

MEET OUR SPEAKERS

LL Rooms are on the lower Level which is not wheel chair accessible due to the age of our building.



Ms. Yolanda has been part of Unity, on and off, for the past 40 years. Her family joined Unity Church when it was in Crystal Lake and held at The Chalet.

She was part of Y. O. U. (Youth of Unity), the group for high schoolers, and loved it! For the past decade, she has been part of the Unity Youth and Family Ministry, facilitating lessons for ages 3 through high school.

MS. YOLANDA'S WORKSHOPS

Saturday, April 27th 10am LL Room 3

Sunday, April 28th 10am LL Room 3

Join us for an immersive and interactive workshop experience titled "Release and Create" led by Ms. Yolanda. This dynamic session will guide participants through a journey of personal transformation using Unity Principles.

In this "live" lesson, you'll have the opportunity to engage in two impactful activities: the Burning Bowl and the Sacred Stone. Through these practices, you'll learn to release what no longer serves you and harness the power of creation to manifest your desires.

This workshop is designed for individuals of all ages, so feel free to bring the kids along for a truly enriching family experience. Don't miss out on this opportunity for growth and renewal! Join us and unlock your potential to create positive change in your life.



Kim Jozwiak is a long time enthusiast of enneagram work. She is currently enrolled in the Narrative Enneagram program (<https://www.narrativeenneagram.org/>) to continue to understand the workings of personality and the tension one experiences when practicing the work of conscious living.

KIM JOZWIAK'S WORKSHOP

**Saturday, April 27th, 10am
Sanctuary**

What drives us to do things we do on a day to day basis?

What is our motivation that seems to engage us in relationships?

Why do some people seem to be more cognizant of appearances, or knowledge or visceral reactions?

The enneagram is a spiritual artifact that guides its users to uncover unconscious bias in order to understand human tendencies toward meaning making, belonging, and autonomy.

This workshop introduces enneagram concepts of personality type through experiential practices that help unveil our hidden agendas (mostly hidden to ourselves). It is a look to see what is behind the curtain of personality. Hopefully this workshop will whet your appetite for more, as this ancient and often misunderstood system has a plethora of information out there in the world through books, videos, podcasts and courses.

If you wonder what enneagram type you may be expressing your personality through, take a test* to get you started on your journey: <https://www.narrativeenneagram.org/enneagram-test/>

*The enneagram and personality tests in general are not completely accurate, but can provide language to help you begin to make sense of your own predilections and propensities.

“In the course of working on ourselves, we learn in time that when we stay on the surface of ourselves, which is to say when we are identified with and operating from our outer shell—our personality—we suffer.”

—Sandra Maitri, *The Spiritual Dimension of the Enneagram: Nine Faces of the Soul*

“Getting honest with your blind spots and the things you use to cope will allow you to walk through the world doing less harm to yourself and others.”

— Sarajane Case, *The Honest Enneagram: Know Your Type, Own Your Challenges, Embrace Your Growth*



DR. ODETTE'S WORKSHOP

Saturday, April 27th, 11am
Sanctuary

Graduating from veterinary school in 1994 in Switzerland, Dr. Odette Suter quickly recognized the limitations of conventional medicine and questioned its role in true healing. Spurred by her unconventional upbringing and personal health journey she explored many holistic modalities to address the root cause of disease in her animal patients.

Dr. Suter not only treats pets but also passionately educates pet parents and veterinary peers about holistic medicine's transformative benefits. Her international bestseller "What Your Vet Never Told You - Secrets to Supporting Peak Health for Your Animal," has helped change the conversation around pet health globally. Affectionately known as “Dr. Poop Lady” for her cutting-edge approach to gut health, she stands out in the field of holistic veterinary care, offering lectures worldwide. She also developed the 'Holistic Pet Health & Longevity Method,' a comprehensive training and mentorship program designed to guide and equip pet parents and professionals with the knowledge and skills needed to transform their pets' health and adopt the mindset of a holistic veterinarian.

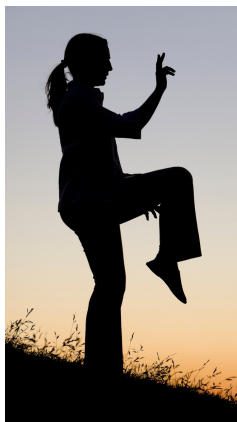


Ninetta Keenan is an AOBTA Certified Practitioner of Classical Asian Medicine at The Peaceful Healing Place in Algonquin, IL (www.PeacefulHealingPlace.com). Her scope of practice includes Shiatsu (which is a type of Japanese therapeutic massage therapy), Cupping, Gua sha and Moxibustion (herbal heat therapy). In professional practice since 2015 Ninetta is passionate about sharing these healing modalities for the greater good of humanity. In addition to offering these hands-on therapies, she offers group guided meditations at The Peaceful Healing Place on the first Wednesday of every month, as well as various special events and workshops.

NINETTA KEENAN'S WORKSHOP

Saturday, April 27th, 12pm LL Room 1
Sunday, April 28th, 3pm LL Room 1

A hands-on workshop to learn about important acupoints to help ease stress, anxiety, inner turmoil and other emotional distresses. Learn self-acupressure to ease emotional distress.



JASON COX'S WORKSHOP

Saturday, April 27th, 1pm
LL Room 1

Intro to Qi Gong/Tai Chi Class

- Active Qi Gong exercises to learn the fundamentals of Qi Gong, Tai Chi, and introduction to traditional Asian medicine theory of health. Session will feature demonstration of Tai Chi short form and group instruction for beginning moves.

Jason Cox is a board-certified Acupuncturist, holds his degree in Traditional Chinese Medicine, and is a diplomat of the National Certification Commission on Acupuncture and Oriental Medicine. Incorporating traditional beliefs of the Mind-Body Connection with a modern approach, Jason combines Acupuncture and Bodywork to address physical as well as emotional complaints. His enthusiasm for Integrative models is fueled by his belief that, in addition to Acupuncture and Bodywork, a holistic approach to healthcare is necessary.

Jason received his training from Pacific College of Health and Science in Chicago, IL and San Diego, CA. During his education, he specialized in Herbal Medicine, Japanese and Chinese schools of Acupuncture, and Tui Na Bodywork. He holds certifications -in Acupuncture for Infertility and ADHD/Autism, Craniosacral Therapy, and Reiki.

Jason works at the Center for Health & Integrative Medicine at Advocate Good Shepherd Hospital. For appointments, call 847-842-3140 or email GSHP-IntegrativeMedicine@aah.org.



Maria Pizzuto-Wubs, owner of Joyfull Organizing is excited to share her knowledge and passion for decluttering and organizing with you! She's been a professional organizer for over 10 years, with a background in design, home building & remodeling, project management and home staging.

A few things you may not know about Maria: She's a reformed "Messy Person", when working with her clients... the messier the room, the more excited she gets about working, and her enthusiasm for organizing is contagious!

MARIA PIZZUTO-WUB'S WORKSHOP

Saturday, April 27th, 3pm Sanctuary
Sunday, April 28th, 12pm Sanctuary

Discover Spiritual Principles in Decluttering & Organizing

Learn about the Law of Circulation, visioning techniques, and what working with the energies of clutter feels like, in this experiential presentation.

See how self-awareness can identify the causes of clutter, and lead you to finding a solution that works. Experience a way to shift how you think about clutter, and the freedom it brings in letting go of items that no longer serve you!



ANNA MARIE ELLISON is an Energy Healer, Intuitive Coach, and Teacher with a soul purpose deeply rooted in the Transformational Power of Healing with Animals. Her journey into the realm of intuitive healing unfolded through a series of challenging and heartbreaking experiences, where horses became her guides in navigating profound loss, overwhelming grief, and deep spiritual exploration. Along this transformative path, Anna Marie discovered a calling — to share her story and illuminate the path of love, life, and healing as revealed by the animals.

Through her online Energy Healing with Animals Certification Program, Anna Marie opens a portal for her students to access the profound wisdom shared with her by the thousands of animals she has worked with. Her mission extends beyond teaching animal lovers how to perform energy healing; it's a passionate commitment to help others see healing and spiritual growth opportunities for themselves when they partner with animals as healers, teachers, and guides.

In addition to offering remote and in-person energy healing sessions and classes for animals and their humans, Anna Marie is a Soul Level Animal Communicator®, a Soul Level Intuitive Coach®, and a guide through Past Life with Pets Regressions. She is also the co-founder of the Intuitive Mastermind Academy, an online school dedicated to intuitive exploration and development.

Anna Marie is the creator of Healed by a Horse®, an Equine Experiential Coaching & Healing program. From her ranch just outside of Chicago, she has established a sanctuary where physical, spiritual, and emotional awareness is cultivated, and the transformative process of healing and growth unfolds through interactive partnership with horses. For more information visit annamarieellison.com.

ANNA MARIE ELLISON'S
WORKSHOP

Saturday, April 27th, 12pm Sanctuary
Sunday, April 28th, 11am LL Room 1

SOUL LEVEL ANIMAL COMMUNICATION Workshop:

What is Soul Level Animal Communication and how is it different from typical animal communication? Find out how your animals are working with you on a Soul Level to help you heal, grow and evolve alongside them. In this workshop, you'll learn a simple tool to connect with your own animal (alive or crossed over) to find out how they are using their behavior, personality and health to work with you. Anna Marie will intuitively choose members of the audience to receive a short reading with their animal about their Soul Level Lesson.

ENERGY HEALING WITH ANIMALS Workshop: Discover the magic and benefits of sharing energy healing with animals! Explore some of the ways humans and animals are mutually healing one another. Learn the No. 1 most important rule when doing Energy Healing with Animals. Anna Marie will teach you a simple energy healing technique, that anyone can do in just 3 minutes a day, that will improve your relationship with your animal and accelerate the healing process for both of you.



Brandi Sulak is a passionate Young Living distributor who has been immersed in the world of essential oils for over a decade. These oils have been instrumental in her personal wellness journey, transforming her life in profound ways. Now, Brandi is dedicated to sharing her knowledge and experiences with others, helping them discover the incredible benefits of essential oils for themselves. She believes in the power of nature to heal and enrich our lives, and she's committed to guiding others on their own paths to wellness and vitality through the use of essential oils.

BRANDI SULAK'S WORKSHOP

Saturday, April 27th, 2 pm LL Room 3
Sunday, April 28th, 4 pm LL Room 3

Join us for an enlightening workshop on holistic home cleaning and essential oil wellness! In this session, you'll discover the secrets to cleaning your home effectively without harmful chemicals, creating a safe and healthy environment for you and your loved ones.

The next workshop will focus on "The Magic of Three: Essential Oils for Health and Happiness". Discover three powerful oils that form the foundation for overall well-being. Learn how to ingest, apply topically, and diffuse these oils for instant rejuvenation. Elevate your health and vitality in minutes.



Sharon Comer Blau's journey into clean living started with a daughter who had severe skin sensitivity. After formulating her own soaps with essential oils, she realized that many families struggled with the same issues. As the founder of Soapie Squad LLC, her goal is to provide all families with safe alternatives for skin care.

SHARON COMER BLAU'S
WORKSHOP

**Saturday, April 27th, 4pm
LL Room 1**

Join us for an eye-opening workshop: "Soap or Detergent? The Truth Behind the Label." Discover why popular brands like Irish Spring and Dial may not be true soaps, but detergents instead. Learn how to discern between real soap and detergent, and what to look for when choosing a bar for your skin. Be empowered to make informed choices for your body's cleanliness and well-being. Don't miss out - gain valuable insights to elevate your cleansing routine!



Renee is a mother of three who embraced fostering with heartfelt commitment. For eight years, she and her husband provided a nurturing environment for children in need, fostering hope and healing. They adopted their youngest special needs child, once a foster child, reflecting their deep dedication to making a difference. Renee's fostering journey has been marked by profound moments of connection and growth, shaping her understanding of love, compassion, and resilience. Alongside fostering, Renee has dedicated herself to homeschooling her children for the past two decades, nurturing not just their minds but also their spirits with the wisdom gained from her own life experiences.

RENEE PUCCETTI'S
WORKSHOPS

**Saturday, April 27th, 1 pm LL Room 3
Sunday, April 28th, 11 am LL Room 3**

Curious about the journey of foster parenting? Wondering what it's truly like to open your heart and home to children in need? Join us for an insightful workshop where you'll hear firsthand from a seasoned foster parent. Bring your questions and curiosity as we engage in a candid conversation about the realities, challenges, and rewards of foster care. Gain valuable insights and perspectives that will deepen your understanding and guide your decision-making process. Don't miss this opportunity to explore the transformative journey of foster parenting and learn how you can make a difference in the lives of vulnerable children.

Are you intrigued by the idea of homeschooling but held back by fears and uncertainties? Whether you're considering homeschooling for the first time or seeking support for homeschooling a special needs child, this workshop is for you. Join us for an interactive roundtable discussion where you'll have the opportunity to ask questions, share concerns, and gain valuable insights from a homeschool mom who has homeschooled for twenty years. Together, we'll address common fears, explore effective strategies, and provide practical tips to help you navigate your homeschooling journey with confidence. Don't miss this chance to connect, receive personalized guidance, and empower yourself to make informed decisions about your child's education.



Shanna Bierman, RN, stands as a beacon of wellness and wisdom, embodying a multifaceted approach to holistic health. Specializing in women's health as a dedicated nurse, Shanna is the visionary behind Intentional Teas and Sunshine Reiki Wellness. Her roles as a holistic healer, wellness consultant, public speaker, teacher, animal lover, and perpetual seeker of sunshine converge to bring a rich blend of knowledge and passion to the holistic health sphere. With three decades of experience, Shanna delves into the art of healing, drawing from wisdom passed down through generations. Her hands-on approach extends to gardening, where she cultivates medicinal plants that become the heart of Intentional Teas.

At Intentional Teas, our passion goes beyond crafting teas; it's a continuous exploration of how plants support our bodies. We immerse ourselves in the miraculous journey of plants, from seed to full bloom, observing how they communicate their intended use and nourish all in their presence.

SHANNA BIERMAN'S WORKSHOP

Saturday, April 27th, 3 pm
LL Room 1

Learning to listen to my body is a continual journey, one that mirrors the ever-evolving nature of life. Like you, I acknowledge that perfection is not the goal, but rather the pursuit of understanding and harmony. Living with a disability has brought about a transformation in how I engage with the world. The person I was, has grown, shaped by battles fought through pain and tears. Discovering new capabilities and appreciating the wonders of what I can do, while also recognizing when I need assistance, is a profound and liberating experience. We'll explore practical strategies for incorporating wellness practices into our busy daily lives. From managing stress to cultivating mindfulness, we'll delve into the benefits of integrating activities like gardening and mindfulness techniques into our routines. Join us as we discover how these simple, yet powerful practices can help us achieve balance and enhance our overall well-being.



Natalie Shuler L.Ac, MSOM, is a Board Certified Licensed Acupuncturist in Illinois with over 15 years of private practice experience. Specializing in Pain Management, Stress Management, Mental/Emotional Health, and Women's overall and reproductive health, Natalie employs a multi-faceted approach to healing. She combines traditional acupuncture wisdom and techniques with modern knowledge to provide comprehensive care to her patients. Natalie holds additional certifications in Reflexology, N.A.D.A detox protocol, Heartmath Coherence Technique, and the Tomatis Listening Therapy. She is dedicated to empowering her patients to take control of their health and well-being.

NATALIE SHULER'S WORKSHOP

Sunday, April 28th, 1 pm
LL Room 1

The Spiritual Essence of Chinese Medicine: Nurturing Body, Mind, and Spirit for Better Health and Less Stress.

We will explore the profound spiritual aspects of Chinese Medicine and how they contribute to holistic well-being, and examine how Chinese Medicine views the body, mind, and spirit as interconnected.

We'll delve into the Three Treasures (Jing, Qi, Shen) and the Five Spirits (Shen, Po, Hun, Yi, Zhi), key concepts in Chinese Medicine theory.

You'll learn practical ways to balance these energies for greater vitality and harmony in life. Whether you're a practitioner or simply curious, join us to nurture your spiritual essence and deepen your understanding of holistic health.



Rev. Marypatrice is a Unity New Thought minister who has a passion for exploring the possibilities within and with others. Rev. Marypatrice has been a member of Unity since 2008 and the Spiritual Leader there since 2017. She leads an accepting and loving group at Unity Spiritual Center of Woodstock where differences are respected and welcome.

REV. MARYPATRICE'S WORKSHOP

**Sunday, April 28th, 1pm
Sanctuary**

Dipping into your inner well-ness an experiential workshop, visioning your best life! This is an experiential and participatory workshop that will give you the tools and practice to envision your best life while setting the celestial wheels in motion to begin its creation.



JoAnne Pavin is a certified integrative wellness practitioner with over two decades of experience in functional health, nutrition, and stress management consulting. She helps people and leadership teams optimize their health through one-on-one and group coaching, workplace wellness workshops, and retreats. JoAnne is the owner of JP Integrated Wellness, the host of the Nourish Me podcast, and the founder of The Meal quarterly publication, which promotes optimizing your health through holistic recipes and connecting around the meal experience. She hosts seasonal seed-to-table events and an annual women's Fall Equinox retreat in Woodstock, Illinois. Contact her at www.joannepavin.com.

JOANNE PAVIN'S WORKSHOPS

**Sunday, April 28th, 12pm LL Room 1
Sunday, April 28th, 4pm Sanctuary**

Join JoAnne Pavin, integrative wellness practitioner and garden consultant, to discover the numerous health benefits and transformative power of gardening in this workshop. Uncover the science behind how gardening can improve both your physical and mental health, including reducing stress, boosting your mood, and strengthening your immune system. Learn how to start your own garden, selecting the right plants, and how that converts to healthy recipes and better nutrition. Whether you're a seasoned gardener or a newbie, this workshop is the perfect opportunity to connect with nature and improve your well-being.

Are you overwhelmed by stress and seeking a way to lighten your workload? Join JoAnne Pavin, a Certified Wellness Practitioner and Certified Hypnotherapist, and discover simple yet effective techniques to manage stress and improve your heart health. During this transformative workshop, you will learn simple yet powerful techniques such as Guided Relaxation, Self-Hypnosis, and Visualization to release emotions that put pressure on your mind and heart.

You will discover that diet and nutrition are not the only factors that affect your health. Emotions, temperament, and thought processes are crucial to your overall well-being. Through this workshop, you will understand how these factors influence your health and learn practical tools to manage them.

Get ready for an engaging and interactive workshop! You'll have the opportunity to practice guided relaxation techniques, visualization, and self-hypnosis techniques. By the end of the session, you'll feel empowered to manage your stress and lighten your heart load. This is a life-changing opportunity you don't want to miss!





Meet Vaidya Swati Mhaske, a Doctor of Ayurvedic Medicine and the founder of HemaVeda Ayurveda based in Crystal Lake, IL. She received her Bachelor of Ayurvedic Medicine and Surgery (B.A.M.S.) with honors in Ayurveda detox therapies as well as she has a Master of Clinical Research and Pharmaceutical from Maharashtra University of Health Sciences, India.

She has over 17 years of hands-on experience in numerous Ayurveda modalities. Swati specializes in treating ailments of the digestive and the auto immune system, and that of the hormonal system in women. Swati is passionate about nurturing her clients towards a healthy and happy life using Ayurveda Teachings. She also practices Vedic Astrology for health and is an avid author. She is a mother of two beautiful children and happily married.

Vaidya Swati offers Panchakarma plans to her clients which help them achieve their health goals at the comfort of their home. At Hemaveda, Swati offers one on one consultations and guide you to the Ayurvedic journey of health and happiness.

VALDYA SWATI MHASKE'S
WORKSHOP

Sunday, April 28th, 2pm Sanctuary

Ayurveda 101 - The lecture would include the basic understanding of Ayurveda terminology, Dosha and the five elements of nature basic understanding.

Dr Swati would begin by introducing what Ayurveda is and its concept of good health. We will move into learning about our constitution or dosha, and the characteristics associated with each constitution. We will address some of the imbalances of each dosha and how our health is impacted by these imbalances. Diet, digestion, and lifestyle habits will also be addressed in the context of returning one to balance. It would also be helpful in understanding the concept of Individual constitution (Prakriti)-the physical and psychological qualities. The lecture will be beneficial for people who are new to Ayurveda, who know very little about the Ayurveda Concepts and understanding.



Linda Salazar is the founder of Your Peace Is In Your Hands. She is a Spiritual Growth and Relationship Coach, Scientific Hand Analyst, speaker and author.

For over 25 years she has been helping clients live with inner peace, break free of their emotional rollercoaster and create a life of courage and relationships that work both personally and professionally.

Linda is the author of Forever Hold Your Peace, Awaken the Genie Within, Parents In Love and 52 Tips for a Magical Marriage After Your Child is Born. She has appeared on KCAL Channel 9 news, has been written about in the LA Times, Parent Magazine and Women's Faith and Spirit Magazine. And she's been interviewed on social media and radio stations across the country.

If you're someone who wants to feel like you belong, who wants to feel seen, who wants to feel understood, who wants to feel appreciated and who wants to connect with the people in your life authentically, then this class is for you!

There's a line on your hands that holds the key to loving and genuine relationships in all areas of your life- it's called your Heart Line. Your Heart Line reveals how you most naturally want to give and receive love in all your relationships. It contains your innate way of comfortably connecting and interacting with people-whether it's at work or in your personal life.

There are a total of 4 heart lines and you can have more than one!



Dianne was introduced to the world of energy healing and vibrational medicine after a final diagnosis of 'We don't know what is Wrong with You, Or how to fix You' by Western doctors after 25+ years of living with their prescribed protocols. Once trying and utilizing many of different energy practices she discovered, she shifted her health in less than 10 months, including being prescription free! She finally began to truly live her soul purpose. Taking the new found knowledge and a desire to share with others all she had learned, she created Sacred Light Integrations to share her many gifts as a Shaman, an Intuitive Empath, a Certified Spiritual Counselor, an EFT/TFT Practitioner and a gifted Channel.

As an introverted accountant with five degrees, she has stepped completely outside her comfort-zone with a pure passion to help others on their journey and shine a light for them to change the course of their lives, just as she has done. Her down to Earth nature and method of teaching is relaxed and easily relatable.

Energetic Impact of Life

We are reminded almost daily to care for our physical health, yet many ignore the ultimate root of All physical, mental and emotional imbalances, which is simply misaligned energy! While many of us get wrapped in the physical-ness of this 3D experience, we neglect the very root of what we are ~ vibrating energy. This class will remind us of how we are impacted by the world around us and why this knowledge alone can change our lives! Open your eyes to a new perspective! Learn simple and easy tools to utilize to care for our physical and energy bodies. Begin to understand how our reality and our body are sending messages to us, for us to understand ourselves better, with the ultimate goal of awakening the self-healing abilities within us all!

Self-Discovery through Conscious Living

Studies show that large majority % of people report being self-aware, yet in reality less than 10% of us truly are. What does it mean to be self-aware and live mindfully? Recognizing and being aware of our emotional triggers, limiting beliefs, and past programming can be a huge first step to understanding ourselves. Bringing memories to light and /or looking at the events, situations, and patterned emotions from our adult perspective, allows us to see life from our mature self. With a new outlook on our past, our future can shine so much brighter.



Kelley Edwards, Owner of Be Moved Yoga & Wellness in Crystal Lake, E-RYT 750. A love for movement from the moment I was born has grown into a life and career that's better than I could have imagined. Now, as a Yoga Alliance certified E-RYT 750-Hour Yoga Instructor, I get to guide others into a deeper relationship with themselves through many styles of yoga. With over a decade of practice and continuing education in Vinyasa, Power, Yin, Restorative, Nidra, and Therapeutics, I have truly found my calling. Through my own journey, I have been met with obstacles (as we all have), that taught me the importance of self-care and self-love. These experiences have kept me a student and kept me researching and exploring new avenues to health. I am constantly inspired by the way the body wants to heal and I share all I find with my community because we are in this together. If we can feel better in our own bodies, hearts, and minds, then we are better able to take care of others. I am currently working towards my 1000 hour certification to become a Yoga Therapeutic Specialist.

KELLY EDWARDS' WORKSHOP

Saturday, April 27th, 11am LL Room 3
Sunday, April 28th, 2pm LL Room 3

Myofascial Yoga: Myofascial release refers to the technique of applying gentle pressure on 'trigger points.' We incorporate techniques into our yoga asanas using blankets, blocks, and tennis balls to release tension in the fascia; specifically we are helping to rehydrate our tissues. This connective tissue is what binds and supports our muscles, organs, bones, joints, nerve fibers and other structures of our body. Rehydration of the tissues is what leads to better strength, flexibility, stability and range of motion. It is FASCIAnating work!



Hi, I am Dr. Tyler Dahlke the owner of Medicinal Chiropractic. I am a Holistic Chiropractor that believes in not only healing pain but preventing pain and ailments naturally! I do so by utilizing Applied Kinesiology and getting muscles turned on or activated through healing organs, emotional stress therapy and soft tissue therapy which is Applied Kinesiology! I am proud to have built a 5-star rated clinic in Crystal Lake, Illinois and of the thousands of healing miracles along the way! The level of care I offer my patients should be the gold standard in healthcare and is second to none! Pain starts when a muscle stops activating. Muscles around the non-activating muscle will compensate or do more work which leads to a strained, shorter, and tighter muscle which is usually where you feel pain but chronic tight muscles will pull on bones or joints and can lead to joint pain and the need for a chiropractic adjustment. Muscles stop activating for 2 main reasons which are organ stress and emotional stress. Most of my findings are found by utilizing Applied Kinesiology or muscle testing. This allows me to support and correct immune, hormone, thyroid, digestive, and detox systems naturally as well as clear emotional stress. I also use muscle testing while doing soft tissue therapy and chiropractic adjustments.

DR. TYLER DAHLKE'S WORKSHOP

Saturday, April 27th, 1pm
Sanctuary

Everyone has Emotional Stress! Did you know Emotions can cause pain?!? Emotional stress can turn off muscles! Pain starts when a muscle stops activating. Muscles around the non activating muscle will compensate or do more work which leads to a strained, shorter and tighter muscle which is usually where you feel pain but chronic tight muscles will pull on bones or joints and can lead to joint pain and the need for a chiropractic adjustment. Let me teach you how to keep your muscles on and heal and prevent emotional pain!



Welcome to our vibrant community nestled in Woodstock, IL, where individuals of all ages embark on a journey of self-awakening and personal growth. Through our Sunday services, youth ministry programs, and weekly classes, we foster an environment of love and exploration. Driven by our commitment to environmental stewardship, we actively engage in initiatives aimed at preserving our planet Earth. Rooted in principles of Unity, Balance, Peace, and Harmony, our practices extend beyond our community to contribute to a more harmonious world. Music is a cornerstone of our community, and we're blessed with talented local artists who enrich our gatherings with their wonderful melodies.

Through our joyful music ministries, we celebrate life and uplift spirits. At our core, we embrace the belief that as we illuminate the light within ourselves, we play a vital role in transforming the world around us. We cultivate deep, life-changing relationships with like-minded individuals, forming connections that nourish our souls. While we honor diverse spiritual paths, our community is more focused on spiritual growth rather than religious doctrine. Together, we journey toward greater understanding, compassion, and connection, knowing that our collective efforts contribute to a brighter, more enlightened world.

UNITY SERVICE

**Saturday, April 27th, 10am
Sanctuary**

Come join us for a Unity service to see what Unity Spiritual Center of Woodstock is all about. Experience the essence of Unity and discover a profound celebration of diversity in spiritual expression. At Unity, we honor the infinite manifestations of the divine, recognizing the unity of all paths to God.

Our beliefs are rooted in the understanding that there is one omnipresent and loving God, known by many names and worshipped in various ways. We interchangeably use the terms God, Spirit, and Universal Consciousness to describe this divine presence.

Central to Unity teachings is the recognition of the sacred worth and uniqueness of every individual as an expression of God. Living from this awareness transforms both our personal lives and the world around us.

We emphasize the creative power of thought, known as the Law of Mind Action, which shapes our life experiences. By consciously choosing life-affirming thoughts, words, and actions, we co-create a more abundant and fulfilling existence.

At Unity, we believe in the importance of applying spiritual principles in our daily lives, allowing them to guide our actions and decisions. Our teachings evolve as we embrace new spiritual insights and understandings. Affirmative prayer, the highest form of creative thought, is integral to our spiritual practice. Through prayer and meditation, we deepen our connection to the divine presence, heightening our awareness and experiencing the transformative power of God's love. Join us on this journey of spiritual discovery and empowerment.

SERVICES OFFERED AT UNITY

MEMORIALS
YOUTH MINISTRY
AA GROUPS
SOCIAL EVENTS



AT UNITY SPIRITUAL CENTER OF
WOODSTOCK, WE JOYFULLY CELEBRATE
LOVE IN ALL ITS BEAUTIFUL FORMS,
INCLUDING WEDDINGS THAT HONOR THE
SACRED BOND BETWEEN COUPLES,
REGARDLESS OF GENDER IDENTITY OR
SEXUAL ORIENTATION.



SPIRITUAL CLASSES
CONCERTS
COMMUNITY EVENTS
BUILDING RENTAL