

2nd Annual "Come to the River Healing Arts
Festival and Workshop
Agenda
October 25th, 2008
"Forever Young; Healthy aging for All Ages"

Main Tent

Featuring top professionals from the area facilitating your becoming the best you can be through informative workshops

Music	Lucinda Gail
Welcome	Khrys Kantarze, CHT
The 7 Habits of Health	Dr. J.W. Haley
Break	
Eastern Tips for Western Health	Dr. Claire Holland, MD
What is Energy (Qi) and How it Keeps You Young	Ashley Dunn, AP
Cooking with Herbs Improves Your Health	Lailani Davis
Lunch Break ~ Food available from Accusine Cuisine	
Healing Drums	Buddy Helm
Unlocking the Healing power of Food	Jennifer Downey, AP
Break	
Forever Young; Create the Life You Imagine	Khrys Kantarze, hypnotherapist
Closing	

Yoga Tent

Experience the healing benefits of these ancient practices in these ½ hour seminars

Gentle Hatha Yoga	Dottie Price, certified yoga teacher
Chi Gong	Jennifer Downey, AP
Tai Yoga	Roberta Lacefield, certified yoga teacher
Tai Chi	Gail Hussar, certified Tia Chi
Meditative Drum Circle	Buddy Helm

Vendor Area

Herbal Tea	Rocks & Crystals	Henna Tattoo	Pottery	Silk Scarves	
Stained Glass	Herbs	Herbal Plants	Music	Volunteer Opportunities	
Tie-Dye	Calligraphy	Hands on Healing	Adventure Travel	Jewelry	
Books	Acupuncture	Hypnosis	Healing Salve	Local Farms	Gardening Information and much, much more...