

# 7<sup>th</sup> Annual KAUA'I WELLNESS EXPO 2011

*Inspired Journeys*

**January 29-30, 2011**

Kauai War Memorial Convention Center

**ADMISSION TO EXPO \$3 day, \$5 both,  
Children under 12 and Seniors Free**

## Inspiration's 7th Annual Kaua'i Wellness Expo Speaker Schedule

### **SATURDAY, JANUARY 29 SPEAKER SCHEDULE**

#### **AUDITORIUM**

**11 am - 12:30 pm** \*Achieve Optimal Health  
*Len Saputo, M.D.*

**1 pm - 3 pm**\*Flowing with the Rhythms of  
Life *Toby Christensen*

**7:30 pm**\*Keynote Presentation with *Koji Nakamura and the Makoto Taiko and Guest Speaker Len Saputo, MD*

#### **CENTER STAGE**

**8:45am** Blessing with *Puna Dawson*

**9:00** *Dr. Len Saputo*

**9:40** Re Dox Signaling Molecular Supplement,  
*Mike Gilleran*

**10:20** Getting F.I.T. through Multi-directional  
Training, *Jeff Nelson CPT*

**11:00** 'Feeling the miracle' The Oneness Meditation/  
Happy Science, *Rev. Nicole Sakurai*

**11:45** How To Use Crystals and Fairy  
Stones For Learning, *Lilly Rahmann*

**12:30pm** Stress, Toxins, Hormonal Chaos and  
Wellbeing, *Dr. Shanhong Lu, MD PhD*

**1:15** Your Psychic Child: Awakening the  
Intuitive Within You At Any Age,  
*Sara Wiseman*

**2:00** The Spiritual Key to Excelling on  
All Levels, *Laurie "Uri" Grant*

**3:00** Systems Biology and the Processes  
Underlying Disease,  
*Steve Rogoff, MD, ABFM, FAFM*

**3:45** Create Reality NOW! Harnessing the  
Manifestation Energies, *Dr. Dream*

**4:30** Rejuvenation Series, An Eight (8)  
Week Program for Your Mind, Body  
& Spirit, *Dolphin Touch Team*

#### **CLASSROOM**

**9:30 am** Marketing your Healthy & Green  
Business to Hawaii & The World,  
*Michael Saiz & Katie Fisher*

**10:15** Drink Your Way to Health,  
*Dr. Amy McGlaughlin*

**11:00** Five Wishes, *Cindie Jones & Karen Baldwin*

**11:45** Dissolve your mind. Free your spirit.  
Heal your body. *Michon Olson*

**12:30pm** Compression only CPR, *Laura Burman*

**1:15** Experience TAT Energy-Meridian Healing,  
*Hiyaguha Cohen*

**2:00** How Sound therapy Works For  
Crystal Bowls 101, *Crystal Lober*

**2:45** Yoga Mime, *Janet Carafe*

**3:30** Look, Feel, Live to the Max!  
*Darnell Miguel*

### **SUNDAY, JANUARY 30 SPEAKER SCHEDULE**

#### **AUDITORIUM**

**1 - 3pm** \*Taiko Drumming Workshop

*Taiko Master Koji Nakamura*

**6 - 7:30** \*Tapping the Source Movie

#### **CENTER STAGE**

**9:00am** Children's Yoga, *Diane Cline*

**9:45** Moving beyond the life/death cycle...  
The illusion that separation exists. *Sage*

**10:30** Medicinal meditation transmission,  
*Christina Fisher*

**11:15** Kettlebells and Ropes Gone Wild:  
A low impact, high metabolic work out,  
*Sandi O'Shaughnessy*

**12:00pm** The Miracle of Love: Raising The Collective  
Consciousness, *Al Dias*

**12:45** Spinealignment & Atlas Repositioning  
Through Energetic Healing, *Neli & Anya*

**1:30** Soul Based Living, *Raul Rosiles*

**2:10** Rising up the ladder of love - The process  
of relationship, *Gabriella Hartwell*

**2:50** Divine Light: The Healing Power of  
forgiveness, *Mirabai Devi*

**3:30** Listening to Plants: A Gathering of Friends,  
*David Bruce Leonard*

**4:15** Unlock The Keys To Your Destiny Through  
Indian Vedic Palmistry, *Lali S. Kakar*

#### **CLASSROOM**

**9:30am** Shocking - Not All Water Is The Same,  
*Suzi Gillette*

**10:15** Loving Home, Loving Self, *Skot Barrelle*

**11:00** Dolphin Messages, Lemurian Memories  
and Meditation, *Jeanne Russell*

**11:45** Illusion as Reality, *Stephanie*

**12:30pm** How to Navigate to Greater Health and  
Vitality combining germ theory and cellular  
theory. *Will and Susan Revak*

**1:15** Anti-aging and the Sense of Wellbeing,  
*Dr. Shanhong Lu, MD PhD*

**2:00** Crystal Healing, *Katrina Raphael*

**2:45** ASEA - Time (Machine) in a Bottle,  
*Lane Fujii*

**3:30** Roling: Myths and Truth,  
*Angela Ledington Fisher P.T*

\*Purchase workshop and movie tickets  
at the Expo front door

Jan 27: 8:30-11:30 am Medicine for these Changing  
Times, Len Saputo, MD.

If you need support or auxiliary aid please call  
Fran Becker at 246-8986 by January 26.

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