

MIND • BODY • SOUL EXPO DETROIT 2010

Presents

DAN MILLMAN



“The Truth That Sets Us Free: A Reality Check”

Will Rogers once said, “It ain’t what we *don’t* know that gives us trouble. It’s what we *do* know – that ain’t so.” As an antidote to confusion and wishful thinking so popular today, Dan offers a reality check and de-programming experience that enables anyone to keep their head in the clouds but feet on the ground. Dan promises to provoke, to tune-up your sense of discernment, and maybe tickle your funny bone. Find a way to sort fact from fantasy along the path, even as you explore life’s bigger picture and higher possibilities. Bring questions, a sense of humor and a friend!

Dan Millman, former world champion gymnast, martial arts instructor and college professor. His books, including *Way of the Peaceful Warrior* (now a feature film starring Nick Nolte), have touched millions of people in 29 languages, and his talks have influenced men and women from all walks of life. www.peacefulwarrior.com

Tickets on sale at www.thejourneymag.com

Saturday, April 24, 1:00 pm to 3:00 pm

Tickets \$45 before April 1, \$50 after

DEBBIE FORD

“The Shadow Effect”

Join #1 *New York Times* best-selling author Debbie Ford in one of the most important conversations you will ever have to expose the pervasive and often hidden impulses that influence your everyday decisions. As seen in *The Shadow Effect* movie, learn how to unlock the mystery of your dark side, begin to understand what robs you of your self-respect, courage, creativity, and dreams, and gain access tools to break free from the prison of fear, shame, regret, and self-sabotaging behaviors.

Tickets on sale at www.thejourneymag.com

Tickets \$45 before April 1, \$50 after

Sunday, April 25, 1:00 pm to 3:00 pm



Opening for Both Speakers • Life In Balance

Transitional Bridge Music for the Journey Expo

Life In Balance provides inspirational musical mini-concerts to help silence the mind from external stimulation and move the listener into an inner world where visions arise, healings unfold and deep meditation opens its mysteries.

2010 DETROIT EXPO WORKSHOPS

All Workshops on this page are priced as marked



Karma Yoga

“MasterPeace Yoga: Being the Peaceful Warrior”

Saturday, April 24

10:00am to 12:00 noon \$30

Come on a Self EXPLORATIVE Space Odyssey as Katherine and Daniel guide you through a Peace filled Sacred Flow..... Challenge yourself and Discover the Peaceful warrior within. All levels welcome to sweat and shine!

Katherine Austin, E-RYT and founder of Karma Yoga, Inc. www.karma-yoga.net, is a dedicated student of Vinyasa Yoga as well as teacher & workshop presenter of her own Sacred Flow Yoga. She guides her students with a unique blend of strength, detail, compassion and spiritual embodiment drawn from her own personal practice of living her yoga.

Growing up in the suburbs of Metro Detroit, standing 6'7" tall, Daniel Gottlieb, or “Yoga Dan,” had childhood dreams of becoming a professional basketball player. As a collegiate athlete, Dan’s body went through tremendous force and eventually he found himself unable to perform competitively. From his injured state, he discovered the life-enhancing, heart opening practice of yoga. Dan found his true path. <http://danyogaschedule.blogspot.com/>



Sarah Cheiky

“Thai Yoga Massage Workshop”

Saturday, April 24

3:30 to 5:30pm \$30

This workshop is designed for the average person willing to try the ancient art of Traditional Thai Massage, as a recipient as well as the practitioner of this interactive massage, energy meridian work and yoga therapy. With a few techniques from the basic routine as presented by The Traditional Old Medicine Hospital, in Chiang Mai, Thailand. Class begins with a brief Metta meditation and then gets right into partner work. Please be in something comfortable and for you to lie on the floor have any blankets or pillows you might need to support you. You do not need to bring a partner, although encouraged. Sarah Cheiky, LMT, NCTMB - *National Continuing Education Thai Instructor & Ohio State Licensed Massage Therapist* Licensed by the Ohio State Medical Board for Massage Therapy in 2003, and Certified to provide Continuing Education Through the NCBTMB 2007. With lifetime awareness in relaxation massage, reflexology, as well as trigger point therapies in treating chronic back pain in quadriplegia for over 15 years, Sarah found passion in her personal yoga practice and Traditional Thai Massage. Additional training in Vipassana meditation leads to journey through learning, sharing, fun, bodywork information while gaining more awareness through connectedness and Metta. www.mettabodywork.massagetherapy.com

2010 DETROIT EXPO WORKSHOPS

All Workshops on this page are priced as marked



Christian Schoyen

“A Second Life”

Saturday, April 24

3:30pm to 5:30pm \$30

“A Second Life”: You Deserve a Second Chance

If you are struggling in your life right now IT'S NOT YOUR FAULT! If you not living according to your soul's life purpose, IT'S NOT YOUR FAULT! You have been conditioned by belief systems (parents, school, friends, media, religion, etc.) to play a role to please other rather than live a life aligned with your true self. This has caused you to disconnect from God, and not live a life according to your higher purpose as well as prevented you from learning the life lessons you came here to learn in order for you to evolve.

This workshop will teach you:

- How break free from the belief systems that are making your life a struggle.
- Learn to survive, thrive and evolve to an existence in Oneness.
- Learn to understand and embrace your soul's lessons.
- Learn to how to recognize and live according to your higher purpose.
- One on One personalized “Life Assessment”

Life Architect Christian Schoyen (asecondlife.com) is a best selling author, spiritual teacher, and internationally acclaimed speaker who has committed his life to helping others achieve their fullest potential by assisting them to delete society's negative programming, which has caused them to disconnect with their true selves, higher purpose and spiritual connection to God.



Dr. Agnes Thomas

“Telepathic Communication with Animals”

Saturday, April 24

5:30pm to 7:30pm \$30

CANCELLED

Telepathic Communication with Animals

This course teaches you how to enter the telepathic field so you can communicate with animals, plants and other life forms. The telepathic field is also known as the Universal Mind. Learn how to listen and pick up these subtle energies. In this two hour workshop, the student will learn how to identify incoming communications from animals and to discern what the animals are saying from what the listener wants to hear. Level 1 is an introductory course emphasizing the technique of communicating with all life forms. Dr. Thomas explains the scientific basis behind the phenomenon and why it is easy to learn.

Dr. Agnes Thomas is a native of Cleveland, Ohio. She obtained her Ph.D. in physiological psychology from Case Western Reserve University and worked as a counselor for mentally handicapped and brain damaged children and adults. Agnes has 25 years experience in non-invasive work with animals at CWRU School of Medicine and recognized nationally for her work in the development of the respiratory control system. Dr. Thomas has been communicating with animals since 1992 and is a sought-after speaker on animal mysticism.

2010 DETROIT EXPO WORKSHOPS

All Workshops on this page are priced as marked



George Cox

“Aromatherapy For Wellness”

Sunday, April 25

10:30am to 12:30pm \$30

Introduction to Aromatherapy

This is a fun, “hands on” class that focuses making aromatherapy simple and easy to use. Humor is used to keep the class light, interesting, and still be informative. You will learn how to use aromatherapy to assist issues including sleeplessness, psoriasis, restless leg syndrome, hot flashes, lack of energy or focus, sinus problems, arthritis, fibro, & depression. Come and learn about this wonderful natural healing modality.

George has been teaching aromatherapy for 14 years. He is the National Association of Holistic Aromatherapy Director in the state of Ohio. He teaches at 21 massage schools in 4 states, has presented at AMTA conferences, and developed the curriculum and teaches a three credit hour class at Cincinnati State College. He has worked with hospitals, skilled nursing facilities, and hospital support groups.



Laura Lee

“Spirit Salon”

Sunday, April 25

3:30pm to 5:30pm \$40

Spirit Salon - Contact Departed, Guides, and Angels

Find answers, guidance, closure and healing by contacting the other side. “You’re not alone,” says medium, Laura Lee, “There are angels among you to help navigate through difficult times.” Laura can see, feel, hear and know what the heavens need to communicate to the living. She presents random readings for audience members to answer the questions that rest heavy on the heart. Laura’s readings dispel fear, reveal truth and encourage hope for successful living.

Laura Lee shared the stage with Deepak Chopra, Wayne Dyer, Marianne Williamson and acclaimed medium, James Van Praagh. A popular medium on the ‘After Life’ and Bloomington’s Magic 100.7 radio shows, Laura’s appeared on PBS, TLC, Discovery Channel, and Game Show Network. For information about private readings or private spirit salons while she’s in Cleveland, call 818.762.1036 or www.MessagesOfLove.com.

What others said about their Spirit Salon experience;

“While expecting to only be a spectator at the salon I attended, I was pleasantly surprised by a visit from my mother and my father. Things were relayed to me that could only be for me specifically and some known only by me. My father must have been able to sense my apprehension because he reaffirmed it was not just “T”, his nickname, but it was “TED!” the name for which the “T” stood for. It was a unique and comforting experience....Diane Haase”

“...this was the most incredible experience of our lives. Laura Lee knew absolutely nothing about us when she arrived. She had no idea Lori’s parents were deceased or who we were hoping might come through. She was so right about everything!...The comfort we received and felt during the reading was something we’ll treasure for the rest of our lives...Dan and Lori Cooper”