

# PUDDLE DOCK VILLAGE FESTIVAL

# A DAY OF HEALING ARTS

Saturday, August 2, 2:00-6:00 PM  
Alna Meetinghouse  
1789 Alna Road, Alna, ME

artwork by Crystal McLain

**Curious but not convinced? This free event is for anyone who believes the healing arts aren't really their thing. Come as you are and explore a wide range of practices.**

## Practitioners

Jess Amsden

Gray Baldwin

Annie Blair

Laetitia Brundage

Tracy Collins

KateLyn Costa

Deirdre Haren

Natalie Hickey

Crystal McLain

Jade Nelson

Sarah Plummer

Emma Schurink

Jonathan Scott

Alijah Sheer

Jessica Sirois

Alexandra Whitney

Carol Zahner

## Outdoors

**2:00-2:20**

**Deirdre Hanen:** Introduction to Sound Healing

**2:20-2:30**

**KateLyn Costa**

Breathwork to energetically align, center & ground.

**3:00-3:15 & 4:45-5:00**

**Jade Nelson:** Yoga is More than Just Stretching

Highlighting how yoga nurtures the mind, body and soul.

**3:45-4:15**

**Sarah Plummer:** Outdoor Yoga

Borrow a yoga mat or bring your own.

**5:30-5:45**

**Tracy Collins:** EmbodyDance experience

**5:45-6:00**

**Jess Amsden:** Body Scan Meets Yoga Nidra

Close the day with a guided meditation combining body awareness and deep rest.

## Booths & Vendors

**Live from Love Center:** services & more

**Main Street Music Therapy:** music, art & more

**EmbodyDance:** heart-centered conscious movement

**Natalie Hickey:** 15-minute Thai massage sessions

**Alijah Sheer:** PSYCH-K® practice, art & more

**Jessica Sirois:** art, somatics & shamanic healing

**Right Here Wellness:** services & sample massages

**Crystal McLain:** services & more

**KateLyn Costa:** services & more

**Emma Schurink:** 20-minute somatic experiencing sessions – tune into your body & release stored stress

## Indoors

**2:30-3:00**

**Gray Baldwin:** Art for Everyone, Art for Wellness

This session shares real stories and insights from over 30 years of Gray helping people heal through creative arts. When the world feels like too much, art can meet people where they are, and help them keep going.

**3:15-3:45**

**Of Course You Feel Like Shit**

Grief is hard, and it's normal to feel overwhelmed by it. Music therapist and certified compassionate bereavement care-yoga provider Laetitia Brundage offers simple, music-based tools to help us deal with the stress and pressure we carry around, especially at times of loss.

**4:15-4:45**

**Stress & Body Wisdom: What Your Body Holds**

When we're stressed, our bodies hold a lot—sometimes more than we realize. In this session practitioners Annie Blair, Alexandra Whitney, and Carol Zahner demonstrate a simple practice to explore how your body responds to stress and can guide you toward relief and insight into your stressful situation.

**5:00-5:30**

**Beyond Bubble Baths: Practical Self-Care**

Crystal McLain breaks down common myths about self-care, likening it to any practice that supports the health and functionality of your brain and body. Discover how self-care requires minimal resources and fits easily into daily life. Bridge the gap between thinking about self-care and actually doing it.

***Free and open to the public!  
Rain or shine, arrive or leave anytime!***



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