



Market Creek Healing Arts Festival

Saturday, October 4th 11:00 AM- 5:00 PM
Market Creek Plaza Amphitheater



Event Schedule

Main Stage:

- 11:15 – 12:00 AM – **Kathleen Hartshone** on Harp
11:30 – 11:45 AM – Opening Remarks & Blessings
11:45 – 12:00 AM - Opening Meditation
12:00- 1:00 PM – **Danyavaad & The Shimmy Sisters**
1:00 – 1:15 PM – Acro Yoga Demo w/ Mara & Ben
1:15 - 1:45 PM – **TranscenDANCE Youth Arts Project**
1:45 – 2:00 PM – Breath Demo w/ Art of Living
2:00 – 2:45 PM – **Sene Africa**
2:45 – 3:15 PM – Guest Speakers
3:15 – 4:45 PM – **Elijah Emanuel & the Revelations**
4:45 – 5:00 PM – Closing Meditation

Workshop/ Clinical Area*:

- 11:30 - 12:15 AM – Chair Yoga for Seniors w/ Silver Age Yoga
12:30 - 1:15 PM – Qi Gong (English & Spanish) w/ Becky
1:30 - 2:15 PM – Yoga (English & Spanish) w/ Javier
with Kathleen Hartshorne on Harp
2:30 – 3:15 PM – “Transformation 101” w/ Shakti Rising
3:30 – 4:15 PM – Conscious Breathing (English & Spanish) w/ Art of Living
4:20 – 5:00 PM - Curanderismo/ Indigenous Healing (English & Spanish) w/ Ericka

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- All Day - Free 10 - 15 minute Massage ([Concorde Career Colleges](#))
 - All Day - Free Acupuncture treatments ([Pacific College of Oriental Medicine](#))
 - All Day - Free Reiki/ Deeksha/ Energy Healing

Kid's Area:

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| - Laughter Yoga w/ Antolin | 11:30 AM – 12:15 PM |
| - Kid's Yoga w/ Kate | 12:30 – 1:15 PM |
| | 2:30 – 3 15 PM |
| - Guided Drumming & Toning Sessions | 1:30 – 2:30 PM |
| w/ Resounding Joy, Inc. | 3:30 PM – 4:30 PM |
| - Arts n Crafts w/ ARTS (A Reason To Survive) | 11:00 AM – 2:00 PM |
| - Face Painting | 11:00 AM – 5:00 PM |