
LIST OF VENDORS

**Lifewalk Reiki and
Hypnotherapy
Shelly's Natural Beauty
Products
Intentional Joules Malas
Hello Yoga
Rising Spirit Wellness
Retreat and B&B
Moonstone Healing Arts
Soula's Tea Garden
7 Dragons – Registered
Massage Therapy
Stretch Therapist – Eldoa
Method
Independent Yoga Teacher
Tallboots –Locally
produced Treats &Preserves**

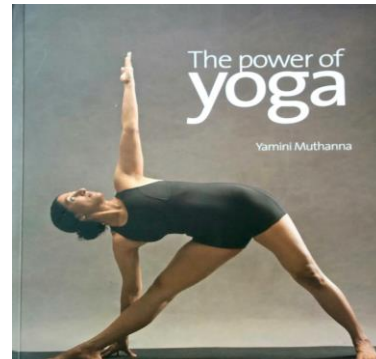


INFORMATION

The Newtonville Community Hall Board volunteers would like to welcome you to our Health and Wellness Weekend. This is a free event which is sponsored by the **Municipality of Clarington.**

Included are free refreshments and giveaways by some vendors. Sales of health and wellness related items by some vendors throughout the weekend.

We would like to say a special Thank you to **Hello Yoga** and **Rising Spirit Wellness** for the use of yoga mats for classes.



Health & Wellness Weekend

MARCH 21-22, 2020

10:00AM-4:00PM

HEALTH AND WELLNESS



Our aim is to make you feel like you are relaxing on a beach. Take advantage of our excellent vendors to learn about the art of health and wellness. Enjoy your day with us.

NEWTONVILLE COMMUNITY HALL BOARD MEMBERS WELCOME YOU TO OUR WELLNESS WEEKEND. WE ARE THRILLED TO HAVE LOCAL WELLNESS BUSINESSES HELP US INTRODUCE THEIR CLASSES AND PRODUCTS TO PROMOTE A HEALTHY LIFESTYLE.

WE HOPE YOU ENJOY YOUR TIME WITH US THIS WEEKEND.

WE WOULD ESPECIALLY LIKE TO EXPRESS OUR GRATITUDE TO THE MUNICIPALITY OF CLARINGTON FOR SPONSORING THIS WEEKEND AND SABINE OF MOONSTONE HEALING ARTS FOR ALL HER WORK IN COORDINATING THE VENDORS AND CLASSES.



Vendors

MARCH 21

10:00AM-4:00PM

1. Lifewalk Reiki & Hypnotherapy- Francesca Warriner – Mini Treatments
2. Natural Beauty Products – Shelly Gifford – Made with organic ingredients.
3. Intentional Joules Malas – Julie – Yoga & Meditation Jewelry
4. Hello Yoga – Heather – Demo Classes
5. Rising Spirit Wellness & B&B – Cynthia Banks – Yoga/Meditation Demo
6. Moonstone Healing Arts – Sabine – Thai Yoga Massage & Meditation
7. Tallboots – Locally homemade Treats & Preserves

Classes and Demos: 20-30 Minutes

1. 10:15-10:45 – Hello Yoga – Yin Yoga
2. 11:00-11:30 – Hello Yoga – Restorative Yoga - Heather
3. 11:45-12:15 – Moonstone Healing Arts Thai massage demo - Sabine
4. 12:30-1:00 – Independent teacher for Yoga – Chair Yoga – Melina Hunter
5. 1:15-1:45 – Independent Yoga Teacher Melina
6. 2:00-2:30 – Rising Spirit Wellness – Meditation and Yoga presentation
7. 2:45-3:15 – Rising Spirit Wellness – Meditation and giveaway prize.

Vendors

MARCH 22

10:00 AM – 4:00PM

1. Hello Yoga – Heather
2. Intentional Jules Malas – Julie
3. Soula's Tea Garden – Kris
4. 7 Dragons – Petra Brehm – Massage Therapy – Mini Treatments
5. Stretch Therapist – Mark Walker – Eldoa Method
6. Rising Spirit Wellness – Retreat & B&B – Cynthia Banks – Classes
7. Moonstone Healing Arts – Sabine – Thai Yoga Massage Demo & Meditation
8. Tallboots – Locally homemade Treats & Preserves

Classes and Demos: 20-30 Minutes

1. 10:15-10:45 – 7 Dragons – RMT- Sound Therapy
2. 11:00-11:30 – Stretch Therapist – Mark Walker – Demo of Eldoa Method
3. 11:45-12:15 – Hello Yoga – Heather
4. 12:30-1:00 – Hello Yoga – Yin Yoga – Heather
5. 1:15-1:45 – Soula's Tea Garden – Medicinal Tea Presentation – Kris
6. 2:00-2:30 –Rising Spirit Wellness Retreat & B&B - Class and Presentation – Cynthia
7. 2:45 – 3:15 – Moonstone Healing Arts – Thai Yoga Massage Demo & Meditation Sabine