Connor

Toxins are everywhere; in the food we eat, the water we drink, the air we breathe. Dr. Pam O'Connor will discuss the role toxins play in our health and how to mitigate the damage they do. Join us for the "toxic" topic! Dr. Pam O'Connor is Board Certified in Family Medicine and practices at the Woodlands Institute for Health & Wellness. After completing her fellowship, she practiced non-surgical orthopedics for several years in Kentucky and Texas. In 2011, she began focusing on Primary Care at College Park Medicine before deciding to transition to functional medicine in 2022. Call 281-289-6742 or visit: www.TWIHW.com

3:00 PM

Utilizing the Creative Powers of Spirit

Joe Salerno & Bob Vanlandingham

How do you use the creative powers of Spirit to heal the past and help yourself now? Discover the Spiritual Exercises of ECK: creative techniques you can use to heal the body and restore harmony to your mind and emotions. Joe Salerno is a longtime student of ECKANKAR, studying the ways of the Holy Spirit and how to work with it for a better and happier life. Bob Vanlandingham is a student of ECKANKAR. He has a long interest in the use of the creative techniques of the Light and Sound of God for health and healing. Call 281-759-1130 or visit: eckankar-texas.org

5:00 PM - 7:00 PM

Angelic Connections- \$25

Joy Kauf

Join Joy for a gallery of channeled messages from the Angelic Realm. Joy will cover what channeling is? How can you receive your messages from your angels? She will be channeling messages for the group. Joy Kauf has been channeling for over 30 years. 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. Call 972-221-8080 or visit: www.joykauf.com

Sunday, September 1

11:30 AM

Chakra Clearing & Cleansing

Deanna Baza

Chakras are the energy centers in your body, which function best by staying open and being balanced. Deanna will do a cleansing of all major and minor chakras with divine energy for the entire audience. Coming from the small island of Guam, Deanna has found her main purpose in life to be that of serving humanity by using Hawaiian healing, Reiki and her intuitive abilities. She also utilizes her craft of creating scented candles that are made with the blessings and energy that her lineage brings with it. Call 817-495-6179 or visit: www.sacredjourney111.com

12:00 PM

Dipping Your Toes in Shadow Work

Stacey Bosley

Join Stacey for a 30 minute exploration into Shadow Work. During this mini gallery we will explore your questions surrounding Shadow Work and gather information as Stacey channels your Spirit Team. 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. Call 757-810-7376 or visit: www.staceysees.com

12:30 PM

Reprogramming Limiting Beliefs

Kelly James

Manifest the life you desire by reprogramming your subconscious mind. Join Kelly as she demonstrates a technique for identifying, dissolving, and reprogramming limiting beliefs that block success and authentic living. Kelly James is an intuitive life coach who believes everyone holds the power within themselves to create their most fulfilling and purpose-driven life. She helps her clients access their own inner wisdom to guide them to their best life, help them solve problems, and achieve their maximum potential. Call 832-573-0473 or visit: www.KellyMaureenJames.com

1:00 PM

Being You

Brian Stovall

When you are being all of you, you change the world. What if you could be all of you without the judgement? Join Brian as he speaks about Access Consciousness® and how to use the tools to assist you to be more of you. Brian Stovall, Activate One, is an Access Consciousness® Certified Facilitator, Bars Facilitator, Family Constellation Facilitator, and Life Coach, who empowers individuals, groups, and businesses around the world to transform, and know that they know. Visit: activateone.com

1:30 PM

The Hawaiian Self I-Dentity Ho'oponopono Prayer

Kay Graham

The Self I-Dentity Ho'oponopono Prayer is a process for renewing miracles as it cleans the unconscious, dissolves the hidden programs that keep you from attaining your heart's desires and reveals a refreshing path to experience wonder moment by moment transforming your life from within bringing you closer to the Divine. "Peace begins with me." Kay Graham is a practitioner teaching how to live life from within and discovering your true self with peace beyond all understanding. Kay is a Certified Master Self I-Dentity Ho'oponopono Prayer Practitioner, a Certified Life Coach, Certified Spiritual Coach and a Rapid Transformational Therapy International Clinical Hypnotherapist. Kay transforms lives from within at It's Your Life, LLC. Email: kaygrahamk@gmail.com or visit: www.itsyourlife.llc

2:00 PM

Energy Healing for Pain

Tina Todaro

Tina will explain and demonstrate how energy affects the body physically, as well as emotionally. She will help various audience members with their pain by working energetically on them and explaining what she sees. Tina Todaro is an intuitive, as well as a Reiki and Hawaiian Healing practitioner, who has dedicated her time to empower people on their path to healing, inner knowledge and spiritual growth. She is also the owner of Sacred Journey, which is a Spiritual Teachings and Wellness Center. Call 405-208-3183 or visit: www.sacredjourney111.com

2:30 PM

Empower Your Health Through Iridology

Dr. Edna Craven, DC

Dr. Edna Craven will discuss how Iridology (the study of the iris, which is the colored part of the eye), can give you a snapshot of your current health. She will explain how it can help you pinpoint specific areas in your body that need special attention. Dr. Edna Craven is a doctor of chiropractor, nutritional consultant, and a practicing Iridologist, who has been successfully reading irises for over 42 years. Dr. Craven uses a holistic approach to health and with the doctor's guidance, all patients are encouraged to take an active part in the maintenance of their health and in the treatment of their illnesses. Call 214-769-2209 or visit: awellnessalternative.com

3:00 PM

Healing Through Intuition

LaShelle Diane

Discover the transformative power of medical intuition. Learn to connect with your inner wisdom for improved health and well-being. LaShelle wears a number of hats including medical intuitive, spiritual advisor, and death doula. Her transformative sessions help her clients remove blockages and move past grief, guilt, pain and resentment to find a greater purpose for their lives. Call 702-721-7172 or visit LaShelleDiane.com

3:30 PM

Profound Path To Forgiveness

Mary Delano Otis

Learn 3 Steps in this experiential talk that will allow you to let go of unresolved negative emotions and feelings for your own peace of mind. This tool, strategy and technique is a powerful new to way forgive yourself and others! Mary Delano Otis is an International Trainer, Speaker and Author with over 30 years of experience in Personal Growth, Transformation and Multi-Dimensional Vibrational Healing. Mary's unique immersive style is informative, supportive and inspiring. Call 951-259-7413 or visit: GoldenLightAndLove.com

4:00 PM

Empowered Living

Hannah Craig & Stacy Ellie

Learn how you can tap into your innate ability to heal using frequency based technology from the comfort of your home. Hannah Craig is a medical Speech Language Pathologist and Holistic Health Practitioner joined by Stacy Ellie, a RN and Energy Practitioner. Together they are passionate about helping others uncover their true potential through frequency medicine. Call Hannah 727-207-8552 or Stacy 314-562-5506 or visit: bit.ly/aoscanhannah

4:30 PM

Tarot as a Therapy Tool

Tatiana Heimbürger-Boza

The application of Tarot cards can go beyond fortune telling or divination. Tatiana will talk about archetypes, blocks, emotional wounds from childhood, and other common issues that can be accessed and explored through the Tarot. Tatiana is a holistic therapist who uses Tarot cards as a therapeutic tool. Her sessions are based on Jungian and Gestalt Psychology, Epigenetics, and Transgenerational Theory. Call (702) 517-9863 or visit www.instagram.com/raqsyogini.tatiana/

5:00 PM - 7:00 PM

Walking With Spirit Gallery

- \$25

Terri Groom

Come join Terri with Vita Perceptions for an interactive connection with spirit. This gallery will focus on mediumship connections with loved ones, as well as channeled messages from guides, angels and other beautiful energies from the other side. Terri Groom is a Medium as well as a Medical Intuitive, Animal Communicator, Trance Healer and Life Coach. She utilizes clair senses as well as pure channeling. Terri is a published author under the pen name of A. Tacked and has been featured on Netflix. Call 214-564-6349 or email: vita-perceptions@gmail.com

Exhibitors

1992 Honey Co

Savannah and Adam Sockwell
..... 346-588-3846
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www.1992honeyco.com

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Nikki Green..... 417-559-1402
Frequency-Infused Jewelry for Pain Relief.
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A Wellness Alternative

Edna Craven, DC..... 214-769-2209
Iridology.
AWellnessAlternative.com

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Sales Agent..... 972-837-6763
AAA Membership.
www.texas.aaa.com

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<https://aurumalchemy.etsy.com/>

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Carolyn Little..... 469-867-0676
Clairvoyant Medium, Inner Child Counselor

Connect 2 Health Wellness Centers

Amber Smith..... 832-279-4784
We are a Family Chiropractic Center.
www.c2hwellness.com

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Mary Hurley..... 405-413-9791
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www.EatYourGreensOrganicFarm.com

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eckankar-texas.org

Ellie Mental Health of Conroe

Andrea Shiflet..... 806-577-2321
We are an outpatient mental health therapy clinic.
elliementalhealth.com/locations/conroe-tx

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Liza Davis..... 646-309-4717
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Forgotten Aye Mine

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..... 501-359-0670
Quartz Crystal.

FOV Insurance Brokers

Lisa Wishoun..... 281-389-8110
Medical Insurance Brokers.
www.fieldofvisionllc.com

Good Wellness USA

Greg Good..... 512-669-9670
Crystal Energy (-ion) Products.
Getvibranz.com/GregGood

Holographic Sound & Inner Balance

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..... 512-659-0069
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www.HolographicSound.com

ID Medical Devices LLC

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www.idmedicaldevices.com

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newsouthwindow.com

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 issues.
Lizroyce.massagetherapy.com

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www.nowandzenbodyworks.com

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sheelagoodrich@gmail.com

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www.KellyMaureenJames.com

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mountainmagichealth.com

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Csilla Molnar 281-401-9053
 EESystem holistic center for well-being.
www.quantumlifeenergy.com

LeafFilter Gutter Protection

Jake England 800-290-6106
 LeafFilter Gutter Protection; promotional display.
www.leaffilter.com

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www.imhealthiv.com

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Exhibitors (continued)

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Slenderiz- homeopathic/herbal hormone
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www.juliagordonbramer.com

Tarot by Kirsten

Kirsten Owens 936-900-6066
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Tarotbykirsten.com

Tarot Chulis

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TheRockFancier.square.site

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Traveling Light

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Vande Wellness

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Vita Perception

Terri Groom 214-564-6349
Life Coaching from the Other Side.
vitaperceptions@gmail.com

VitaDrip IV Therapy

Brandon Dees 936-444-5179
Vitamin infused IV Therapy.
www.vitadripiv.com

Water Moon Shop

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www.wiccit.com

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Orgonite, holistic supplies.
www.ZenTalas.com

Literature Table

1992 Honey Co

Savannah and Adam Sockwell
..... 346-588-3846
Pure Sourced, Raw, Natural Honey.
www.1992honeyco.com

Helen Racz

www.HelenRacz.com
..... 281-384-0207
Coaching, EFT Practitioner, Author, Speaker.

Peggy Sue Skipper

www.LoveAndKindnessWorld.com
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2024

Grapevine, TX: October 12-13, 2024
Grapevine Convention Center

2025

Grapevine, TX: January 11-12, 2025
Grapevine Convention Center

Conroe, TX: March 15-16, 2025
The Lone Star Convention & Expo Center

Grapevine, TX: April 12-13, 2025
Grapevine Convention Center

Grapevine, TX: July 19-20, 2025
Grapevine Convention Center

Conroe, TX: August 30-31, 2025
The Lone Star Convention & Expo Center

Grapevine, TX: October 11-12, 2025
Grapevine Convention Center