



4th San Diego Healing Arts Festival

Sunday, May 4th 10:00 AM- 6:00 PM
Park Blvd. & President's Way Lawn



Event Schedule

Main Stage (*Demo Zone Activities):

10:30 – 10:50 AM – Falun Dafa
10:50 – 11:05 AM – Opening Blessings
11:05- 11:50 PM – SENE AFRICA
*11:50 – 12:00 PM- Tai Chi w/ Jesse Tsao
12:00 - 12:15 PM – WORLD LAUGHTER DAY Presentation
12:15 - 1:00 PM – JUSTIN JAMES
*1:00- 1:15 PM – Shimmy Sisters w/ Danyavaad
1:15 – 2:15 PM – MOLLY JENSON
*2:15 – 2:30 PM – TranscenDANCE Youth Arts Project
2:30 – 3:45 PM – B – SIDE PLAYERS
*3:45 – 4:00 PM – Capoeira Mandinga
4:00 – 4:10 PM – JIM BELL/ STAGE ANNOUNCEMENTS
4:10 – 4:25 PM – ALFRED HOWARD (Spoken Word)
4:30 – 6:00 PM – PATO BANTON & the Mystic Roots Band
6:00 – 6:15 PM - Closing Meditation/ Healing Circle – Center for Connection

Workshop Area*:

10:30 - 11:15 AM – Seniors Yoga w/ Silver Age Yoga
11:25 - 12:05 PM – Qi Gong from the Supreme Science Qi Gong Foundation
12:15 - 1:00 PM – Basic Yoga w/ Yoganics
1:10 – 1:55 PM – Meditation w/ Darshana
2:05 – 3:00 PM – Belly Dance Class w/ Leilainia
3:00 - 3:45 PM – Basics of Tibetan Medicine w/ Tibetan Healing Center
4:00 - 4:30 PM – Elivia Melodey – Crystal Bowl Performance

*Class sizes may be limited. Participants are encouraged to sign up early.

Kid's Area:

- Laughter Yoga w/ Antolin	10:30 AM – 11:15 AM
- Kid's Yoga & Stretching w/ Nikki	11:30 AM – 12:30 PM
	1:30 – 2:30 PM
- Guided Drumming & Toning Sessions	12:30 PM – 1:30 PM
w/ Resounding Joy, Inc.	2:30 PM – 3:30 PM
- Arts n Crafts w/ ARTS	11 – 3 PM

General

- Vendor area will open at 10:00 AM and close at 6:00 PM
- Reiki/ Deeksha/ Energy Healing is available all day in the Meditation Garden
- 10 - 15 minute student Massage (Concorde) and Acupuncture Consultations (PCOM) will be available from 10:00 AM- 5:30 PM.