



Lava Hot Springs Wellness Festival

June 10, 2017 from 8:00 a.m. to 5:00 p.m.
Lava Hot Springs, Idaho

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BODY, MIND and SPIRIT. Join us for a one day Fantastic Wellness Festival to nourish your body, mind, and spirit. It will be held in the spacious and energized Lava Community Building. Your day will start with time to get registered, visit vendor booths, and get acquainted with others who will be joining you. This day will be a treat to all participants whether you are new or experienced in Meditation, Chakra Dancing, Pet Therapy, or Vibrational Energy Healing, to name a few. We have scheduled a well-rounded group of presenters and a great assortment of vendors to attend. There is no cost to attend, but donations will be appreciated.

VENDORS: Download an application at wellness.lavahotsprings.org

Schedule of Workshops and Events

8 am	Doors open, check-in, get raffle tickets, meet vendors
9 am	Introduction to Meditation and Mindfulness Presenter: Bill Haines – Chaplin of Pocatello Buddhist Society
10:30 am	Chakra Dance Practice of Meditation, Movement & Art Presenter: Nancy Robbins – Facilitator, Energy Coach, Meditation Instructor
Noon	Food & Body Awareness through Gluten-free Living Presenter: Michelle Taylor – Health Educator, Personal Trainer and Nutrition Consultant
1:30 pm	Pet Therapy – Communication, Body Work and Nutrition with Focus on Equine and Canine Presenters: Wendy Persch – Animal communicator & Jason Hermansen – Nutritionist
3:00 pm	Vibrational Energy Healing – Hand Drumming, Vocal Toning and Sound Healing Skills Presenter: George Grant – Vocalist, Percussionist, Educator and Musician
4:30 pm	Announcement of raffle ticket winners