

Presenter Name	Workshop Title	What to bring and what space is needed for the workshops Always bring journal/paper and pen and a curious mind to explore you!
Dr Adhi Two Owls	Now: In this Moment	Notebook and eye covering if they need it, table to write or draw
Ashley Looker	Tapping Into Your Soul's Purpose With Intuitive Journaling	Have a table handy to write, or wherever they feel most comfortable.
Coleen Renee	Calling the Beloveds	Eyeliner/eyebrow pencil or pen to write on your body, space for writing/drawing and gentle movement
Cylvia Hayes	Sacred Economics: Create a Beautiful Economy that Works for All Beings	A Journal and pen
Donna DeNomme	The Heroine's Path	Download and print handout prior to the workshop (available in Whova) Minimal space for personal writing or drawing. Movement in place.
Heather Taylor-Zimmerman	Painting Mandalas as a Path of Healing Wholeness	2 pieces of paper (for dry art supplies and one for paint), colored pencils, pens, or oil pastels/crayons and watercolor or acrylic paint. The paint paper should be thick enough to hold the paint -the size is up to you. Table to work on, room for stretching
Heidi Thompson	Bathe the Warrior ~ A Ritual for Healing our Feminine Warrior Self	Large bowl for holding water (we will fill with water during the session), washcloth or other soft cloth, towel, optional: rose petals or herbs or oil to put in water, candle and lighter. A comfortable place to sit, and to be able to move in their seat
Jill Cruz	Be Present for a Successful and Healthy Life	1 piece of fresh fruit or a veggie AND a cracker, chip, or cookie (not homemade). We are doing a mindful eating exercise. Can stand up if you want. A space to write.
Rev. Judith Laxer	Like Persephone in Springtime!	Bring a small object representing yourself as a ritual aspect of this workshop- a crystal or stone, a bead, etc. A journal and pen for writing.
Karen Feeley	The Unapologetic Woman - Sacred Sexual Awakening & Healing	A pillow to put in lap, a comfortable place to sit where full back and head can be supported, 2-3 objects (nothing special, can just be a pen, tube of lip balm, rock, twig)
Karen Joy Fletcher	The Primal Power of Play ~ Earthgym!	1-2 sturdy sticks that are at least shoulder height -have to hold your weight when pressing into them. 2 stones that are about the same size to wrap your palms around - have some weight to them One bigger stone that takes two hands to lift. Be in a space for movement with a stick
Karin Olsen	Psychic Protection and Hygiene	Nothing
Katherine Howard	Dismantling Our Internalized Patriarchy	Small candle and matches, art materials if they prefer drawing/painting to writing. A space to dance/move, to write/create art, and lie down for meditation.
Kim Lincoln	Fire Angels	Wear comfortable clothing and have a journal, pen, and water with you. Bring an open mind and curiosity to explore the gifts being offered!
Lisa Espinosa	Priestess, Rise Up	Space to write comfortably& light stretching - a table, or clipboard sitting on a chair
Marla Durden	Return to Grace: Restoring Your Natural Harmony with Cosmic Human Design	Table to write and space to move
Millie Forsberg	Redefining Connection in Shifting Times	Journal, pen, table to write
Starfeather Marcy	Medicine Wheel Guided Journey	Pen and paper, and 36 small stones, sit at a table
Tara Skubella	Synching Energy with Mother Moon	Bring meaningful items/ crystals, cloth, plate. 1 item representing each of the following: earth, water, fire, air, & hot herbal tea Space to work with an altar, lay down for a meditation
Vernelle Nelson	Where Do We Go from Here?	Note pad/journal and pen or pencil, table to write on