

# SCHEDULE - SATURDAY NOVEMBER 30TH



**1:00 PM - CHARLES HOLMES**  
**The Cause & Removal of Disease**

Author, lecturer & founder of Conscious Planet, co-founder of Living Harvest and Hempco, Charles Holmes transformed his health to avoid having a colostomy and years later supported Wind in healing her breast cancer. Charles will share his findings for removing disease and living a healthy life.



**2:00 PM - Shivani Wells**

**The Body's Wisdom - Learning to Listen with Yoga Therapy**

Shivani's talk will explore why slowing down, getting present, and listening to your body is crucial for maintaining well-being, and how cutting off from the body's wisdom directly links with emotional and physiological disease.



**3:00 PM - Adam Hart**

**Have Your Cake & Eat it Too!**

Discover the one thing you need to know about food to start living with more energy, fewer sugar cravings and better sleep without changing your diet. Adam will also reveal 3 very special foods you can use right away to boost your protein and iron intake without needing to pay for over priced supplements.



**4:00 PM - Elias Arjan**

**Brain Fitness and Mindfulness**

What do Google, Facebook and Apple have in common with the Dalai Lama? They all suggest you practice mindfulness to have a happier & more productive life. Elias will share how each of us can workout our brains, improve our memory and break negative patterns of behavior.



**5:00 PM - Theda Phoenix**

**Live Musical Performance - Inspirational Eco-Folk**

Theda will perform songs from her latest album "Legacy" as well as some audience favorites. Theda's voice will literally raise your vibration and touch your soul. During Elias' talk she will accompany a live mediation with her harp.

**A beautiful way to end the day.**

**All Day - Vendors, Chair Massage, Smoothie Bar and Door Prizes!**



**Tickets ONLY \$25 - [WWW.BEWELLANDALIVE.COM](http://WWW.BEWELLANDALIVE.COM)**