



*Presented by Alta View Wellness Center*

Saturday, October 6, 2018 ~ 10 a.m.—6 p.m.  
 Sunday, October 7, 2018 ~ 10 a.m.—5 p.m.

Scottish Rite Cathedral  
 2701 N. 3rd Street  
 Harrisburg, PA 17110

### Saturday Workshops

#### Third Eye Theater

**10:30 a.m.**

Messages from the Angels  
 Tom & Katie Hurt

**11:45 a.m.**

Creating a Healthy Residence for Your  
 Soul ~ A Hypnosis Experience  
 Lynn Ralston, R.N.

**1 p.m. Fundraiser**

\*West Shore Meals on Wheels\*  
 Psychic Gallery with  
 Reverend Michael Kilgore  
 \*\$10 Love Offering Requested\*

**2:30 p.m.**

Cannabinoids in Action:  
 How to Utilize CBD in Your  
 Wellness Routine  
 Kacie Gilgore

**3:45 p.m.**

Troupe Hayati Belly Dancers

**5 p.m.**

Intro to Heart Rhythm Meditation  
 Lisa Wilhelm, RPh

#### Solar Plexus Classroom

**11 a.m.**

Chair Yoga  
 Bernie Zmitrovich, R.N.

**12:25 p.m.**

DNA Activation Demystified  
 Charlie Goedkin

**1:15 p.m.**

Spiritual Phytoessencing ~  
 A Pathway to Soul Level Healing  
 Sharon Bibb

**2:30 p.m.**

Gentle Yoga  
 Tracey Calhoun

**3:45 p.m.**

Managing Stress and Sleep  
 with Ayurveda  
 Dr. Uday Gupta

**4:45 p.m.**

Shamanic Journey with  
 Angie Yingst

### Sunday Workshops

#### Third Eye Theater

**11 a.m.**

The Connection Between Poor  
 Digestion and Stress  
 Taylor Deitrick, NTP

**1 p.m. ~ Fundraiser**

\*Nobody's Cats Foundation\*  
 Shamanic Healing Gallery w/  
 Angie Yingst &  
 Denise VanBriggle  
 \*\$10 Love Offering Requested\*

**2:45 p.m.**

Bumbada! Women Drumming

**4 p.m.**

Energy Management: How to be  
 Sensitive But Not Overwhelmed  
 Maggie Salter

#### Solar Plexus Classroom

**10:30 a.m.**

“Are You Ready to Soar into the  
 Expanded Reality of Your Soul?”  
 Aimee Zimmerman

**11:30 a.m.**

Water Matters, to You  
 and the Environment  
 Rose Dennis

**12:45 p.m.**

The Rise of the Empath  
 2019 Energy  
 Rev. Ingrid Jolly

**2 p.m.**

Murder: What It's Like to be a  
 Psychic Detective  
 Jan Helen McGee, M.A.

**3 p.m.**

Kundalini Yoga  
 Donna Grimwood

Spirit of Oneness is presented by Alta View Wellness Center  
 4814 Jonestown Road, Harrisburg, PA 17109  
 717-221-0133

For more information go to:  
[www.spiritofonenesssevent.com](http://www.spiritofonenesssevent.com)