



SATURDAY, MARCH 30TH, 10 AM – 5 PM

SAMEDI LE 30 MARS – 10H – 17H

10 h: Door Open / Ouverture

10h30– 10h45: Fitness break – Zumba / Pause fitness – Zumba

11h – 12h30 : "Heal, Inspire and Love your Life" / "Guérir, inspirer et aimer votre vie"

With/avec : **Sharon Cohen**, Naturopath / **Lianne Bridges**, Purpose Passionista & Transformation Artist / **Sherry Nash**, The Love Coach

12h45 – 13h30 : "Secrets to Longevity; Food Strategies & Beyond " / " Secrets de longévité - Stratégies alimentaires et au-delà ..."

With/avec: **Nevine Elchibini**, Naturopathe - Optimal Food Coach

13h35 – 13h55: Music break / Pause musicale

With/avec: **Aurora Chorealis**

14h – 14h45 : "Cargiving; An Act of Love" / " Offrir les soins - Un acte d'amour "

With/avec: **Terry Ruggi**, Educator, Life Coach

15h – 15h45 : Oracle Café: Intuition, Signs, and Readings" / "Oracle Café: Intuition, signes et lectures "

With/avec : **Sheila Bicknell**, Oracle Intuitive - Oracle Card Reader / Dietitian-Nutritionist

15h50 – 16h05: Fitness Break / Pause santé

Stretch-balance-yoga (to be determined) /Étirement -équilibre-yoga (à déterminer)

16h05 – 16h55 "Life After Life" / "La vie après la vie"

With/avec: **Andrea Courey**, M Ed Entrepreneur, Speaker and Author / Entrepreneure primée, conférencière et auteure