

AUTUMN EQUINOX CELEBRATION

September 24

Looking for something to do this weekend? Celebrate the autumn season with us. Experience the eastern philosophy of wellness, plus healing through art, drumming, dance and food. But wait, there is so much more. Join us and enjoy FREE workshops, exhibits and activities from 9:00am to 9:00pm. There is something for everyone so bring the whole family!

Workshops & More – 11:30am-8:00pm

11:30am – 12:15pm – AYURVEDIC BODY THERAPIES – Learn about the 5,000 year old body therapies of Ayurveda. Join Denise Alejandro, and learn about luxurious treatments such as abhyanga and shirodara for holistic healing to detox physical, mental and emotional toxins. These also help bring the body back into balance (pacifying aggravated doshas) due to hectic lifestyles, stress or improper eating. Attendees can enter to win a \$30 gift certificate towards abhyanga. – **MEETING ROOM**

12:30pm – 1:15pm – MINDFULNESS, “BE PRESENT”, WHAT’S IT ALL ABOUT? Join Charisse Minerva for a Mindfulness workshop and learn and practice simple Mindfulness techniques: paying attention in a particular way, on purpose, in the present moment, non-judgmentally; bringing ones complete attention to the present experience on a moment-to-moment basis. – **MEETING ROOM**

1:30pm – 2:15pm – DOODLEFEST – Roy Peterson is the founder of DOODLEFEST in the UK! We are pleased to have him debut his style of doodling in the USA, in the heart of Hampton Roads at Sattvic Space. Join Roy and learn how to draw mindfully through the art of doodling, and find out more about DOODLEFEST USA and how you can be part of this growing phenomenon! You and the kids will not want to miss this. – **MEETING ROOM**

4:30pm – 5:15pm – LILA’S SOUND BATH EXPERIENCE - Join Lila, a native of Puerto Rico, and experience the healing vibrations of crystal bowls. Lila, body worker, teacher, Ordained Minister and Reiki Master, was led to the Body Mind Spirit philosophies while processing her own pains and discovered that Western Medicine was limited in its approach. Her path has led her to combine knowledge and experiences from different traditions. – **COMMUNITY ROOM**

5:15pm – 6:00pm – enjoy tea and sample Ayurvedic cuisine and socialize – **COMMUNITY KITCHEN**

6:00pm – 8:00pm - Join PranaMuktiBhakti, a **Kirtan** band from Hampton Roads, Virginia. They help liberate the Life Force through devotion one chant and mantra at a time. – **COMMUNITY ROOM**



sattvic space
Yoga & Healing Studio

COMMUNITY ROOM

9:30am – 11:00am – Join us for our weekly **AYUR-YOGA** in the community room lead by Aruna Swarup. Ayur-yoga is the merging of both Ayurveda and Yoga disciplines of balancing body, mind and consciousness using asana, pranayama, mudra and mantra.

11:00am – Modibo, will be providing **SMOOTHIES, JUICES AND TREATS** to nourish your mind body and soul!

Exhibits - 11:30am-3:30pm

FALL IN LOVE WITH ESSENTIAL OILS, NATURE'S TICKET TO HEALTH AND HAPPINESS - Join Jennifer Harmon for a smell-a-thon as you breathe in the power and goodness of essential oils while getting a sneak peek of October's miniworkshops that will be filled with the fun of making everyday essentials, from Stress Away roll-ons to lavender-infused bath soaks. Find out how you can use essential oils to switch out chemically laden products in your home and boost your health and wellness. Sign up early and get a free diffuser necklace (while supplies last) and biofeedback scan.

LARGEST SELECTION OF RAW NATURAL MOLDAVITE IN HAMPTON ROADS! – Join Levi Reynolds, local expert on Moldavite, and learn about this high vibrational “stone” that came to earth about 15 million years ago. This beautiful green tektite, the transformation stone, is a combination of both terrestrial and extraterrestrial material. Most people that do not sense crystal energy do from Moldavite. Large selection of natural Moldavite, pendants, and jewelry!

AWAKEN YOUR POTENTIAL - Join life design coach and Feng Shui expert Justine Hernandez and find out your power color. Justine's business, Passion style purpose is a business focused on Life Designing. We show you who you are, what your life goals are and we help you design the path to achieve it. This exhibit will show you a glimpse of the insight you will learn about yourself as you walk your path in life not by default, but by design.

PROJECT LOLO'S VISION BOARDING - See a sampling of the vision boarding process that allows you to create your own unique Vision Board using a collage of images, pictures and affirmations of your dreams and goals. Your personal Vision Board is a valuable tool that helps you concentrate and maintain focus on specific life goals thru strategic placement, mindfulness and visualization and when you visualize, you emit a powerful frequency into the universe and in turn, “the universe conspires to help you achieve it.”

AYURVEDA – Find out what Yoga's sister science, is all about and take home tips for off the mat. Learn what to expect during an Ayurvedic consultation and the various luxuries available in our Ayurvedic spa. Discover the PanchaKarma cleanse , a gentle yet powerful Ayurvedic approach to rejuvenation and detoxification that will kick start your health and nourish your mind, body and soul. Sign-up for a consultation with Nada September 26 & 27th. [www](http://www.We will offer tongue diagnosis (for a small donation).)

OUTDOORS

11:00am – 3:30pm - Our resident artist, Jennifer McDuffie, will be on hand to provide free **FACE PAINTING AND ORIGINAL COLORING PAGES!** She will also offer **TRADITIONAL INDIAN HENNA TATTOOS** (for a small donation).

12:30pm – 2:00pm - HOOPING - INTRODUCTION TO SACRED CIRCLES: This is a tool for meditative movement, rhythm expression; and body and mind consciousness. Explore rhythm, motion, beat, and flow; body & mind connection; self-awareness, self love, and confidence builder; mood booster and stress relieving activity, social connection; great exercise alternative -strengthen and tone, build muscle memory, cardiovascular support, core support builder; great addition to a meditation practice - movement meditation. Come try hula hooping from 11am-2pm.

2:00pm – 4:00pm - DANCE, DRUMMING AND MEDITATION - (DDM) uses Art and Culture as tools to explore meditation. Learn technique in all three areas while discovering how these things are already an integral part of our lives. From beginner to professional these workshops help build community using the most basic of elements, Art & Culture. Join Charisse MINERVA an Arts, Education, and Mindfulness professional and her son MYLES Spencer, a drum and percussion performer and teacher as they explore contemporary and more traditional forms.

8:00pm – 9:00pm - FIRE PIT COMMUNITY DANCE/DRUM - Join us around the fire, for drumming, singing and dancing and a special Fire Poi (fire dance) by Neve Loehr .