

## **Breakout Session I**

### **Empower: Walking as An Empowered Being with Barbara Bryan**

True empowerment begins within. This incredible session is designed to support you in transforming old negative patterns and beliefs that affect your life and your relationships. What is holding you back? What are the old narratives that don't allow you to live the life you truly want? You will be gently guided to discover the hidden dynamics of the relationship you have with yourself, as you learn powerful tools to support you in letting go of what no longer serves you. Learn how to move stuck energy, change old unhealthy belief patterns, and feel more centered, as you claim your power through honoring and trusting your authentic self.

## **Breakout Session II**

### **Thrive: Abundance & Joy, What Does it Look Like? with Daniel Posney**

Daniel is a gentle warrior that creates pathways to unconditional love and light towards oneself and others. During this session, Daniel will help move stuck energy and uncover more of your life purpose. While helping you reevaluate your life from a new perspective, he will guide you in the process of alignment into your inner knowing and connection to source energy. While understanding that we all have different challenges, Daniel will help demonstrate how your life can be in flow, with a sense of ease and without drama. He will blend the metaphysical with the practical to give you real life perspective on healing, balancing and tailoring inner intunement to move you into a state of thriving.

## **Breakout Session III**

### **Release: Guided Visualization and Finger Painting with Carrie Barnes**

This powerful work leads the attendees to find truth and healing inside of themselves unwinding protective narratives created in early childhood. There will be an open discussion on where and how we lost our voice followed by brief education on how this modality works. The attendees will then be asked to relax on their mats and cover their eyes, while being led in guided visualization techniques leading to an inner child interaction and gratitude meditation in order to seal in the beautiful healing that will occur. Shortly after, you will be given an opportunity to finger paint to powerful music to express emotions and your experience through art and movement.

## **Breakout Session IV**

### **Curate: Emotional Code & Intuitive Counseling with Linda Ingalls**

This session helps you access your energy field through intuition and a deeper knowing, which presents your subtle body timeline. Linda will help you get in touch with your emotional baggage that is causing your physical, emotional, or spiritual un-wellness. Understanding your timeline and how your life events connect with your purpose will help you realize what shifts need to be made to find ultimate happiness.