

WELCOME TO DAISYFEST!

BIG HILL

10:30 AM – CRYSTAL BOWLS SOUND EXPERIENCE

Bring your towel/mat or chair and join in this beautiful mind and sound experience led by Karen Irwin.

11:45 PM – GENTLE FLOW YOGA

Bring your towel/mat for a warm-up warrior flow and tai chi like flow. All levels welcome! Led by Shelley Pederson.

1 PM – KRIYA YOGA

An ancient technique that uses mantras, mudras, and the breath to achieve spiritual awakening. Bring your towel/mat or chair. Led by George Favell.

2:15 PM – SINGING BOWLS – CHAKRA HEALING

Experience the magic of a Crystal sound bath that focuses on balancing the 7 main energy centers in your body. Bring your towel/mat or chair. Led by Karen Irwin.

3:15 PM – TEN MINDFUL MOVEMENTS by THICH NHAT HAHN

Learn the ten mindful movements to bring peace and balance into your daily life. 30-minute standing class to end the day led by Shelley Pederson.

CLASSES

10:15 AM – BOOSTING YOUR IMMUNE SYSTEM WITH NATUROPATHIC MEDICINE – DR. ARIEL BARKEIM (BY THEIR BOOTH)

Listen and learn from Dr. Ariel about the natural ways you can boost your immune system!

12:30 PM – WHAT IS CANNABIS? FROM HEMP TO CBD – LANCE PERKINS

Learn the difference between hemp, CBD and other parts of the cannabis plant from the King of Green!

1:15 PM – INTRO. TO THE HEALING ENERGY OF CRYSTALS - STEPHANIE WINTER

This class is an introduction to the healing crystals and how they are used.

2:00 PM - JUMP START YOUR INTUITION – PEGGY BENSON

Developing intuition puts us on the path to healing, wholeness, and personal evolution. This class will focus on the five senses and tools to enhance and align with our essence.

2:30 PM – MEET YOUR SPIRIT TEAM – PEGGY BENSON

Spirit Guides are one of our greatest allies. Spiritual energy surrounds us all the time. During this class we will create a connection with spirit and discover who is on our team.

MUSIC

11:00 AM – 12:30 PM – WAYWARD

Jonathan is an Indie Pop Singer-Songwriter from Minneapolis, MN. The singer-songwriter began touring in November 2016, eager to bring a personal, engaging live show to audiences across the Midwest. And those audiences have listened to the first release --- A 3-song EP titled, "Wayward" ---over 500,000 times online! Jonathan just released his debut full-length album "Happiness!" Check out Jonathan's website for links to all of his music at <https://waywardsongs.com/home>

TIPS FOR OUR MUSICIANS ARE APPRECIATED! SHOW THEM YOU ENJOYED THEIR TALENTS!

1:30 pm-3:00 pm – THOMAS EGSTREM

Thomas is the lead singer, songwriter, and rhythm guitarist for *The Northern Medicine*, a folk-rock band with southern rock and bluegrass roots. Thomas is a resident of Austin MN but born and raised in St. Paul and surrounding southern suburbs. Thomas has also been continually active in the Minnesota music scene, performing at many music festivals and venues.

OUR AMAZING VENDORS! CASH AND MOST CARDS ACCEPTED. NO ATM ON THE PREMISES.

DAISY BLUE NATURALS – SKIN CARE & NATURAL HEALING PRODUCTS. BATH SCRUB MAKE & TAKES FOR \$5 EACH.

DAISY BLUE NATURALS - CRYSTALS, SAGE, AROMATHERAPY BRACELETS, BANDA BRACELETS, ELDERBERRY, INCENSE. MAKE AND TAKE SAGE BUNDLES FOR \$10 EACH.

DREAMIN' FARMS – CBD TINCTURES AND PLANT EXHIBITS. ANY QUESTIONS ON CANNABIS OR CBD? LEARN FROM THE 'KING OF GREEN'!

HANDMADE BY HEIDI – HANDMADE ITEMS INCLUDING GEMSTONES, CRYSTALS, AND COPPER ELECTROFORMED JEWELRY, HANDMADE POLYMER CLAY ARTISAN BEADS, GEODE STYLE RESIN COASTERS, RESIN CHARCUTERIE BOARDS, AND SOME RESIN WALL DÉCOR.

KNOTS & JOY – MACRAME PLANT HOLDERS AND WALL HANGINGS. MACRAME KNOTTING DEMOS ON THE HOUR STARTING AT 10:30 AM.

THE CANDLE BEESNESS – LOCALLY SOURCED BEESWAX FOR NATURALLY GOOD CANDLES.

HOLLY'S HOMEGROWN CANNING – NO PRESERVATIVES, ORGANICALLY GROWN, LOCALLY MADE SALSAS, SOUPS, JAMS, PICKLES, AND MORE!

ROOTED FAMILY MEDICINE / SEEKERS WILD – TINCTURE TASTINGS, NATUROPATHIC MEDICINE INFO, BOW DRILL DEMOS, NATURE WALKS. DEMOS OR WALKS ON THE HOUR STARTING AT 11 AM.

DAVE MARTIN – READING SPECIALIST OFFERING DIVINATION TAROT CARD, PENDULUM AND RUNE READINGS.

PEGGY BENSON – SPACE CLEARING SPECIALIST. PEGGY RECOGNIZED HER CLAIRVOYANT GIFT EARLY IN HER LIFE AND HAS BEEN ABLE TO HELP OTHERS CLEANSE THEIR HOMES AND SURROUNDINGS.

GEORGE FAVELL – MEMBER OF THE INTERNATIONAL ANANDA SANGHA COMMUNITY. GEORGE HAS BEEN A DISCIPLE OF PARAMHANSA YOGANADAJI SINCE HE WAS 12 YEARS OLD AND HAS BEEN A KRIYABAN SINCE 1992. GEORGE IS ALSO A 3RD DEGREE REIKI HEALER.

MEGGIE SUE'S CUPCAKES – OFFERING ARTISAN CUPCAKES AND DECORATED COOKIES.

THE YANKEE CATERING – DELICIOUS AND BEAUTIFUL CREATIONS. CHEF BRYAN WILL BE OFFERING HEALTHY, VEGETARIAN OPTIONS INCLUDING GLUTEN-FREE AND VEGETARIAN HIBACHI, CAPRESE WRAPS, AND SALADS THROUGHOUT THE DAY STARTING AT 11 AM.

WATER, LACROIX WATERS, AND ICED TEAS WILL BE FOR SALE THROUGHOUT THE DAY.