

Dare to Be Aware Fair - Demonstration Schedule

Show Dome

9:30 **T'ai Chi Ch'uan Center of Milwaukee** - Demonstration of T'ai Chi movement to get your morning started with awareness of body and mind. Mike Ball

10:00 **Lighten Up!** - Are you having trouble sleeping at night? Falling asleep at your desk during the day? Getting angry at the mailman for delivering bills and kicking the dog instead? Are fear and frustration keeping you preoccupied, and so life is just passing you by? Are you yearning for the vacation- and playing hooky from your job instead? What is it that's really bothering you??? Insights on how to lighten up your life, by opening your emotions and releasing decisions that have been keeping you stuck and stressed. Jay Edgar and Patricia Clason, Center for Creative Learning, speaker and coach, will have you laughing and learning at the same time.

11:00 **Featured Speaker, Living Without Edges** – The Divine Teachings of Mary (a captivating group of Spirits channeled by Jacque Nelson). Imagine living a life without internal or external boundaries. Mary helps us to explore how the thoughts, beliefs, choices, decisions, and permissions that we activate within us bring us to our outcomes. Come explore with Mary, in this interactive session, as they share their insight and wisdom from the "loft view" to skillfully and often humorously guide us through our internal and external universes to a deep understanding of how to create a life uncommon, unlimited and unrecognizable!

12:00 **The Art of Quantum Healing** - Let us give you simple powerful techniques that will allow you to have change happen in an instant. We can show you how to open to new awareness, play, and joy in our life? Dawn Leader and Jeff Hutcherson

12:30 **High-Energy Raw Lifestyle** - What are the benefits of incorporating more raw food into one's lifestyle? What role does raw food play in bringing a peaceful, compassionate world? Kevin Rogers

1:00 **Introduction to Tantra** – Experience the Power of Tantra as you learn to tap into the Life Force energy -AND- the Source of all healing. Peter Ross Voigt

2:00 **See IT, Feel IT, Touch IT** - Mini-workshop and basic exercises which will assist those attending with seeing and feeling the energy field that surrounds their physical body and that of others. These exercises will help open the door of understanding for those that have never experienced tapping into the Human Energy Field, as well as help those already practicing as energy workers, develop a greater understanding of the blockages they may encounter when working with friends, family and clients. Sheri Bauer, RRMT, CAHP, BD, Angel Light Center for the Healing Arts

2:30 **"Healthy Chocolate"** - Discover Xocai chocolate-- the best tasting "raw food" I ever tasted! We'll share information about several unique flavors, styles, and textures to choose from, as well as the benefits. Jill Borsos and JoAnn O'Hare

3:00 **Tamarind Tribal Belly Dance** - Tamarind performs tribal style belly dance. Jennifer Nolan (and troop)

3:30 **Find Your Passion And Live It!** - What gives you peace of mind and excites you? What brings you deep feelings of satisfaction and fires your creativity? Your most valuable asset is your attitude. when you discover what your passion is it simply becomes easier to keep your attitude UP. Sunni has a gift for helping you to find your passion. 20 years as a life coach and years as Director of volunteer programs for the American Red Cross honed her skill to find what gives you the most **emotional satisfaction**and that is where your passion resides. Sunni Boehme

4:00 **Dennis J (Rocky) King** - Powerful Native American group healing and blessing.

4:30 **Kyane Howland** - Music Teacher, Creative Consultant, Award-Winning Performer-- Live!

Education Center

9:30 **Introduction to the Art of Living** – Learn the secrets to a happier and a healthier life through powerful and profound breathing techniques and gentle yoga. Naresh Yallapragada

10:00 **"Words Gone Wise"** - HolyAmusing speakers Sky Schultz & Karen Kolberg delight and entertain audiences with words of wisdom from both enlightened mystic poets and ecstatic holy fools.

12:00 **Higher Brain Living** - A revolutionary new approach that energizes your higher brain, clears your stress and leads you to the life of your dreams! It is your brain, where do you want to live? Includes a live demonstration! Dr. Michael D. Cotton

1:00 **Top 7 Natural Stress-Busters** - Looking for natural, healthy ways to reduce stress, tension, and overwhelm? Learn the 7 most valuable holistic methods for breaking free from stress and anxiety. Discover easy and effective ways to relax your body and mind and let go of worry, so you can be more productive, confident and just plain happy! Di Phillippi, MA

1:30 **Angelic Harp Meditation** - Bettina will offer a guided visualization with voice and harp that takes you on an interior journey that will guide you to touch your inner vision. Bettina Madini

2:00 **"Winning at Weight Loss"** - The Rejuvenation 21 Program is a highly successful hypothalamus balancing program that allows individuals to lose excess fat in a short 21-day cycle. Typically, people lose around a half a pound or more a day during the protocol. Tally Hayden

3:30 **A Change of Heart Changes Everything** - An introduction to HeartMath® - Learn some simple, yet effective ways to handle your stress in the moment. Hear how these techniques, along with the emWave® technology can help to create long term health and wellness. Susan Haas

*Note: Schedule is subject to change.