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Shop, Play,  
Network and  
Have A Great  
Time At Our 35th  
Expo of Unique  
Goods and  
Services**

Pathways Magazine Presents The 35th

# Natural Living Expo

**Sunday, October 9, 2011 • 10am – 7pm**

**110 Exhibitors • 64 Workshops**

University of Maryland University College Inn & Conference Center by Marriott  
3501 University Blvd., East, Adelphi, MD • \$15 at the door or \$10 with included coupon

ALTERNATIVE MEDICINE • ANGEL READINGS • AROMATHEAPY • ART • ASTROLOGY  
AURA PHOTOGRAPHY • BEADS, GEMS & CRYSTALS • BIOFEEDBACK • BOOKS  
CHILDBIRTH • CHIROPRACTIC • CLOTHING • CRAFTS • DENTISTRY • FACE READING  
FENG SHUI • GARDENING • GREEN HOME PRODUCTS • HEALTH PRODUCTS • HERBS  
HOLISTIC DOCTORS • HYPNOSIS • JEWELRY • KABBALAH • LEARNING CENTERS  
MASSAGE • MEDITATION • METAPHYSICS • MUSIC • NETWORKS • NUTRITION  
PAIN MANAGEMENT • PALM READING • PHARMACIES • POLARITY THERAPY  
PSYCHICS • PSYCHOLOGY • REIKI • SHAMANS • SPIRITUAL CENTERS • WEIGHT LOSS  
YOGA • MANY MORE MIND, BODY, SPIRIT GOODS AND SERVICES

**The Pathways Event of The Year**  
**[www.NaturalLivingExpo.com](http://www.NaturalLivingExpo.com)**

# Enjoy 110 Exhibitors Who Heal, Entertain,

## **Dianne Eppler Adams - Spirit in Matters**

A certified astrologer, spiritual mentor and bestselling author of *Conscious Footsteps*, Dianne provides life-affirming insights to optimize life fulfillment by finding Spirit in everyday matters. Enter to win free reading, get a copy of her book or schedule an onsite mini-reading.

www.SpiritinMatters.com #1

## **Allyson and Adele, Psy-dentical Twins**

Psychic mediums Allyson and Adele of BetweenTwoWorldsRadio.com bring messages of comfort and advice to individuals wanting readings, and will sign copies of their newly published book, *Between Two Worlds*. Attend our mediumship audience demonstration today at one of the hourly lectures. www.Psy-twins.com #109

## **Alto Style**

Alto offers high quality stone-washed, embroidered clothing from India at most reasonable prices. The beautifully colored and tastefully styled items have an artistic feel as well as being practical. #115

## **Amazon Herbs-Zamu-Marci Steiner**

Discover whole foods to nourish your body, mind, spirit, and skin! Experience the highest concentration of life energy on earth. Plants are grown in virgin soil. Sustainably harvested and developed through historical indigenous wisdom, scientific and clinical experience. Be part of the solution to keep the lungs of our planet alive. Stop by and feel it for yourself! www.rainforestrainbows.com, holisticanimalcommunicator.com #13

## **Angel Healing with Zenquility**

Rev. Christina Ammerman, CMT, is offering healing sessions of Integrated Energy Therapy® (IET). This beautifully simple modality heartlinks you to the Angels, who support you in gently releasing limitations of your past, balancing your present, and empowering your future. www.Zenquility.com #76

## **Angel Talk TV/Telespectral**

Sandy & Jim Young of Angel Talk Radio & Television, will offer Angelic Readings, Products,



Agenda CD's & Workshop DVD's, Atlantean Chants, Miracle II, Dream Catchers, Pipes, Medicine Pouches. Our workshop is always packed; reserve a seat early! www.angeltalktv.com #111

## **The Animal Connection and Lion Magic**

Animal Psychic Taimi Anderson shares what's on your mind with your animal companions and tells you what's on theirs. www.animal-talktime.com. Ellyn Dye offers intuitive coaching, NDE information, mini-sessions of Reconnective Healing®, and her metaphysical novel, *The Search for the Crystal Key*. www.EllynDye.com #45

## **Apurva Wellness Holistic Healing**

Apurva Wellness features Yoga and Ayurveda, the ancient healing sciences from India. We offer personalized holistic treatments and yoga instruction that will help you achieve balance of mind, body and soul. Feel the results of a calmer, stress and toxin-free you! www.apurvawellness.com #47

## **Aromatherapy Center**

Healing perfumes/remedies; essential oils, diffusers; Sinus relief, pain relief, stress relief products; aromatherapy gifts; healing crystals; music; intuitive medical readings/treatments; chakra balancing; physical & auric massage with medical aromatherapy. Training. www.Aromatherapy-Center.com #92

## **Aura-Soma with Being of Light**

Experience the transformative power and spiritual depth of a color consultation based on the Aura-Soma color soul-care system. Choose among 108 color combinations. Bring harmony, balance, energy and more presence into your life with color. #32

## **Aztec Herbals, #69**

Powerful ancient recipes from American masters of herbal medi-

cine grow domestically, as does everything your body needs. Aztec Herbal teas are wild and sustainably collected tisanes, free from contaminants. Prepared as directed, they deliver the full power of nature. www.AztecHerbals.com

## **Azurae Windwalker Shamanic Healing Arts**

Personal Soul Petroglyph Portraits reveal your soul gifts, colors, totems, symbols, and angels for empowerment and healing. A 45-min. sitting is \$75. Healing petroglyph prints and cards strengthen your totem's help. Shaman Spiral Amulets protect your energy keeping you strong. www.TheAmethystCenter.com #72

## **Mara Berman & Holly Range - Psychic Readings**

Mara Berman is a psychic and Tarot card reader. She conducts meditations contacting angels, guides and higher powers through light activations. maraberman@comcast.net. Holly Range is a psychic and Tarot card reader. She is a storyteller and conducts life lessons through story telling. Thepotatofactory@aol.com #83

## **Be You Studio Spa**

Be You Spa offers products and services to support your energetic being including our new line of Be You Soaps. Enjoy a biofeedback session with crystals or Archangels for \$20. Intuitive Readings are also available. www.beyouspa.com #61

## **Blue Heron Wellness**

Blue Heron Wellness is a holistic wellness center. Offering acupuncture, massage, herbal medicine, skincare and yoga & movement to enhance your well-being. In our welcoming, relaxing and supportive environment or at your office through our Workplace Wellness Team. www.blueheronwellness.com #62

## **Blue Lotus Treasures...Inspiration for the Soul**

Offering a wide array of beautiful metaphysical & inspirational products for the mind, body & spirit including healing crystals; handcrafted fine jewelry & artwork; books; handmade all natural incense & Reiki candles; wind chimes; organic skin care products; and much more. www.BlueLotusTreasures.com #81

# Enlighten & Offer Lots of Wonderful Products

## **Bnei Baruch Kabbalah Research Institute**

Come discover authentic Kabbalah: the science that reveals man's origins and life's purpose, and offers the methodology to achieve a perception of reality beyond the body's five corporeal senses. Register at our booth for the hourly book giveaway! [www.meetup.com/BneiBaruchKabbalahWashingtonDC](http://www.meetup.com/BneiBaruchKabbalahWashingtonDC) #17

## **Bridging the Gaps**

"Rebalance, Renew, Recover!" Bridging The Gaps is a Virginia-based holistic integrative addictions facility offering Residential Treatment. Try Cutting Edge Oral & IV Nutrient Therapy & more! Our goal? A Balanced & Healthy Life ... Clean & Sober. Call 1-866-711-1234 or visit: [www.bridgingthegaps.com](http://www.bridgingthegaps.com). #52

## **Certified Coaches Federation**

Become a certified life or executive coach in 2 days. Learn coaching techniques and skills. Develop a successful coaching practice. Free one-year continuing education program. Receive 2 free coaching sessions with a certified master coach. [www.certified-coachesfederation.com](http://www.certified-coachesfederation.com) #24

## **Cocosh - Falling in Love at Harem**

Exotic Cocosh handmade jewelries are made with love. We are a Turkish Mother- Daughter team with great positive energy. Our Falling in Love at Harem Collection is one of a kind, inspired from our Ottoman-Turkish culture. Please come see us! #88

## **Diana Collins - Intuitive/Tarot & Forbes Robbins Blair-Hypnotherapy**

For 30 years Diana Collins has performed Tarot & past life readings with psychic input for your questions about career, finance, relationships, life mission. Best-selling author, Forbes Robbins Blair, offers hypnosis for relieving stress, breaking bad habits and attracting success. [www.forbesrobbinsblair.com](http://www.forbesrobbinsblair.com) #41

## **Combining Spirituality for Neurological Wholeness**

As an Integrative Neurologist, I combine the basics of neurology with the wisdom of spirituality to empower my patients to achieve neurological wholeness. This heal-



ing process involves dynamically using the mind, body, and soul to restore the patient's health. Amy Traylor, MD. #87

## **Communicate Directly with your Angels**

Find spiritual tools! Become your own best psychic, communicate directly with your own angels, discover past lives, find your life purpose. Readings, Inner Peace Movement workshops & consultations teach you how to find your own spiritual answers. [www.balancedlivinginstitute.com](http://www.balancedlivinginstitute.com) #42

## **Creative Mindflow: George Pierson**

Meet Creative Mindflow's George Pierson and discover how this revolutionary Awakened Mind brainwave training program (using Anna Wise's 30 year proven method) can benefit you and your organization. Your perception of meditation, self-healing and creativity skills could radically shift! [www.creative-mindflow.com](http://www.creative-mindflow.com) #112

## **Crystalis Treasures - Herndon, Va.**

Spiritual gifts, crystals and jewelry. Come see our assortment of custom made power bracelets! Do you need love, money, health or more? We have a bracelet for you. Plus we have magical candles. [www.Crystalis.com](http://www.Crystalis.com) #82

## **Destarte - Jewelry, Dreamcatchers and Gifts**

Destarté®, the enlightened source for unique, hand-made jewelry and dreamcatchers as unique as you are—energetically balanced just for you! Soothe your senses with the warm, comforting power of HimalayanGlow™ Salt Crystal Lamps and bath products. [www.destarte.com](http://www.destarte.com) #94

## **Dorothy Kadosh, Psychic Astrologer**

Readings with Dorothy can be profound and uplifting, providing important details about angels, your loved ones and you, and past lives. Get dates for positive results in career, love and health. Go away feeling happy with something to look forward to. #66

## **ECKANKAR: Religion of the Light and Sound of God**

"I am Soul." Simple spiritual exercises can awaken Soul—you. Gain a deeper understanding of the experiences you already have in the always-present Divine Love. Learn about classes and support for your journey. [www.ECK-MD.org](http://www.ECK-MD.org) #96

## **Empower The Light Within**

Reference Point Therapy™ (RPT)—experience simple, rapid and permanent results. Don't spend years dealing with your issues, get deeper at the origin of the problem, allowing you to release old stuff gently and easily, helping to raise your consciousness to higher levels. [www.EmpowerTheLightWithin.com](http://www.EmpowerTheLightWithin.com) #108

## **Energetic Literacy with Rose Rosetree**

Empath Merges, Aura Readings, Face Readings—personal readings available. Meet Rose and some of her students. Auto-graphed copies of how-to books available (nearly 300,000 copies in print). Rose Rosetree's 900+ media interviews include "The Diane Rehm Show," *The Washington Post*, "The View." See [www.rose-rosetree.com/blog](http://www.rose-rosetree.com/blog). #49

## **Energy Technologies for Healing**

Biofield analysis and products for natural health, cellular regeneration and biofield enhancement including Nikken energy technologies for rest & relaxation, nutrition, air & water purification, fitness and organic skin care. Provide your body with everything it needs for healthy balanced living so you feel better and more energetic. [www.nikken.com/wellnessmaven](http://www.nikken.com/wellnessmaven) #68

# Do Your Holiday Shopping Early From A Great Selection

## Enlighten Up Store

Offering a unique line of apparel and collectibles with original "enlighten up" design by local artist, John Manzo, including the "ultimate yoga tee," made of natural bamboo. Prints are also available of John's original paintings, which inspire peace and tolerance. [www.enlightenupstore.com](http://www.enlightenupstore.com) #40

## Enter into Healing Gateway

From intuitive energy healer, Sherry Dmytrewycz, learn about energy healing for you and your pets. Experience grounding with tuning forks to release stress. Experience the energy of Orgonite. [www.healinggateway.com](http://www.healinggateway.com) #67

## Fairhaven School

Fairhaven School is a democratic, Sudbury school where students explore the world freely, at their own pace, and in their own unique ways. Given trust and respect, our students develop the character traits of effective people. Imagine total intellectual freedom! [www.fairhavenschool.com](http://www.fairhavenschool.com) #23

## Timothy Flatt Studio

A boutique of special items to add beauty and inspiration to your life: visionary paintings and prints, sacred objects from around the world, and gorgeous clothing and accessories. Ask Timothy about his innovative graphic design services to promote small businesses. [www.TimothyFlattStudio.com](http://www.TimothyFlattStudio.com) #95

## Foundation for Spiritual Emergence

Grace Miazza and HD Munson, a clairvoyant, will be providing information on ghosts, past lives, the human energy field, pranic healing, and other areas for spiritual energy healing as requested. Mini healings and auric field readings will also be available. [www.HealingWithGrace.com](http://www.HealingWithGrace.com) #93

## Free Stress Test

Find out how your mind can cause you to have stress, poor physical health, cause you to make inaccurate decisions, cause problems with work and many other undesirable conditions as well. Come to our booth for a free Stress Test. [www.Dianetics.org](http://www.Dianetics.org) #85

## Habeebah's Herbs

Habeebah Muhammad, CR, CA, is a Certified Reflexology & Certi-



fied Aromatherapist in traditional services and Sufi Unani preparation. I have a holistic line of natural and organic body products spiritually heart created and righteously made. "It's about chemistry and creativity." [www.habeebahsherbals.com](http://www.habeebahsherbals.com) #16

## Hands of Light - Geoffrey Morell

Renowned healer, Geoffrey Morell, will demonstrate his healing techniques and provide books and materials on the subject of energy healing. #106

## Hypnosis Maryland and Tim's Tarot

Hypnosis Maryland, Laura West, popular hypnotherapist, trainer, coach & intuitive. Hypnosis CD's. Tim Boyd, internationally renowned Certified Tarot Consultant, member of the American Tarot Association, Washington DC Tarot Society, World Tarot Network. [www.hypnosismaryland.com](http://www.hypnosismaryland.com) #51

## Inner Circle Gifts

Since 1986, our family business has been a love of crystals and gemstones. We collect from miners all over the world. In 1994 we introduced Starborn Creation to our jewelry customers. One-of-a-kind single & multi-stone sterling creations. #22

## Inspired By Angels

Gena Wilson is an Angel messenger, Psychic, Medium, Animal Communicator, Teacher, Spiritual Counselor and Reiki Master. Bring pictures of pets. [www.inspired-byangels.com](http://www.inspired-byangels.com). Kupua Claudette Knox, a Gifted Intuitive, using Hawaiian Amakua Cards and Palm readings. Shaman, Teacher, and Reiki Master. [alohablessings@verizon.net](mailto:alohablessings@verizon.net) #65

## Inspired Thru Nature - Colon Hydrotherapy

Inspired Thru Nature offers \$15.00 off the original price for their Detox Foot Bath along with 20% off their entire inventory of natural remedies. Remedies include Professional Homeopathics, Young Living essential oils, Natural Tea formulas, and Detox Colon Cleansers. [www.inspiredthru-nature.com](http://www.inspiredthru-nature.com) #11

## Institute for Spiritual Development

The Institute is a vibrant, light-filled, God-centered, inclusive Metaphysical Church and Community dedicated to your growing spiritual awareness in an atmosphere of unconditional love and acceptance. Welcome Home! [www.isd-dc.org](http://www.isd-dc.org) #57 & 58

## Integrated Holistic Concepts

Reiki, Spiritual Coaching, Health and Wellness Coaching, Life Coaching, and EFT (Emotional Freedom Technique) we offer a comprehensive set of tools to help you achieve your dreams and goals and also how to become a coach where you can help others achieve their dreams and goals. #10

## International Academy of Astrology

Learn astrology via live interactive classes from your home pc; since 1997. Professional astrologers and IAA staff, Tom and Linda will be available for mini readings to help guide you toward the perfect career, better relationships, and acquiring your dreams. [www.astrocollege.org](http://www.astrocollege.org) #104A

## International Society for Spiritual Sciences

Vastu Shastra is a Vedic science in which the energies act coherently through the home and workplace to achieve a healthy and peaceful life. The booth will have powerful energized products that bring peace, happiness and prosperity. World-renowned Spiritual Vastu guru Tarot Card Reader and Meditation Guru, Dr. Manjul Kant Dwivedi will be available for consultation. [www.vastushastri.org](http://www.vastushastri.org) #56

# of Artwork, Natural Clothing, Jewelry, Crafts & Crystals

**Joyous Vibrations, LLC**  
Gifted ThetaHealing™ Practitioner/ Instructor Theresa Smyth will be offering information on the miracle of ThetaHealing™. Mini ThetaHealing sessions of Medical Intuitive Body Scanning Reading/ Healings, Release of Negative Beliefs & Patterns are available for scheduling at the booth.  
[www.joyinthetahealing.com](http://www.joyinthetahealing.com),  
[www.JoyousVibrations.com](http://www.JoyousVibrations.com) #2

**JudithLoomisDESIGNS & Hambrock Holistic Center**  
Looking to Create, Consult, Commune with Harmony for more Joyous and fulfilling Sanctuary both outside & inside your body? Thru consultations with both—Feng-Shui by Judith Loomis and Holistic Healing with Dr. Connie Hambrock, PhD. Supportive balancing crystals and jewelry available.  
[www.HambrockHolisticHealing.co](http://www.HambrockHolisticHealing.co) #21

**Just Peachy Organics**  
Handcrafted locally, bath & body care made from organic ingredients formulated to heal and nourish the skin. [www.JustPeachyOrganics.com](http://www.JustPeachyOrganics.com) #27

**Jyotish & Ayurveda, Brendan Feeley M.A., N.D.**  
Jyotish & Ayurveda are brother/sister subjects and have their origin in the ancient Vedas of India. I specialize in medical astrology using these ancient sciences, and in my practice I use them to restore balance to body, mind and soul. I now offer training programs in the Washington, DC, area.  
[bpfeeley@aol.com](mailto:bpfeeley@aol.com). #31

**Kangen Water**  
Creates seven structured waters, from micro-clustered anti-oxidant alkaline water for health to strong acidic water for cleaning. A certified medical device from Japan used in hospitals, clinics and restaurants. Change your water... Change your life. Ask us how.  
[www.WaterWellness4Us.com](http://www.WaterWellness4Us.com) #25

**Knowles Apothecary**  
A community pharmacy offering traditional and alternative health care. Our professional pharmacists, nutrition consultant and medical herbalist work holistically to meet patients' needs. Providing optimum care through compounding specific prescriptions, formu-



lating herbal remedies and developing nutritional protocols with our line of professional supplements. Offering healing crystals, energy tools and salt lamps. 301-942-7979 or [www.knowlesapothecary-online.com](http://www.knowlesapothecary-online.com) #110

**Kreative Ways & Solutions, LLC**  
Offering Certified Interior Environment Coaching, Design and Feng Shui Redesign, using principles of color therapy, aromatherapy, Feng Shui and eco-friendly design. Stop by and sample our Feng Shui/Color Aromatherapy Sprays, and learn about certified interior environment coaching programs to help meet personal goals and future aspirations.  
[www.kreativeways.com](http://www.kreativeways.com) #9

**Life Essences**  
Life Essences provides products and education to support and enhance your spiritual growth. The products and workshops open your Awareness so you can create the change that the universe is inviting you to. Increase your Awareness, fully live your life.  
[www.lifeessences.net](http://www.lifeessences.net) #53

**Mahalo Minerals**  
We offer a variety of minerals and crystals. We also have Shiva Lingas, Tibetan Singing Bowls, large crystals, amethyst geodes, as well as beautiful energy pieces. You will find stones as jewelry and we also have the largest selection in the tri-state area. See ya there.  
[www.mahalominerals.com](http://www.mahalominerals.com) #100 &101

**Miles of Smiles Implant Dentistry**  
Dr. Noubissi exclusively practices Holistic Dental Implantology; he provides ceramic dental implants. Ceramic implants are metal free and are the most natural and aesthetic teeth replacement. Miss-

ing teeth are detrimental to your jawbone, overall health, and social life. [www.milesofsmilesdental.net](http://www.milesofsmilesdental.net) #33

**Mindful Decluttering and Organizing**  
Mindful Decluttering and Organizing offers workshops, publications, and personal time awareness and organizing services. MDOs staff supports students and clients in becoming more aware of their time & creating clutter-free, productive space in their homes and offices. Learn more:  
[www.clutterfreenow.com](http://www.clutterfreenow.com). #26

**The Mindfulness Center**  
The Mindfulness Center, in Bethesda, MD, is an overall wellness center providing Mind-Body programs to bring mindfulness to all dimensions of life through classes, services, and workshops that promote meditative awareness, stress reduction and optimal well-being for both adults and children.  
[www.mindfulnesscenter.com](http://www.mindfulnesscenter.com) #70

**Monroe Institute - Art of Healing**  
40 years of research resulted in Hemi-Sync CDs and tapes, designed to help you move into different states of consciousness. Each CD has a specific purpose, ranging from meditation or focused attention to stress reduction and sleep enhancement. Hildegard is also an outreach trainer for the Monroe Institute offering weekend workshops.  
[www.hildegardstarmar.com](http://www.hildegardstarmar.com) #107

**Konstanza Morning Star, Certified Medium**  
Certified Medium Konstanza Morning Star brings comfort to the bereaved with her mediumship readings. She teaches mediumship and spiritual development workshops and offers a weekly development circle. Look for her mediumship demonstrations/mini workshop during one of the Expo's hourly lectures.  
[www.silverspringofflight.com](http://www.silverspringofflight.com) #3

# Learn From And Share With Holistic Health

## **National Integrated Health Associates (NIHA) - Ask An Integrative Practitioner**

Come to the National Integrated Health Associates (NIHA) booth with your health questions! An integrative doctor or practitioner will be available to discuss complementary/alternative options. Integrative practitioners consider the whole body approach to medicine and look beyond the symptoms of disease to find the root cause of health problems.

[www.NIHAdc.com](http://www.NIHAdc.com) #86

## **Neurofeedback - Brainwave Therapy**

Dr. Michael Sitar, Psychologist, has been utilizing computer-based neurofeedback (also known as brain wave biofeedback) since 1992 in his clinical practice. He has treated adult, adolescent and child patients with a broad range of problems, including headaches, fibromyalgia, IBS, stress, anxiety, depression, head injury, fatigue, memory and concentration. #90

## **Nutrition Master Foods**

Nutrition Master Foods are formulated to be absorbed directly into your digestive system to transform our food products into a perfect meal every time. Nutrition Master Foods give you two major advantages—maximum health protection and significant savings in your grocery budget. [www.nutritionmasterfoods.com](http://www.nutritionmasterfoods.com) #7

## **The Nyama Healing Society & Energy Medicine Works**

Kwabena Brown, relationship counseling, stress management, energy healing, spiritual consultations and readings. Meet Stephanie Mwangaza Brown, licensed acupuncturist, cert. color puncturist and Reiki master. Consult with holistic and biological dentist, Terry Victor, DDS. [www.nyama-healingservices.org](http://www.nyama-healingservices.org) #98 & 99

## **Pillows For Health And Comfort**

ComfyComfy offers flaxseed and buckwheat husk pillows, handmade in the USA. Heat your flaxseed pillow in a microwave to enjoy soothing heat for pain and warmth. Shape the husk pillow to your body contours for extraordinarily restful sleep.

[www.comfycomfy.com](http://www.comfycomfy.com) #113



## **Plant Based Certified Organics for Everyone!**

100% Raw Vegan Superfoods, Probiotics, Botanical Perfumes, Skincare, Hair Care, Bath, Body, Oral and Baby Care, Massage and Essential Oils, Sunscreen, Repellent, Cosmetics and much more! All Cold-Processed. Tested for Purity. Free Gifts with Orders. Retail/Spa/Health Practitioner Inquiries Welcome.

[www.FabulousOrganics.com](http://www.FabulousOrganics.com) #79

## **Potomac Massage Training Institute (PMTI)**

PMTI has been teaching the art and science of client-centered massage for 35 years. Our approach to bodywork centers on the integration of body, mind and spirit. Visit us to learn about massage and explore a career in massage therapy. Seated massage will be available at our booth on a first-come, first served basis. [www.pmti.org](http://www.pmti.org) #102 & 103

## **Real Natural Remedies**

Real Natural Remedies offers natural ingredient supplements to lower cholesterol and promote cardiovascular health. Our products have been formulated by Dr. Chaudhry, who has been practicing cardiology for 35 years. Go natural and avoid side effects! [www.realnaturalremedies.com](http://www.realnaturalremedies.com) #35

## **The Raw Food Institute**

Discover the incredible healing powers of raw foods with The Raw Food Institute, a state of the art detoxification center in D.C. Stop by for free recipes, giveaways, and more! Learn how to use raw foods to help detoxify your body and bring health to the highest level! [TheRawFoodInstitute.com](http://TheRawFoodInstitute.com) #18

## **Reconnective Healing Co-op**

Explore these new frequencies of light and information. Stop by for a demonstration or sign up for your personal session. We are also offering a 2-hr. Reconnective Kids class (children 4-14yrs). See <http://Coop333.com> for details. The music of your life is in your instinct.

Sponsored by <http://Reconnective-Coop.com>. #78

## **Reiki Center of Greater Alexandria (RCGA)**

RCGA offers crystal light bed healing sessions. The crystal light bed comes from John of God's Casa de Dom Inacio in Brazil and is an extension of healing done in Brazil. Kathy South facilitates sessions and explains this unique modality.

[www.reikialexandria.com](http://www.reikialexandria.com) #97

## **Relaxing Alternatives Wellness Center**

Relaxing Alternatives Wellness Center, located in Gaithersburg, MD, offers a wide range of holistic wellness related services including reflexology, massage therapy, acupuncture, colon hydrotherapy, chiropractic as well as skin care. Reflexology sessions available at the Expo.

[www.relaxingalternatives.com](http://www.relaxingalternatives.com) #39

## **Rifkin Chiropractic & Wellness Center**

We are comprised of concerned health care providers who offer natural therapies for relieving pain and achieving optimum health. We offer a multi-disciplinary approach tailored to your needs. Our office provides chiropractic, acupuncture, massage therapy and nutritional/herbal counseling. Most insurance accepted.

[www.heal-naturally.com](http://www.heal-naturally.com) #64

## **Sacred Ayahuasca Healing in the Amazon**

Indigenous shamans in the Amazon have been working with the sacred Ayahuasca Medicine for centuries, unlocking doorways and purging dark energies that block us up from becoming our Highest Selves. Intensive spiritual, physical, emotional and mental healing and transcendence in the jungles of Peru. [www.infinitelightperu.com](http://www.infinitelightperu.com) #77

# Practitioners From Many Different Modalities



## **Sacred Circle**

Sacred Circle is your premier source for all things spiritual and metaphysical in the DC area. Huge selection of books, CDs, metaphysical tools and gifts honoring every spiritual path. Intuitives, classes, and events in our beautiful Old Town Alexandria location.  
[www.sacredcirclebooks.com](http://www.sacredcirclebooks.com) #60

## **Science of Spirituality Jyoti Meditation**

Science of Spirituality is a global, non-profit organization dedicated to human unity and achieving peace through meditation. We are deeply committed to a spiritual way of life based on meditation, service to others, and personal transformation. Free programs offered. [www.sos.org](http://www.sos.org) #30

## **Self-Empowerment Education Center**

Offering a wide variety of healing services with a well-trained, seasoned staff. Among those are Life Coaching, Guided Relaxation, Stress Management, Massage, Hypnosis for Birthing, Regression Therapy, Needleless Acupuncture, Body Compensation Analysis and more. Affording the most comprehensive training for Certification in Hypnosis in the U.S.  
[www.seec-icmct.com](http://www.seec-icmct.com) #116

## **Self-Realization Fellowship**

Founded in 1920 by Paramahansa Yogananda, Self Realization Fellowship publishes the complete line of Yogananda's books and recorded talks, including his *Autobiography of a Yogi*.  
[www.yogananda-SRF.org](http://www.yogananda-SRF.org) #46

## **Shamanic Healing Institute**

The Shamanic Healing Institute provides healing and education services through spiritual healing ceremonies, retreats, practitioner training programs and products. Visit Paul M. Sivert, LCPC, shamanic practitioner, today to learn more and to start your personal journey in Shamanism. You may also sign up for a Divination Ceremony and Healing.  
[www.shamanic-healing.org](http://www.shamanic-healing.org) #38

## **Simplicity Health**

We offer straight-talking practical solutions based on creating and maintaining vibrant health. Our nutritional programs are designed to substantially impact your body—both inside and out—using organic, natural and wild-crafted whole food based supplements.  
[www.organicsplus.biz](http://www.organicsplus.biz) #91

## **Smile Herb Shop**

Smile offers natural foods, bulk herbs and spices; gourmet foods and beverages (water processed decaffeinated coffees and teas); natural body-care products, vitamins and supplements; books, cards and gifts. [www.smileherb.com](http://www.smileherb.com). Main Councourse

## **Sole Healing**

Providing reflexology and massage for shows, conferences, meetings or seminars. A great opportunity to have a sponsored area of relaxation and rejuvenation at your event. On site Corporate Wellness programs • Business and Private Events • Girls' night out parties.  
[solehealing@comcast.net](mailto:solehealing@comcast.net) #114

## **Somatic Energy Therapies**

(Teaching & Wellness Organization)

Discover tools and techniques to create "balance & harmony" for the Human Energy System. Support and maintain wellness of your energy body: Polarity Therapy, CranioSacral Therapy, Tuning Fork Therapy, as well as astrological Cell Salts, Stem Enhance, Light Boxes, Blended Essential Oils, Vibrational CDs, and Chi Generators. Herkimer Diamonds featured! [www.SETherapies.com](http://www.SETherapies.com) #104 B

## **Soul Source – Oasis For Transformation**

Join us on the path to health, serenity and joy! Offerings: hypnotherapy, holistic healing, meditation, readings, spiritual counseling, workshops. Change your thinking . . . change your life . . . change the world!  
[www.theSoulSource.net](http://www.theSoulSource.net) #73



[www.NaturalLivingExpo.com](http://www.NaturalLivingExpo.com)

# Experience Psychic Readings, Tarot Readings,

## **Soul Star Techniques and Astrology**

Learn to increase your intuition, burn the karma of life times, and surround yourself with protection through the practice of Soul Star Meditation. Learn how astrology can help you achieve greater success in all aspects of your life (health, wealth and love). <http://soul1.org/#34>

## **The Spiritual Tarot with Geraldine Amaral / Intuitive Tarot with Kathy Goodwin**

Tarot is NOT only a "fortune-telling" device! It is a sacred text encoded in symbols that show us our life lessons. Please stop by our booth for an Intuitive or Spiritual Tarot Reading. Let the cards help you access the power of your subconscious mind. [#8](http://www.TheSpiritualTarot.com)

## **Stadler Nurseries**

Green Gardens begin here! Let us help you create a sustainable landscape. Locally grown plants, native plants, plants that attract wildlife, organic plant care, rain barrels, solar lighting, birdbaths and feeders. [#18](http://www.stadlernurseries.com)

## **Starchaser - Aromatics and Energy Work**

Certified Aromatherapist/Reiki Master. Healing sessions/classes in aromatherapy, Reiki, IET. Workshops on aromatic safety, blending, etc. Customized products for individuals, spas and centers (massage oils; diffusions; energetic blends, etc). Call 301-229-6620. Email [Info@Starchaser-HealingArts.com](mailto:Info@Starchaser-HealingArts.com). Visit [#54](http://www.Starchaser-HealingArts.com)

## **Still Point Mind & Spirit Center**

The Still Point's Mind and Spirit Center offers an eclectic mix of healing and personal growth services designed to support you in living your best life. Stop by our booth to meet our practitioners and get a free mini-reading or discount coupon and to register for a complimentary consultation. [#5](http://www.stillpointmindandbody.com/mind-spirit-center)

## **Sufi Center East / Farm of Peace**

Discover the peace, healing and Divine Love within your heart through the teachings of Sufism,



an ancient tradition of spirituality for anyone seeking to know God. Learn about and experience Sufi spiritual healing, a simple yet profound heart-centered healing method. [www.suficentereast.org](http://www.suficentereast.org) / [#63](http://farmofpeace.com)

## **The Summit Lighthouse / Summit University Publications**

The Summit Lighthouse/Summit University Publications will display an array of books, CDs, DVDs, pictures, etc., of the Ascended Master Teachings taught by Elizabeth Clare Prophet on spirituality, personal growth and healing. [#19](http://www.washingtondcteachingcenter.org)

## **Susan Lynne: Psychic, Medium, Intuitive**

Susan Lynne is a gifted psychic & medium with over 30 years of experience. She uses all the clairs, angels, astrology, Tarot, numerology, spirit guides, and dream interpretation. She is available for readings, consultations and also has CDs and other gift items for sale. [#12](http://www.mediumlink.com)

## **Synchronicity Foundation and High-Tech Meditation**

Synchronicity Contemporary High-Tech Meditation, created by Master Charles Cannon, is a modern form of meditation utilizing Synchronicity Holodynamic Vibrational Entrainment Technology to bring precision to the meditative experience. It is available in the form of Alpha, Theta and Delta CD's that "meditate you" by balancing the brainwaves and delivering a precision meditation experience. [#50](http://www.synchronicity.org)

## **Takoma Park Chapel**

The Takoma Park Chapel is an interfaith spiritual community in the metaphysical tradition. We offer classes, workshops and uplifting Sunday worship service. Stop by our booth for psychic readings,

messages, Reiki, spiritual healing and more information. [#4](http://www.takomachapel.org)

## **Tarot and Past Life Regression Readings**

We will give past life regression readings accessing the akashic records and also Tarot readings. Rev. Ken Banks and Sonia Subaran. #71

## **Terra Christa**

Terra Christa has been serving the Spiritual Community for over 20 years. Located in Old Town Vienna, Terra Christa offers many types of crystals, jewelry, books, music, Aromatherapy, Angels, Native American art, Tibetan Singing Bowls and much more. At our EXPO booth we'll offer types of healing tools: Pendulums, Etheric Weavers, Wands and Song Pods. [#36](http://www.terrachrista.com)

## **Terrapin Chiropractic**

Terrapin Chiropractic will provide digital postural analysis to participants showing the correlation between structural alignment and body function. The Posture Screen Analysis was developed by Chiropractic Biophysics to identify global subluxations, which limit the body's ability to function properly. [#48](http://www.terrapinchiropractic.com)

## **Traditional Chinese Culture Institute Int'l (TCCII)**

TCCII offers Qigong certification, medical Qigong, Tai Chi, Kung Fu and field trips to China. Learn how to obtain the energy of a youth and wisdom of sages. TCCII makes the journey fun and exciting for all experience levels. Contact: 301-785-7505, [#80](http://www.tccii.com)

## **Treasures from the Earth**

Treasures from the Earth is your premier source for fine crystals and minerals for health, ceremony and home décor. All of our stock has been hand selected for the finest quality, value and natural beauty. Our goal is to supply our customers with tools of self-empowerment. [#15](http://www.TreasuresfromtheEarth.net)

# Palm Readings, Face Readings And Shamans

## Valley of Gems

We sell: Gems, crystals, pyramids and spheres of quartz crystal and amethyst. Large pieces of polished moonstone, labradorite and lapis. Our own handmade jewelry made with unusual, beautiful, natural stones, such as peronite, druzy, dendrite opal, labradorite, moonstone, and rare Tibetan turquoise. And much more... #6

## Veggie Consultant: VeryVegelicious (VV)

My passion is creating delicious veggie meals, and I want to share my knowledge. So, whether you'd like to eat veggie meals occasionally or go vegan I'll customize a program just for you, featuring: veg-friendly grocery tours, assistance with meal planning & cooking, an information folder, and 6 months phone/email support. Come by and pick up a flyer, sample menus, and a tasty treat. [www.veryveglicious.com](http://www.veryveglicious.com) #84

## VIPIMC: Integrative Medicine, M. Defrawy, MD

Answering your medical questions for treating medical conditions in Integrative Medicine with Michael Defrawy, MD. Also providing bodywork, intuitive healing, medical intuitive assessment. Relaxing bodywork includes craniosacral therapy, neuromuscular therapy, lymphatic drainage, acupressure and more. Treating pain with short pulse radio wave machine. [www.vipimc.com](http://www.vipimc.com) #55



## Vital Body and Mind Therapies

A comprehensive, full-service holistic healing center in the heart of Del Ray, Alexandria. Our services include Acupuncture, Chiropractic, Coaching, Colon Hydrotherapy, Homeopathy, Massage, Metamorphosis, Naturopathy, Nutrition, Psychotherapy, Reiki and Skin Care. Seated Chair Massage available day of Expo. [www.vitalbodymindtherapies.com](http://www.vitalbodymindtherapies.com) #43

## Washington Chiropractic

Washington Chiropractic servicing the DC Metro community for 10 years. The doctors and staff will be speaking with attendees about their health issues, posture and alignment, making a special offer

for participants with issues the doctor may be able to help. [www.washingtonchiropractic.com](http://www.washingtonchiropractic.com) #117

## Washington Waldorf School

Washington Waldorf's integrative curriculum and innovative instructional methods provide a developmentally appropriate education. Encouraging clear thinking, balanced feeling, and initiative, our academic, artistic, and practical program serves our diverse population from pre-kindergarten through high school. [www.washingtonwaldorf.org/](http://www.washingtonwaldorf.org/) #20

## Jali Wright, Psychic - Medium

Jali Wright, Psychic Medium's readings integrate both psychic insight with spirit communication for information packed readings giving you answers and direction. Connecting with spirits through channeling and pictures, she inspires your Soul's Solution. Learn about her new book *Everybody Wants Great Sex, Right?* [www.JaliWright.com](http://www.JaliWright.com) #28

## Yantras and Jewelry

With Yantras, learn how to control and use the world's oldest success tool. You will tap the sleeping giant within your inner conscious to quickly solve big and everyday problems with these psychic tools. With the help of Yantras, explore and open new doors for your prosperity and happiness. #37

AN INVITATION FROM PATHWAYS PUBLISHER, LOU DESABLA

*Please set aside Sunday, October 9th on your calendar to share our joy at our 35th Natural Living Expo. It is a wonderful opportunity to explore, learn, shop, play, network and have a great time.*

*I have been blessed with the honor of producing this mind, body, spirit event for all these years and I am constantly amazed at the diverse group of attendees that wander the exhibit halls and workshop rooms with a common look of awe and amazement. Everyone has a sublime time.*

*At only \$10, it's cheaper than most movies. You can attend up to 8 workshops of the 64 that are offered, all included in the \$10 price of admission. You can learn about alternative medicine; get a massage and other healing services; a psychic, tarot, shamanic or face reading; or peruse hundreds of unique products.*

*Please join us. Bring your friends.*

*More info and coupons at [www.NaturalLivingExpo.com](http://www.NaturalLivingExpo.com).*

# Choose From 64 Dynamic, Creative, Mind • Body • Spirit Workshops

All workshops are included in the price of admission. There is no preregistration. Simply show up and enjoy! The number at the end of the description is the booth number associated with the speaker. For contact information see the Expo Website: [www.NaturalLivingExpo.com](http://www.NaturalLivingExpo.com).

## **10:30 AM**

### **Energetic Literacy—Readings, Readings, Readings**

Rose Rosetree  
Room 1123

What is energetic literacy? Reading auras in person and from regular photos, all the way to the level of chakra databanks! If you can read this page, you can learn. Rose Rosetree's lecture-demonstration will also include demonstrations of Face Reading and Skilled Empath Merge. So bring your curiosity and questions, the gifts of your soul, your amazingly perfect face!

Energetic Literacy with Rose Rosetree #49

### **Tools and Techniques for Uncovering Imbalancing Discoordinate Energy**

Michele Barlock, Reiki Master Teacher, Dowsing Practitioner  
Room 0105

An introduction to finding and treating energetic imbalances. Michele will discuss several techniques and tools that can be used to locate blocks and tears in energetic fields as well as emotional, mental and physical conditions that can create disharmony or illness. Demonstration will include: pendulum, dowsing rods and Etheric Weavers.

Terra Christa #36

### **Divine Mind Conditioning: Become Your Mind's Own Great Gardener**

Amy Traylor, MD  
Room 1109

Learn how to condition your mind to draw the divine world in, and not the human limited world, through a dynamic decree process to put you on the path of self-realization and spiritual wisdom. Join Dr. Traylor to understand and use this process for yourself to heal body, mind and soul.

Combining Spirituality for Neurological Wholeness #87

### **High Cholesterol and How to Lower It Naturally**

Haveez Chaudhry, MD  
Chasen Family Room

Dr. Chaudhry has been practicing cardiology for over 35 years. He will discuss the high cholesterol problem. Dr. Chaudhry will also explain the side effects of cholesterol drugs and natural alternatives to lower cholesterol without the side effects.

Real Natural Remedies #35

### **Couples Reflexology Workshop**

Steve Steinberg  
Room 2101

We will show you the basics of foot reflexology with one-on-one demonstrations and hands-on activities. You and your partner will have a better understanding of how to give this loving gift of touch to one another.

Sole Healing #114

### **Consciously Organizing**

Diana Collins  
Room 2103

Organizer and reader, Diana Collins offers tips on transforming your home & office into a sanctuary with tips on de-cluttering. Diana Collins-Intuitive/Tarot // Forbes Robbins Blair-Hypnotherapy #41

### **Hypnosis and Self Change**

Forbes Robbins Blair  
Room 2105

Bestselling author, Forbes Robbins Blair, will demonstrate hypnosis and self hypnosis, focusing on self change and the Law of Attraction.

Diana Collins-Intuitive/Tarot // Forbes Robbins Blair-Hypnotherapy #41

### **Desire Great Health & Balance for Life?**

Judith Loomis and Connie Hambrook, PhD  
Room 2110

JudithLoomisDESIGNS and Dr. Connie Hambrook present an

integrated approach to restoring Health & Balance to your life thru Feng-Shui interior mapping, Chakra & Crystal Mediation, and more, to achieve harmony and happiness.

JudithLoomisDESIGNS & Hambrook Holistic Center #21

## **11:30 AM**

### **Meditation and Qigong for Healing**

TCCII Staff  
Room 1123

Learn the secrets of Qigong and Meditation. You will learn how to use guided imagery and breathing techniques to relax your mind and rejuvenate your energy. We will use selected Qigong movements to gently stretch and strengthen the body.

Traditional Chinese Culture Institute International (TCCII) #80

### **Channeled Messages from the Masters**

Rev. Jim Webb  
Room 0105

Back by popular demand! The Masters channeled by Rev. Jim Webb are a group of highly evolved beings who provide wisdom, insight, predictions and a powerful healing energy to those who attend. The session includes general information on world events, as well as answers to your personal questions.

Takoma Park Chapel #4

### **Treating Fatigue, Menopause and More with Integrative Medicine**

Michael Defrawy, MD  
Room 1109

Learn to naturally balance hormones and endocrine (adrenal, thyroid, pancreas) imbalances with Integrative Medicine. Learn how to alleviate debilitating symptoms in menopause and perimenopause with safe, effective bioidentical hormone replacement therapy (BHRT), and to reset your hormonal clock with HCG.

VIPIMC: Integrative Medicine, M Defrawy, MD #55

### **Reference Point Therapy™**

Melissa Feick

Chasen Family Room

Experience simple, rapid and permanent results with RPT. Don't

spend years dealing with your issues, get deeper at the origin of the problem, allowing you to release old stuff gently and easily helping to raise your consciousness to higher levels.  
Empower The Light Within #108

### **Modern Meditation in the Workplace**

Tom Valone, PhD  
Room 2101

In this one-hour training seminar, learn how to meditate easily and quickly with a simple 4-step technique. Preserving the essence of an ancient practice, Modern Meditation is being offered free of charge. Studies show that daily meditation provides stress reduction, brain longevity, increased youthfulness, a peaceful state of mind and amazingly, a “reversal of the usual cortical thinning that occurs with age.”  
Self-Realization Fellowship #46

### **Bringing Heaven Down To Earth**

Ellyn Dye  
Room 2103

Ellyn Dye reveals what her Near-Death Experience taught her and, in a guided meditation, takes YOU through that famous Tunnel of Light to experience the unconditional love and joy of Heaven and bring it back to Earth—without the trauma!

Animal Connection and Lion Magic #45

### **Manifesting with Your Angels and Trusting Your Vibes**

Susan Lynne  
Room 2105

This informative workshop will show you how to manifest, contact and communicate with your Angels. You will learn to trust your vibes and listen for the messages that are being sent to you. Discover the best ways to communicate with your Angels. Guided meditations will be included.

Susan Lynne: Psychic, Medium, Angels #12

### **7 Keys to Consciously Thriving in Challenging Times**

Dianne Eppler Adams  
Room 2110

Learn to thrive in the midst of change using 7 powerful tools of awareness that have proven helpful for me and my clients. You can stay centered and empowered no matter what challenges you face while deepening your own inner peace. Useful handout included.  
Dianne Eppler Adams #1

### **1:00 PM**

#### **“Beyond The Veil”**

Sandy & Jim Young  
Room 1123

Join Sandy & Jim Young of Angel Talk TV in our 17th year with *Paths* to experience what has been one of the most popular workshops at the Expo. Where you the audience can ask questions on Career, Romance, Planetary Conditions, Passed Over Loved Ones, Pets, Current Life Obstacles and receive an answer from the Angels!  
Angel Talk TV/Telespectral #111

#### **Andean Shamanism**

Paul Sivert  
Room 0105

Join us for a workshop introducing the cosmology of the Medicine People of South America. Learn about energy medicine and healing. Participants will have the opportunity to experience a shamanic journey.

Shamanic Healing Institute #38

#### **Anti-Aging & Longevity**

Dr. Robert Rifkin  
Room 1109

The purpose of this workshop is to teach individuals how to prevent degenerative disease (cancer, arthritis, diabetes, and heart disease), increase life expectancy and maintain optimal health. Topics include nutrition, exercise, stress management and body mechanics.

Rifkin Chiropractic & Wellness Center #64

#### **The Spiritual Tarot**

Geraldine Amaral  
Chasen Family Room

If you want your “fortune” told, this class is not for you! Tarot is a path for spiritual self-knowledge. Join author Geraldine Amaral as she uses the cards to illuminate your spiritual path and soul progression. Receive a spiritual message and a card to keep!

Spiritual Tarot with Geraldine // Intuitive Tarot with Kathy #8

#### **Explore the New Frequencies of Healing**

Joan Fowler, et.al.  
Room 2101

Why are prominent doctors and medical researchers all over the world interested in the extraordinary healings afforded by Reconnective Healing? Find out in this engaging presentation and lively audience participation.

Reconnective Healing Co-op #78

#### **Huikala Reiki**

Claudette Knox  
Room 2103

Learn about “Huikala Reiki” developed by Reiki Teachers from Inspired by Angels. This energy healing system is a combination of “Reiki” and the ancient Polynesian wisdom of “Huna.” “Huikala Reiki” is about owning your spirit greatness. Presented by Kupua Claudette Knox.

Inspired By Angels #65

#### **The Spiritual Martial Art**

Dorothy Kadosh  
Room 2105

Do something about negativity once and for all. Learn to raise your personal vibration and the vibration of your environment using simple techniques practiced for centuries. Reach a comfort level in your home, office and personal life never before achieved with continued education in psychic self-defense.

Dorothy Kadosh: Psychic, Astrologer #66

#### **Getting Started with Medical Aromatherapy to Face the New Energies of the Planet**

Mireille Nedelec  
Room 2110

Learn the preventative and healing aspects of medical aromatherapy to face the new energies of the planet. Avoid many diseases and reduce the effects of other ones. Reduce your medical bills using real medical aromatherapy to treat body and mind. Learn what doctors might not want you to know.

Aromatherapy Center #92

### **2:00 PM**

#### **Between Two Worlds**

Allyson and Adele: Psy-dential Twins  
Room 1123

What is it like for psychic twins bridging the two worlds of Spirit and Earth? Seen on television and Internet radio, BetweenTwoWorldsRadio.com, the twins talk about their new book, *Between Two Worlds*. Witness demonstrations of spirit communication between the physical and astral worlds to reunite family, friends, and loved ones.

Psy-dential Twins #109

#### **Yikes! . . . Did I Really Agree to This Sacred Contract?**

Joanne Selinske  
Room 0105

Do you wonder whether you were drunk or simply out of your mind

## 2:00 PM, continued

when you signed your sacred contract? Join our entertaining exploration of the brilliance-madness that crafted your soul's plan for this lifetime. Sorry, no exchanges available!

Soul Source – Oasis For Transformation #73

### **Road to Happiness through Vastu: The Origin of Feng Shui** Manjut Kant Dwivedi. PhD Room 1109

Vastu Shastra is a Vedic science of construction and architecture, and is the ancestor of Feng-Shui. This workshop will provide in-depth information about Vastu and practical suggestions on how one can benefit from placing certain objects in the right direction for peace and happiness. Dr. Manjul Kant Dwivedi will be discussing the benefits of Vibrational Meditation related to Vastu.

Peace and Prosperity through Vastu and Meditation #56

### **Conducting and Maintaining Healthy Relationships**

Kwabena Brown

Chasen Family Room

For singles and couples. This workshop focuses on powerful relationship skills. It emphasizes developing a good relationship with oneself and doing the personal work necessary for a healthy relationship with another. This workshop is a must for those in already good relationships and for those preparing for a healthy committed relationship and marriage. Nyama Healing Services Washington DC #98

### **Multidimensional Healing Workshop**

Grace Miazza and HD Munson  
Room 2101

Grace and HD, a clairvoyant, will describe and demonstrate the many dimensions of spiritual energy healing to include the human energy field, grounding, ghosts, past lives, etc. Volunteers will be selected from the audience to demonstrate the concepts discussed.

Foundation for Spiritual Emergence #93

### **Meditation with Angels and Auras**

Mara Berman

Room 2103

Meet your angels and spiritual guides in this experiential meditation. Learn aura cleansing and



spiritual blessings. Experience the comfort of nourishing white light and twelve dimensional rings infused with light splashing down on your aura. Mara has been a psychic for over 15 years. Intuitive Readings, Mara & Holly Range #83

### **Structural Rehabilitation**

Daniel Kraus, DC

Room 2105

Long term structural changes to the spine and the overall health benefits will be outlined and discussed. Pre and Post X-rays as well as individual case studies will be presented demonstrating the effectiveness of Chiropractic Biophysics.

Terrapin Chiropractic #48

### **Soul Star Meditation Workshop**

Ronald B. Tiggler, PhD

Room 2110

The Soul Star Meditation uses a remarkable technique to burn karma and save lifetimes of suffering. Attendees will learn how to link to the Soul to increase intuition, burn the karma of lifetimes and to surround themselves with protection. Soul Star Meditation and Astrology #34

## 3:00 PM

### **Awakened Mind Brainwave Training Insights**

George Pierson

Room 1123

Creative Mindflow's George Pierson shares highlights from his ten-year revolutionary but simple Awakened Mind brainwave feedback training program using Anna Wise's protocol tested and proven over 30 years. Your perception of meditation, self-healing and creativity skills could radically shift! Creative Mindflow Awakened Mind Brainwave Training #112

### **Message Circle with the Institute for Spiritual Development**

Rev. Marcus Capone

Room 0105

An exciting round of personal messages presented by the area's top psychics and mediums. Ex-

perience a sampling of several different mediumistic styles while you are regaled with uplifting messages of love, practicality and inspiration. Must arrive on time and stay through the session.

Institute for Spiritual Development #57

### **Past Lives, Dreams, and Soul Travel**

Members of ECKANKAR's Maryland Satsang Society, and you! Room 1109

Have you lived before? Do your dreams hold the key to a better, happier, more successful life?

Discover ways to enrich your life through a study of past lives, dreams, and Soul Travel, based on the teachings of Eckankar, Religion of the Light and Sound of God.

ECKANKAR #96

### **The Basics of Holistic Dentistry**

Terry Victor, DDS

Chasen Family Room

Holistic dentistry or biologic dentistry is an alternative approach that focuses on the use of non-toxic restorative materials for dental work and emphasizes the unrecognized impact that dental toxins and dental infections may have on a person's overall health. Nyama Healing Services & Acupuncture #99

### **Brain Wave Synchronization, developed by the Monroe Institute**

Hildegard Starmer

Room 2101

You don't have to sit in a monastery for 20 years to experience profound feelings of peace. Discover how Hemi-Sync can support heightened states of consciousness, intuition, creativity, problem solving, etc. Come early to this inspiring lecture.

Monroe Products / The Art of Healing #107

### **Education for the Twenty-First Century**

Mark McCaig

Room 2103

Why do so many young people experience stress and anxiety in traditional schools? Can schooling foster balanced people? Author and Fairhaven School founder Mark McCaig will explore life and learning as it can be at his unique, life-changing school. Fairhaven School #23

### **Take Wellness Into Your Hands**

PMTI Staff  
Room 2105

Come learn about massage! In this fun and informative workshop, learn about the benefits of massage, the transformative power of touch, explore careers in massage therapy, and practice simple massage techniques you can use and share for fun and relaxation. Potomac Massage Training Institute (PMTI) #102

### **The Truth about Communicating with Higher Souls/Angels**

Melissa Kitto  
Room 2110

Discover the simple secrets to communicating directly with your angels and living your heart's desire! Take the guesswork out of your life. Your angels will direct you to fulfill your unique life purpose. Never doubt your decisions again once you discover the simple tools to clearly connect with your angels. Balanced Living Institute #42

### **4:00 PM**

#### **We Are All Healers**

Geoffrey Morell  
Room 1123

An acclaimed energy healer demonstrates his unique method of clearing the aura, pinpointing areas of disharmony in the body and applying energies to promote recovery and health. The spiritual, emotional and nutritional origins of health problems will be addressed. Hands of Light - Geoffrey Morell #106

### **7 Steps To Rapid, Healthy Weight Loss.**

Natasha Ryan, ND  
Room 0105

Need to lose weight and don't have too much time? Follow these seven steps and you'll be on the path to a new slimmer you. Get the guidance you need to make simple healthy choices that will change your body and your life. Knowles Apothecary #110

### **Power of the Subconscious Mind**

Kay Walkinshaw, PhD, DSc  
Room 1109

Discover the power of your mind! Learn to manage stress, lose weight, change unwanted habits and attain goals through the use of self hypnosis. This will be accomplished by learning how to more effectively use the power of your mind, as well as relaxation techniques, visualization, and your



own imagination and intuition. Self-Empowerment Education Center #116

### **How to Enhance the Function of Your Body and Beyond**

Coy Roskosky, DC  
Chasen Family Room

Learn about the key areas of your body that you have to take care to live a vibrant and healthy life. Instruction and demonstration of movement therapies are involved in this seminar so you have tools to take home and make an immediate impact in your health. National Integrated Health Associates (NIHA) #86

### **Neurofeedback Therapy—Not Just for Kids**

Michael Sitar, PhD  
Room 2101

Learn how this fascinating therapy can "shape up" your brain to more normal and even optimal functioning. Understand the wide range of applications from "A" (ADHD) to "Z"zzz (better sleep). Useful in the treatment of migraines, head injury, stress, depression, anxiety, addictions, memory and attention. ADD Psychological, Biofeedback, and Neurofeedback Services #90

### **Meditation As Therapy**

Deborah Norris, PhD  
Room 2103

This workshop is open to everyone! We begin with a 35-minute lecture on the benefits of meditation for a variety of ailments (including cancer, diabetes, anxiety, and depression) and end with a 15-minute guided meditation. Embrace optimal wellness! The Mindfulness Center #70

### **Sufi Spiritual Healing**

Master Sufi Teacher  
Room 2105

Come and see how the light of God heals in a deep and holy way. Allow physical, emotional or spiritual blocks to melt away

through this simple yet profound heart-centered practice based in the ancient Sufi tradition. All are welcome.

Sufi Center East / Farm of Peace #63

### **Coaching To Change Lives While You Prosper**

Roger Panetta  
Room 2110

Do you have a gift for helping? Do you want to change lives? Learn how you can become a successful certified life coach. Explore what is needed for a thriving coaching business. Practice some coaching skills in some interactive exercises.

Certified Coaches Federation #24

### **5:00 PM**

#### **Declutter Your Life, Free Your Spirit**

Pam Holland  
Room 1123

Does clutter keep you from reaching your full potential? Have traditional organizing and decluttering techniques failed you? In this workshop you will explore your own unique clutter patterns & learn the inner art of decluttering. Mindful Decluttering and Organizing #26

### **Soul Keys to Manifesting Your World \*\*\*\*CANCELLED\*\*\***

Barbara Mayerman  
Room 0105

Let the rest of the world go crazy while YOU use the Keys to Your Soul, which actively empower you with Light Information and transformation! Learn techniques that eliminate limitations and enhance your life reality to re-create self, maintaining peace, love and health!

Golden Heart Healing Ministry #105

### **Modern Spirituality—Truthful Reality**

Phil Duncan  
Room 1109

What is the experience of truthful reality? It is happiness, contentment and love as a constant. This is our true nature, yet few human beings experience it. Why? The imbalanced experience of being human. Synchronicity High-Tech Meditation and Holistic Lifestyle are proven means of creating balance in our imbalanced world and delivering the experience of truthful reality.

High-Tech Meditation, Synchronicity Foundation #50

**5:00 PM, continued**

**Practical Shamanism:  
Earthchange Edition**

Azurae Windwalker  
Chasen Family Room  
Surf the upshift of Earth's energy towards the 5th dimension and out of 3rd dimensional soap opera fear based reality. In Practical Shamanism: Earthchange Edition, you'll learn easy shamanic techniques to fulfill your soul mission, gently release trauma and receive healing.  
Azurae Windwalker Shamanic Healing Arts #72

**Mediumship Demonstrations &  
Spirit Greetings**

Konstanza Morning Star, Certified Medium  
Room 2101  
Spiritualist Certified Medium Rev. Konstanza Morning Star offers demonstrations of her mediumship by bringing spirit greetings and mini-readings from audience members' Spirit loved ones. The emphasis of these greetings is to prove the continuity of life beyond physical death.  
Konstanza Morning Star, Certified Medium #3

**Jyoti Meditation: Benefits and  
Technique**

David Newcomb  
Room 2103  
Jyoti—Meditation on Inner Light—is an age-old technique that's accessible to everyone, young or old. It's free, too! The benefits of meditation are tremendous. Come learn more about this simple meditation technique and experience a brief meditation sitting.  
Science of Spirituality Jyoti Meditation #30

**Don't Be A Half-Wit**

Sherry Dmytrewycz  
Room 2105  
Learn the power of Brain Balancing for making a positive difference in your life. You will learn about the importance of Brain Balancing for your health, creativity, productivity and joy. Interactive exercise on how to do Brain Balancing.  
Enter into Healing Gateway #67

**The Healing Power of Angels**

Elizabeth Clare, Prophet and the Ascended Master Teachings  
Room 2110  
A lecture, video/Power Point presentation on how angels are here to assist us in our lives. Come and



learn of the power of angels and their healing.  
The Summit Lighthouse  
#19

**6:00 PM**

**Ayahuasca Shamanic  
Apprenticeship in the Amazon**

Meghan Shannon  
Room 1123  
Hear firsthand about this powerful, intensive, life-changing spiritual path where one learns directly from the Spirit World and "purges their demons." Meghan Shannon has been an apprentice for several years, and will share her experiences and answer your questions.  
Sacred Ayahuasca Healing in the Amazon #77

**Let's Talk About Colon  
Hydrotherapy**

Pamala Reynolds  
Room 0105  
Colon Hydrotherapy is a very effective method of cleaning and hydrating the Large Intestines. Eliminating toxins from the five to six feet of colon promotes a balanced state of homeostasis for the entire body. A clean mind is a clean colon. Overview and Q & A of the digestive track from start to finish. Educating on how poor eating habits and toxic foods can be the major cause of diseases and problems of the digestive system.  
Inspired Thru Nature - Colon Hydrotherapy #11

**The Ancient Healing Sciences  
of India**

Ileana Gonzalez Parvati  
Room 1109  
Learn why ayurveda and yoga should be an integral part of your health goals. This ancient wisdom teaches us how to live in balance with nature, our selves, and the Universe.  
Apurva Wellness Holistic Healing #47

**H.O.M.E. An Extension of Who  
You Are**

Sherry Burton Ways  
Chasen Family Room  
We offer more than just interior

design or decoration, because our home affects what we do and our quality of life. Learn more before you Feng Shui or decorate it from Certified Interior Environment Coach, and Feng Shui Designer, Sherry Burton Ways of Kreative Ways & Solutions, LLC.  
Kreative Ways & Solutions, LLC #9

**Five Element Acupuncture and  
Your Well-being**

Susan Berman, M.Ac, A.Ac, Dipl. Ac, LCSW-C  
Room 2101  
With the 21st century application of the ancient Chinese tradition of acupuncture, help yourself stay healthy in today's high-stress world. Discover how Five-Element Acupuncture can enhance your well-being, help you use nature's gifts for optimum health, and treat you when symptoms appear.  
Blue Heron Wellness #62

**Wellness with High Frequency  
Super-Foods**

Marci Steiner  
Room 2103  
From the Amazon Rainforest; learn to connect with your higher self for guidance. Walk in the rainforest and understand solutions to keep the lungs of our planet alive. Anti-aging skincare and herbs for animals and children introduced. Learn a simple, proven technique to trust your body's decision to use these life giving herbs, or get a yes or no answer to any life question.  
Amazon Herbs/Animal Communicator-Marci Steiner #13

**3 Simple Steps to Better Health**

Ronit Rosen and Associates  
Room 2105  
Want relief from health challenges? Looking for more energy? Searching for ways to 'green' your body? Then come discover important keys to vibrant health and well-being! Learn simple steps to better health for yourself and the planet. Free information/samples/tasting.  
Plant Based Certified Organics for Everyone! #79

**Be You Ritual**

Hyun Martin  
Room 2110  
This workshop will show you how to cleanse yourself of stresses, cut cords of attachment and bring positive emotions into your life through intention and focus.  
Be You Studio Spa #61

# The University of Maryland University College Inn & Conference Center by Marriott

We are very excited about returning to last year's location. The University of Maryland University College (UMUC) Inn & Conference Center was designated the country's first environmentally friendly hotel and conference center. Granted Leadership in Energy and Environmental Design (LEED) certification by the U.S. Green Building Council, the Inn and Conference Center addition, owned by UMUC and managed by Marriott, is both the hospitality industry's first "green," or LEED-certified, hotel and the first LEED-certified hotel/conference center in the United States. There is a large on-site parking garage with reasonable rates.

Please do not phone the UMUC Inn for information about the Expo.

See

[www.NaturalLivingExpo.com](http://www.NaturalLivingExpo.com) or call Pathways at 240-247-0393.

University of Maryland University College Inn and Conference Center by Marriott  
3501 University Boulevard East, Adelphi, MD 20783  
[www.umucmarriott.com](http://www.umucmarriott.com)

## DIRECTIONS:

### From Washington DC:

New Hampshire Avenue (650 North)

Right at light on 193 East (University Blvd)

At 6th light, cross Adelphi Rd.

Turn right into the parking garage

### From Montgomery County and Points West:

Capital Beltway (I-495)

Take New Hampshire Avenue/Takoma Park (650 South)

At 2nd light, make a left on Adelphi Road

At 3rd light, make a left on University Boulevard

Turn right into our parking garage

### From PG County, Annapolis and Points East:

Capital Beltway (I-495, I-95 to College Park

Take US 1 South (Exit 25)

Proceed approximately 1 mile south on US 1

Turn right on 193 West (University Blvd)

At 3rd traffic light at Adelphi Road, make a U-turn

Take first right into our parking garage

### From Baltimore:

I-95 South to Capital Beltway (I-495) to College Park

Take US 1 South (Exit 25)

Proceed approximately 1 mile south on US 1

Turn right on 193 West

(University Blvd)

At 3rd traffic light at Adelphi Road, make a U-turn

Take first right into our parking garage

### Metro:

From Prince Georges Plaza Metro Station, take F8 Bus towards Langley Park to Adelphi Rd & Tulane Dr. Walk .13 mile North to 3501 University Blvd E. About a 7 minute ride. Buses on Sundays run every hour starting at 8:53 AM. Last returning bus to Prince Georges Plaza Metro Station is at 6:02 PM. Check with Metro for updates on the bus routes and schedules.

Walking from Metro:

From Prince George's Plaza Metro Stop (Green Line)

East on East West Hwy (MD-410 E) toward Belcrest Rd.

(0.0 miles)

Turn LEFT on Belcrest Rd. (0.59 miles)

Turn LEFT on Adelphi Rd. (0.85 miles)

Turn LEFT on to University Blvd. E. to 3501 University Blvd. E.

Total Distance: 1.51 miles

### FREE OUTDOOR PARKING

There is a free parking lot right behind the Conference Center. You access it off Adelphi Rd. If you are coming up University Blvd., veer right on to Adelphi Rd., then veer left on to Campus Dr. and take a left on Presidential. If you are coming in from the Beltway on Adelphi, go past University and go left on Campus, then left on Presidential. There is a large lot on the right that is free on Sundays! You can enter the Expo from the large veranda facing the parking lot.

*(Please note: This free parking opportunity was available at the time we went to press. We can not guarantee that it will be available on the day of the Expo.)*

## Insider's Note

If you arrive early

(between 10am & 11am)

you will find the closest parking; the least crowded exhibit halls; and the best selection of goods and services.



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