



**Conscious
Michiana**

EVOLVE ~ EXPAND ~ GROW
WWW.CONSCIOUSMICHIANA.ORG

MIND BODY SPIRIT FESTIVAL

MAY 2ND 11AM -5PM

Join the Hive & Win!

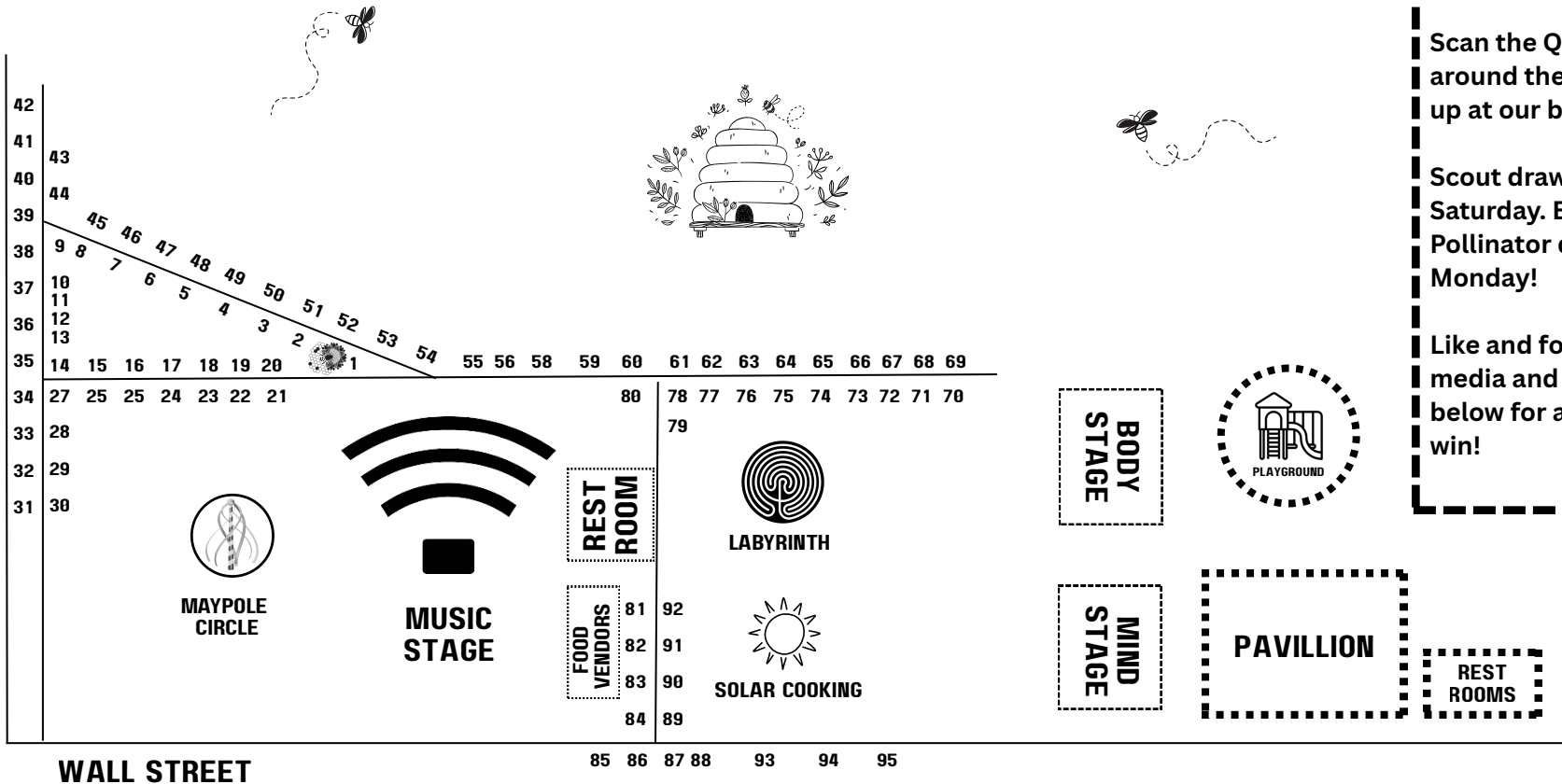
Join free as a Scout or become a Pollinator for \$25/year.

Scan the QR code at signs around the festival or sign up at our booth.

Scout drawings all day Saturday. Exclusive Pollinator drawing on Monday!

Like and follow us on social media and use the hashtags below for another chance to win!

GREENLAWN AVE



1. CONSCIOUS MICHIANA
2. ROOTED BALANCE MASSAGE
3. HOLISTIC COACHING
4. MYSTIC HOLLOW LLC
9. BYMEL
10. TURQUOISE ESCAPES
11. HANDPRINT PALMISTRY
12. CREATURE FOLK
13. HERBAL ABILITEAS
14. TURTLE WIZARDS CO
15. MOLDED TO PERFECTION
17. ZELLA MAE HEALING
18. ELLYNSQUEST LLC
19. UNITY OF MICHIANA
20. ART RECIZEPZ

21. THE ARTY PEOPLE
22. KIDSTRONG SOUTH BEND
23. THE RESET XPERIENCE
24. LILITH'S VIVARIUM
25. MOVE INTO CALM
26. THE SACRED PAUSE SOAP
27. JUST GERALYN JEWELRY
28. ROSCOECREATIONS
29. BSBG INC
30. GOLOKA ECO FARM
31. HINTERLAND BOOKERY
32. SKY APOTHECARY LLC
33. KINSMAN MASSAGE
34. BEYOND THE CHRYSALIS
35. SACRED EMBERS

37. LAZY BOMBSHELL BOOKS
38. THE TWISTED LIFE
39. SOUL ECHO INSIGHTS
40. JEWEL IN THE LOTUS
41. UNITARIAN UNIVERSALISTS
42. PEARLS DREAMS & WISHES
43. TWISTED DREAMZ
44. THE HIVE OF LIGHT
45. BALANCING CONNECTIONS
46. MENTAL HEALTH AWARE
47. GUIDED BY LUNAR LIGHT
48. ANITA BARAHONA
49. MOTH A EARTH HEALTH
50. MICHIANA VEGFEST
51. PURPLE PORCH FOOD CO-OP

52. MICHIANA WELLNESS CLINIC
53. DEVINA KING, B.A. PSY
54. GET BENT JEWELRY
55. SPACESUIT SELF, LLC
56. ROSE AND SAND
58. HILLARY ROSE TIE DYES
59. TRULY TEAS
60. ART BY AMBER OLSEN
61. EARTH STICKS & SCENTS LLC
62. MOSS MOM
63. GLASS DESIGNS BY MICHELLE
64. STARWOMAN
65. PURPLE PHOENIX JEWELRY
66. KAY'S RAINBOW COLLECTIVE
67. CAREFULLY CONCOCTED
68. ARISE ENNEAGRAM

69. GRIM GAVIN'S
70. AMBERS FITNESS LAB LLC
71. HANVI'S BLOOMING BEAUTY
72. RESILIENT WELLNESS
73. CRIMSON CREEK CREATIONS
74. TRAVELING YOGI, LLC
75. SB ELKHART BIRD ALLIANCE
76. ENCHANTING BLOOMS
77. MYSTIC MICROGREENS
78. POETRY ON DEMAND
79. SUNNY'S GOURMET
80. THE BOOK COTTAGE
89. HOLE IN THE WOODS FARM
90. KATIE LADYBUG BOOK
91. INTERNALLY GUIDED
92. SOURDOUGH HAVEN BREAD

FOOD

81. FUNKTIONAL BAR
82. OZLEN'S MEDITERRANEAN
83. GOLDEN NUTRITION
84. TOSSED TOGO
85. JUST VIBIN' COFFEE
87. JETTA'S KETTLE CORN
88. PROFESSOR BUTTURBEER
93. BIG MIKE'S LUNCHBOX
94. A BITE WITH MEE
95. RICO SUAVE MEXICAN CUISINE

MC: LISA DANIELLE
SOUND: JEFF WILHELM



#MBSFEST
#CONSCIOUSMICHIANA

MIND STAGE



- 11:00 AM Organized Gardening as Therapy
- 11:30 AM NET and Muscle Testing Demo
- 12:00 PM Demo Manual Lymphatic Drainage
- 12:30 PM All Things Labyrinth
- 1:30 PM Acupuncture & Herbal Medicine
- 2:00 PM Recycling in St. Joseph County
- 2:30 PM Magic of Your Mind to Build Confidence
- 3:00 PM Waking Up, Growing Up, Showing Up
- 3:30 PM Oxidative Stress, Microgreens & You!
- 4:00 PM Why a Plant-Based Lifestyle is Essential
- 4:30 PM Poetry Reading

MAYPOLE CIRCLE



- 11:00 AM Mantra Meditation
- 11:30 AM Beyond Talk
- 12:00 PM The Art of Rest and Regulation
- 12:30 PM The Breath-Body Connection
- 1:30 PM Free Flow Space
- 2:00 PM Art for Emotional Release
- 2:30 PM Yoga for Every Chair
- 3:00 PM Introduction to Animal Reiki
- 4:00 PM Maypole Dance
- 4:15 PM Drum Circle

BODY STAGE



- 11:00 AM Inner Spirit Animal Yoga
Krista Lee-Lavender | Beyond Zen Studio
- 11:30 AM Finding the Mind-Body-Spirit Connection
Melanie Como | Beyond Zen Studio
- 12:00 PM Elemental Flow Yoga
Lauren Plennert | Beyond Zen Studio
- 12:30 PM Acro Yoga Jam
Kim & Jerrod | Michiana Acro Yoga
- 1:30 PM All Levels Yoga
Jessica Simeri } Attic Yoga Elkhart

CLASSES BY RAY OF SUN YOGA SCHOOL

- 2:00 PM BEGINNERS IN BLOOM | ISELA GUZMAN
- 2:30 PM ROOT AND RISE | PATRICIA LAWTON
- 3:00 PM HEART-OPENING SLOW FLOW | KIERNAN ANZELC
- 3:30 PM Move Into Calm
Tami Lysher | Studio T Pilates

ACTIVITIES

Labyrinth Walk

Labyrinth / All Day

Walk as One at 1

Labyrinth / 1:00pm

Meditative Bird Walk

South Bend Elkhart Bird Alliance
12:00 pm (Meet in front of Labyrinth)

Poetry On Demand

Tony Brewer / Booth #78
All Day

Maypole Dance

Maypole Circle / 4:00 pm

Drum Circle

Maypole Circle / 4:15pm

Solar Cooking Demonstration

Between 1 pm - 3 pm / Spot
near Labyrinth - See map