

*The Fourth Annual  
Come to the River  
Healing Arts Festival  
September 18, 2010  
Stephen Foster Folk Cultural Center State Park Craft Square  
White Springs, Florida  
10am-4pm Free with paid park admission*

**"Balancing - Effort and Ease"**

**10:00-10:10 Welcome - Open into *Balancing***

Maddie Moore

**10:15-10:45 Experience a *Balanced Yoga Practice***

Ann Gill, CYI

**10:50-11:15 Always in *Balance - Yin/Yang***

Ashley Dunn, AP

**11:20-11:35 *Balancing Nutrition***

Paz Kent

**11:40-12:25 Drumming into *Balance***

Clint Tipton/Paralounge Drum Circle

**12:30-1:30 Lunch & Music** Laura Ballinger - Native American Flute

William Good - singer/songwriter

**1:35-2:05 Breathe and *Balance Chakras***

Laura Thompson

**2:10-2:40 How to *Balance* our Emotional Bodies**

Mary Beth Lodge, BSN, M.Ed

**2:45-3:00 All Work and No Play - Where is the *Balance?***

Shari King

**3:05-3:30 *Balancing - Bringing it all Together***

Will Clarke/Healings Café and Yoga

**3:35-3:50 Lessons for the Living from the Dying**

Dottie Price for Lynwood Walters, Chaplin/Haven Hospice

**3:50-4:00 Closing - Moving into *Balance***

Over 20 vendors

Education ~Music ~Art~ Food