

Registration opens at 8:30 am  
 Divine Marketplace: 9:00 am - 6:00 pm  
 Pamper Room: 10:00 am - 5:00 pm

# WELCOME TO LOVE, LIGHT *Laughter*

TAUNTON, MA  
 OCTOBER 4, 2009

Taunton Holiday Inn  
 Taunton, MA



Bring a Journal & Yoga Mat/Towel!

## DISCOVER 1ST FLOOR

10:00-  
10:45  
AM

### *Creating New Expectations for Yourself*

Presenter: **Laurie McAnaugb**  
 How do you allow others to treat you? How do you treat yourself? Decide now what you will and will not accept for yourself.

11:00-  
11:45  
AM

### *Create Miracles by Asking One Simple Question*

Presenter: **Karen Paolino**  
 Imagine if you could ask one simple question and it would provide you with the answers you are seeking to create miracles in all aspects of your life. Discover the question that will empower you let go of what no longer serves you and more.

12:00-  
12:45  
PM

### *Protection with the Angels*

Presenter: **Rev. Nina Roe**  
 Are you easily hurt by other people's negativity? Do struggle to hold strong, loving boundaries? Explore the topic of protection from the wisdom of angels' perspective.

1:00-  
1:45  
PM

### *Are you REFUSING to be rich?*

Presenter: **Margaret M. Lynch**  
 You would love to be rich, right? Wrong! What if powerful subconscious programs are sabotaging your wealth goals? Tap them away with EFT and reset your wealth button!

## IMAGINE 1ST FLOOR

### *Clear Your Voice, Clear your Path*

Presenter: **Donna Mac**  
 Donna shares the tools she's discovered to create a successful business and (most importantly) healthy family.

### *Finding Passion In Your Work*

Presenter: **Kim Turcotte**  
 For women who have a passion to help others and bring their unique talents to the world, but lack the confidence or the business know how to take action and get themselves out there!

### *Widening Your Circles, Connecting Online*

Presenter: **Michelle Girasole of The Sassy Ladies**  
 Success today is about WHO you know, not WHAT you know. Use the power of online communities like [AspireMag.net](http://AspireMag.net), [eSassyLadies.com](http://eSassyLadies.com) Facebook and Twitter to reach your dreams.

### *Let Go and Crow! The Power of Positive Self-Talk.*

Presenter: **Bonnie Marcus**  
 Why do we find it so difficult to talk about ourselves in a positive manner? Join this fun-filled workshop to reconnect with your value and talent

## BELIEVE 2ND FLOOR

### *7 Steps to Stopping Cravings!*

Presenter: **Sbery! Worthington Turgeon**  
 Food cravings can be a signal that our bodies are out of balance. Find out how to decipher your cravings and learn the seven keys to stopping them.

### *Speedometer: Controlling Your Emotions*

Presenter: **Dr. Kelley Taylor-Bentz**  
 Do you feel out of control emotionally? Use this tool to monitor your emotions and bring joy and peace back into your life!

### *Your True Colors*

Presenter: **Elizabeth Harper**  
 Learn the language of color, its healing properties, ways to wisely use its positive and negative qualities, and how it can reveal your destiny.

### *Reclaim Your Power*

Presenter: **Win Harper**  
 Make sense of your life, bring clarity to what you want and have support in getting there.

## BALANCE 2ND FLOOR

### *Dreams, Intuition and Synchronicity*

Presenter: **Madeleine Costa**  
 Learn to analyze dreams, be aware of intuition and connect with synchronicity as a tool.

### *Believe in Yourself and Live in Spiritual Abundance*

Presenter: **Pat Hastings**  
 Do you struggle with not feeling good enough and deserving? Spiritual abundance is about freedom and choices and opening oneself to Divine possibilities and God's favor.

### *The Art of Allowing: How to Transform Your Most Difficult Relationship*

Presenter: **Sharon Roy**  
 Do you struggle with an addict, alcoholic, boss, child, parent or friend? Find the glorious lessons and blessings hidden in your most challenging relationship.

### *Fill Your Cup with...Peace*

Presenter: **Cathy Forkey, M.Ed. and Melissa Kitchen, M.Ed.**  
 Shut down your negative mind chatter! End the cycle of constant worry about past and future thinking.

## UNWIND 2ND FLOOR

### *Awaken Your Inner Radiance!*

Presenter: **Jacqueline Ryan Brodnitzki**  
 Learn to easily awaken your deep strength, beauty and grace - allowing yourself to shine and live a joyous life.

### *Meet your Muse and Write*

Presenter: **Lisa Tener**  
 Aspire's Writing Coach transports you to a land of inspiration; meet your muse (your source of creative inspiration) and write.

### *Putting the Power to Change into Your Hands*

Presenter: **Cindy Loughran**  
 In this interactive presentation, discover the secrets to overcoming obstacles and making any change you desire.

### *Birth Your Dream Life*

Presenter: **Tara Sage Steeves**  
 Based on Tara's book *Are You Pregnant With a Dream? Birthing a Dream: Conception to Age 5*, this workshop will inspire you to dream big and take the next steps to give birth to your dreams. Move beyond fear and into joy as you bring your dreams to life.

## HARMONY 2ND FLOOR

### *Dance Yoga!*

Presenter: **Eileen Quemere**  
 Dance yoga incorporates flowing and expressive hatha yoga forms with fiery and fluid rhythms of dance movement.

### *Yoga Drum Dance!*

Presenter: **Dee Lyon**  
 If you like Zumba you'll love Yoga Dream Dance. Free style movement to the ancient drum beat, fun yoga poses, lots of laughter. Free your body! Move Your Soul!

### *Laughter Yoga*

Presenter: **Chris Belanger**  
 Laughter is the Best Medicine! Real or fake, laughter creates joy, happiness and peace - along with a host of physical and mental benefits. No flexibility needed.

### *Finding Your Center in the Face of Uncertainty & Change*

Presenter: **Lora Cecca Lyons**  
 Learn simple and effective mind/body/practices to help you navigate through difficult times.

LUNCH - 1:45 - 3:00 PM - PAMPER ROOM CLOSED FOR LUNCH

3:00-  
3:45  
PM

### *Creative Manifestation*

Presenter: **Dr. Santi Meunier**  
 We are all creative and possess the power to create the life of our wildest dreams. It all begins with 3 simple words- Conceive, Believe, Receive.

### *Positive Living from the Inside Out*

Presenter: **Patricia Raskin**  
 We will explore seven principles of positive living as we define them uniquely for ourselves and the power of the positive perspective.

### *Finding Calm Against the Chaos Out*

Presenter: **Stacey Shipman**  
 Do you feel over-whelmed and exhausted by all that you are juggling? Learn practical tools you can implement immediately for a more peaceful and balanced you.

### *Giving Voice to the Light Within Your Soul!*

Presenter: **Leah Carey**  
 In this fully experiential workshop, we'll access and give voice to the truth of our deepest selves. Come surprise yourself!

### *Lighten Troublesome Fears with Hypnosis*

Presenter: **Kathryn McGlynn**  
 Combining nuggets of spiritual wisdom coupled with simple exercises that you can do to eliminate any fears you may be wrestling with.

### *Mantra Magic*

Presenter: **Bethaney Long**  
 Experience the power of these ancient words. Learn how simply repeating the vibration will release blocks, shift your energy, and transform your life.

4:00-  
4:45  
PM

### *Presto Chango! Self-Acceptance is Yours*

Presenter: **Dorinda Gay**  
 Step out of those expectations of right/wrong, good/bad and step into yourself. The Universe accepts you for every choice, thought and action. Isn't it time you did?

### *Eating for Energy!*

Presenter: **Noelle Armstrong**  
 Do you want to feel good all of the time and bring your health back into balance? Learn about the foods that increase your energy and vitality.

### *Take Back Your Time & Energy!*

Presenter: **Nancy Feth**  
 Get clear and take action to live into your greatness! See it, own it, live it and be it....now!

### *Writing Your Heart Out*

Presenter: **Amy O'Brien**  
 Release the past; call out those voices in your head that dominate your thoughts; transform that event into a fun work of fiction and bring forth good things.

### *Who are You Becoming?*

Presenter: **Erin Elizabeth Wells**  
 Identify and bring your life into alignment with your purpose, goals, and greater life ambitions.

### *Yoga Dance*

Presenter: **Dr. Eva Ligeri**  
 Yoga Dance is designed for movement lovers to open and flow with your innate joyfulness rooted in chakra energy.

Agenda subject to change.