

The Third Annual
Come to the River
Healing Arts Festival
“Discover the Nature of Your Heart”

Sept 19, 2009 10am ~ 4pm

Free with paid park admission
Stephen Foster Folk Culture Center State Park
Activities located throughout the Craft Square

LEARN ~ DISCOVER ~ EXPERIENCE

Throughout the day, over 45 vendors will be offering healthy products, hypnotherapy, massage, acupuncture, chiropractic, art, photography, pottery and hand crafted items, Native American healing, pets for adoption from the Humane Society and more.

10:00a-10:10a ~ Welcome

10a-10:30a ~ Discover the Nature of your Heart

Khrys Kantarze, MA, CHT.

10:35-10:50 ~ *Laughing from the Heart (laughing meditation)

Roberta Lacefield, CYI

10:55-11:30 ~ Natural Remedies for Long Term Cardiac Health

Ashley Dunn, AP

11:30-12:00 ~ Discover the Rhythm of Your Heart

Clint/Paralounge Drum Circle

12:10-1:00 ~ Music for Your Lunch time Pleasure

1:05-1:35 ~ *Tai Chi with Heart

Gail Hussar, CTC

1:40-2:25 ~ The Emotionally Healthy Heart

Mary Beth Lodge, BSN, M.Ed

2:30-3:00 ~ *Heart Centered Qigong

Jennifer Downey, AP

3:05-3:35 ~ Contact Your Heart through Meditation

Dottie Price, CYI

3:35-4:00 ~ *Yoga to Open your Heart

Beth Smith, CYI

4:00 ~ Closing

** Items marked are held at the Movement Tent. All others are at the Main Tent.*

Education ~ Music ~ Art ~ Food and more...

Stephen Foster Folk Culture Center State Park
11016 Lillian Saunders Drive, White Springs, FL 32096
www.floridastateparks.org/stephenfoster