

Know your soul.



Spirit Of Oneness 2023

**FREE Workshops and entertainment all weekend
Main Floor ~ North Star Classroom rear Lobby (NSC)**



SUNDAY October 8, 2023

**NSC 11 am to 11:45 am Lana Ryder
Gong Experience ~Sound Emersion**

CHILL LOUNGE LOWER LEVEL

12 noon to 1 pm Bumbada Women Drummers

**NCS 1 pm TO 1:45 pm Rickie Freedman
Shining our Brightest Light TOGETHER ~ A Reiki Workshop**

**NSC 2 pm to 3 pm Cosmic Trash Improv Show~
Poking fun at metaphysical stuff**

**\$ suggest a love offering for the actors, Thank You
Vanessa Codorniu, Ashley Mahdavi, Lisa Hollenbach, Ali Jacobs**



**NSC 3pm to 4 pm Liz Ann and Laura B
Grounding Meditation Workshop**



**ALL DAY IN MAIN LOBBY
OUR COMMUNITY ART QUILT, ADD YOUR CREATIVE MESSAGE
SPIRIT WINGS PHOTO OP SPOT
GROOVE DANCE POP UPS**