



THREE  
GODDESS GARDENS



*Prescott Wellness Expo*

# Wonders of Wellness FESTIVAL

**APRIL 28-30, 2023**

**222 N CORTEZ ST, PRESCOTT AZ**

Program &  
Resource Guide

[prescottwellnessexpo.com](http://prescottwellnessexpo.com)



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**[www.azcrossroads.com](http://www.azcrossroads.com)**



# THREE GODDESS GARDENS

Three Goddess Gardens, a community wellness corporation, provides a space to nourish seeds of transformation within ourselves and throughout our community.

We aim to reconnect our community with gatherings and events geared towards sharing knowledge, experiential wisdom, and support to elevate ourselves and local small businesses through whole-person wellness concepts.

[www.threegoddessgardens.com](http://www.threegoddessgardens.com)



## What's Growin' Newsletter Sign-up



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Book Now



# Giving to those who give! Participate in our 50/50 Raffles each day for a Win/Win for you and these amazing organizations!

Winner will be announced each day at closing remarks. Must be present to win!

**Saturday**

**The MASA Project of AZ**  
[themasaprojectaz.org](http://themasaprojectaz.org)

**Friday**  
**Lower 22**

**Foundation, Vets**  
**Helping Vets**  
[l22f.org](http://l22f.org)



**Sunday**

**MS HEC** [mshec3.com](http://mshec3.com)

*Mountain Spirit*  
*Healing and Educational Center*  
MsHec3

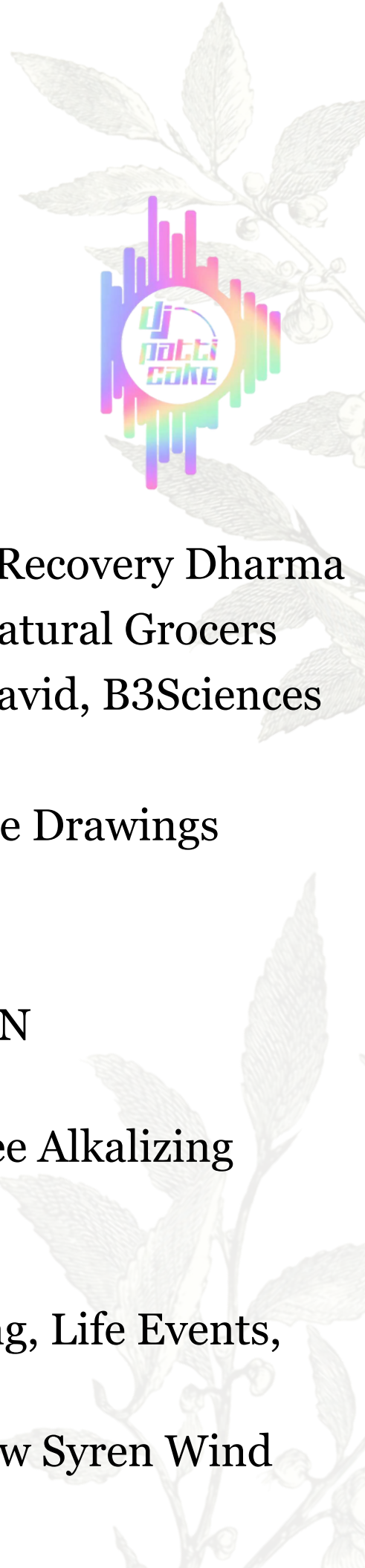
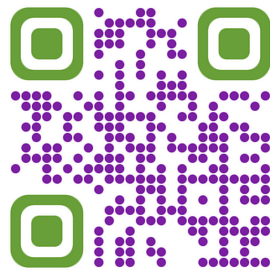


**The MASA Project of Arizona**

**OUR SERVICES**  
Domestic Violence Assistance, Veterans Services, Case Management, Disaster Relief, Volunteer Fire, Narcan Patrol, Community Service / Offender Resources and Job Locating, Feeding the Hungry / Human Services, Emergency Food




Scan this QR Code  
to access  
Workshop Resources



# Speaker Schedule

## Friday April 28

- 3p Welcome & Opening Ceremony
- 3:30 Breathwork Session w Cheyenne
- 4p Trauma Informed Yoga w Carolyn, Recovery Dharma
- 4:30 What is Regenivore? Renee from Natural Grocers
- 5p Group Workout, Fitness demo w David, B3Sciences
- 5:30 Music w Busk a Move Band
- 6p Closing ~ 50/50 Raffle & Door Prize Drawings
- 6:15 Ecstatic Dance w Liberty Clark

## Saturday April 29

- 8:40 Qi Gong with Katharine, Holistic RN
- 9a Eat your Wellness Pie w Tiffany
- 9:30 The MASA Project of AZ, Erik \*Free Alkalizing Water Bottles while supplies last!
- 9:40 Music
- 10a Using Intuition for Decision Making, Life Events, Relationships w Tasha
- 10:30 Sound Healing & Light Activation w Syren Wind

# Speaker Schedule

## **Saturday April 29**

- 11a Cathy Clements Fitness: Train 4 life at ANY age!
- 11:30 Music
- 12p Herbalism and Addiction Recovery w Carolyn
- 12:30 Relax Saunas w Phil
- 1p Infusions, Dosage, Terpenes w Chef Turtle
- 1:30 Organize your Space 2 Optimize Wellness w Sharon
- 2p Music
- 2:30 Self Care you wish you learned in Kindergarten w Katharine, Holistic RN
- 3p The Red Laser Guy Joe
- 3:30 Miracles of Microcirculation w Lila
- 4p Music Duo ~ Steven and Steaven
- 4:30 Healing through Art Rx w Annessa
- 5p Orgone Energy Devices & EMF Protection w Ken
- 5:30 Closing ~ 50/50 Raffle & Door Prize Drawings
- 6p Galactagogues Band

## **Sunday April 30**

- 9:30 CHOGA: Church Yoga & Group Reiki Healing
- 10:30 Music
- 11a Achieving Wellness through Elevated Consciousness w Ahriah

# Speaker Schedule

## Sunday April 30

- 11:30 Healthy ways to clean your home w Cindy
- 12p Spinal Flow w Onea
- 12:30 Cellular Activation vs Supplementation w Isa
- 1p Fairy Story Time
- 1:30 Music
- 2p Healing Crystals and Reiki with Brooke
- 2:30 Shayla & Friends Story Time w Shayla the Dog
- 3p Music
- 3:30 Breathwork w Cheyenne
- 4p Maypole Dance
- 4:45 Closing ~ 50/50 Raffle & Door Prize Drawings



Bowen Therapy Reiki Life Coaching

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 543 W. Gurley St

 [www.aboostwellness.com](http://www.aboostwellness.com)



**ABOOST WELLNESS AND SALON  
IV VITAMINS AND HYDRATION**



## **IV Ozone Therapy: A Game Changer for Chronic Conditions available at Aboost Wellness**

Living with chronic conditions can make everyday life a struggle. From debilitating pain to overwhelming fatigue, the symptoms can be all-consuming. Many people feel they have tried every available treatment option with little to no success. But what if we told you there is an alternative treatment available that has shown remarkable results for some chronic conditions?

Intravenous ozone therapy is an innovative and boosting solution for different chronic conditions such as Lyme disease, fibromyalgia, chronic fatigue syndrome, and more, and Aboost Wellness can provide this treatment!

IV Ozone is a supportive medical treatment that involves infusing ozone therapy into the bloodstream. A registered nurse, under the direction of an MD, will walk you through the process which includes administering an ozone mixture through a small IV catheter in the arm. The process is quick and typically lasts between 30 and 60 minutes, depending on the patient's needs.

### **Medical Ozone Therapy**

Stimulates homeostasis and self-regulation. A healthy body works better than any drug.

#### **How it works**

Ozone therapy stimulates the body toward homeostasis by creating a mild, acute oxidative stress and activates the NRF2 pathway (the same pathway activated during exercise and fasting). Among many mechanisms of action, ozone therapy is able to increase the body's natural antioxidant production, enhance oxygen metabolism, and modulate the immune system.

Ozone therapy has been extensively researched in Europe and Cuba for the last 60 years. Millions of treatments have been performed with a higher safety record than aspirin. While you cannot breathe ozone due to the lack of antioxidant defenses in the lungs, it can be safely administered systemically into the body.

#### **What it's used for**

Ozone therapy works with the mechanisms of disease through its ability to stimulate the fundamental processes of the body.

- *Chronic diseases* - Cancer, Lyme, Autoimmune, Infectious diseases, Mold Toxicity, Epstein Barr Virus, Fibromyalgia, Chronic Fatigue Syndrome, COVID Long Haul Syndrome, Chronic Inflammation
- *Athletic enhancement, cyclists, triathletes, NFL* - Improves performance and recovery
- *Anti-aging/longevity* - Mediates oxidative stress, a leading cause of aging.

For more information, call one of our experienced registered nurses to learn more about Ozone Therapy at 928-910-4111. Our wellness clinic is located on the corner of Park and Gurley, at 543 W. Gurley St near downtown Prescott.

**[www.aboostwellness.com](http://www.aboostwellness.com)**

*Aboost Wellness: Taking care of the Prescott Community in a new way!*

# Vendors List

## **Weekend Booths**

Activated Aesthetics

B3 Sciences

Cashmere Day Spa & Wellness

Cathy Clements Fitness

Chef Turtle's Infusion Consulting

Cheyenne Gallagher, Healing Coach

Colors of an Enlightened Soul

Fixyourachingback.com

Flourishing

Healing Through Art Rx

Healthworks

His & Hers Housekeeping & Maintenance

Lakota Skye Healing

Norwex by Cindy

Opted Alternative Massage & Resources

Orgone Energy Devices & EMF Home Consult

PerleZen Healing

Pure Marketing Firm

Purposefully Placed Organizing AZ

Recovery Dharma



## **Weekend Booths**

Reiki for the Soul, Pets ~ Kids ~ Adults

Relax Saunas of Momentum 98

Reverberations Sound Healing & Light Activation

Spinal Flow Synergy

Tasha Bouvier, Intuitive Tarot Reader

The Happy Hippie

The Masa Project

The Red Laser Guy

Three Goddess Gardens

Watson Fest, Chain Events

## **Saturday Only**

Bare Skin Studio

Holistic Astrology with Moses

Leavitt and Asher

Lila Harding Vitality & Wellness

Melanie's Massage Clinic LLC

Sanos Wellness

Stephanie Miranda, Functional Health Practitioner

## **Sunday Only**

Davy Jones Locker

Shayla & Friends

Event Photographer:



**CROSSROADS DEL SOL**  
PHOTOGRAPHY

- Cold-pressed Juice • Smoothies • Açai Bowls • Smoothie Bowls •
- Wellness Shots • Salads •



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# Wellness Business Resource Directory

## **Bagdad, AZ**

Cheyenne Gallagher, Trauma Informed Healing  
(928) 499-5641 csgallager1303@gmail.com  
calendly.com/soultosoulhealing

## **Chino Valley, AZ**

Lower 22 Foundation, Vets Helping Vets  
(928) 350-7062 admin@l22f.org  
www.l22f.org

## **Cottonwood, AZ**

Lovelight Wellness Transformation  
(928) 202-6852 pat.lovelight@gmail.com

## **Dewey, AZ**

Davy Jones Locker  
(520) 603-1777 davyjonesockeraz@gmail.com  
IG @davyjoneslockeraz

Leavitt and Asher  
LeavittandAsher@gmail.com  
LeavittandAsher.com IG @Leavittandasher

Mountain Spirit Healing & Education Center  
MsHec3@gmail.com  
mshec3.com

## **Phoenix, AZ**

Chef Turtle's Infusion Consulting  
(602) 663-0179 chefturtle420@gmail.com  
chefturtlesinfusionkitchen.com

Fixyourachingback.com  
Admin@kacellia.com www.kacelia.com

Lakota Skye Healing  
(602) 466-5570 lakotaskyehealing@gmail.com  
Etsy.com/lakotaskyehealing

The Masa Project of Arizona  
(602) 900-3915 eriks@themasaprojectaz.org  
themasaprojectaz.org

## **Prescott, AZ**

Activated Aesthetics  
(928) 925-3025 isadinerman@gmail.com  
isadinerman.com

Artful Healthcare  
(510) 543-4994  
www.artfulhealthcare.com

## **Prescott, AZ**

Bare Skin Studio  
(928) 460-2062 bareskinstudiojs@gmail.com  
bareskinstudiojs.glossgenius.com

Cathy Clements Fitness  
(912) 602-8486 cathy@cathysclements.com  
cathysclements.com

Crossroads Del Sol Photography  
(928) 458-5147 azcrossroadsphoto@gmail.com  
www.azcrossroads.com

Flourishing  
(928) 444-7600 contactus@flourishing.pro  
www.flourishing.pro

Gentle Dental  
(928) 227-3818

His & Hers Housekeeping & Maintenance  
(928) 910-2512  
hishershousekeepingmaintenance@yahoo.com  
prescottscoop.com/clean

Holistic Astrology with Moses  
(928) 379-9020 mosessiregar1@gmail.com  
astrologyforthesoul.com

Lila Harding Vitality & Wellness  
(801) 560-8608 LilaHarding@gmail.com  
LilaHarding.com

Manifested Art  
(928) 713-6618 manifestedartllc@gmail.com  
manifestedart.store

Melanie's Massage Clinic LLC  
(360) 984-0650 MelanieKamenLMT@gmail.com  
MelaniesMassageClinic.com

Natural Grocers  
(928) 771-0400 naturalgrocers.com

Opted Alternative Massage & Resources  
(928) 642-6423 optedalternative@gmail.com  
optedalternative.wordpress.com

Orgone Energy Devices & EMF Consulting  
(973) 248-7461 ken.goellner@pm.me  
www.orgone.rocks

# Wellness Business Resource Directory

## **Prescott, AZ**

PerleZen

(623) 777-9875 Perlezen@Mailo.com

Perlezen.com

Recovery Dharma

recoverydharma.org

Reiki for the Soul

(602) 862-8680 JossyARSeale@gmail.com

threegoddessgardens.com/reikiforthesoul

Sanos Wellness

(928) 910-9824

Sanoswellness.com

Shayla & Friends

ChellyAshok@shaylafriends.com

shaylaandfriends.com

Spinal Flow Synergy

(928) 830-1547 spinal.flow.synergy@gmail.com

vigaro.com/spinalflowsynergy

Stephanie Miranda, FDN-P

Functional Health Practitioner

(928)710-1457

Stephaniemiranda35@gmail.com

The Happy Hippie

(928) 362-0440 guru@thehappyhippiecbd.com

thehappyhippiecbd.com

Three Goddess Gardens

(928) 830-7234

tiffany@threegoddessgardens.com

threegoddessgardens.com

Vibes Juice Bar

vibesjuicebar.com

Watson Fest, Chain Events

chainevents racing@gmail.com

chainevents racing.com

Wholistic Witch Herbal Wellness

(928) 830-7234 wholisticwitch1@gmail.com

threegoddessgardens.com/wholisticwitch

## **Prescott Valley, AZ**

Cashmere Day Spa & Wellness

(928) 499-8271 infocashmeredayspa@gmail.com

cashmeredayspa.com

Colors of an Enlightened Soul

(928) 273-7306 mlb7664@gmail.com

colorsofanenlightenedsoul.com

Healing Through Art Rx

(928) 830-1707 Healingthroughhartrx@gmail.com

Healingthroughhartrx.com

Healthworks

(808) 936-9408 KatharineClarkRN@gmail.com

KatharineClarkRN.com

Norwex by Cindy

(414) 728-7716 Cindy@2012greencleaning.com

cynthiagosting.norwex.biz

Pure Marketing Firm

puremarketingfirmaz@gmail.com

www.puremarketing.org

Purposefully Placed Organizing AZ

(586) 918-0810 PurposefullyPlacedAZ@ProtonMail.com

PurposefullyPlacedAZ.com

TashaBouvier, Intuitive Tarot Reader

(928) 583-4750 madametashabouvier@gmail.com

tashabouvier.com

## **Show Low, AZ**

Sound & Energy Healing with Syren

(928) 340-7975 windreverberations@gmail.com

etsy.com/windreverberations IG @syren\_wind

## **Las Vegas, NV**

B3 Sciences

(702) 540-3692 feelbetterdomore@gmail.com

FBDM.B3Sciences.com

The Red Laser Guy

(469) 766-5511 Joe@TheRedLaserGuy.com

www.pureVibranz.com/joeblanton

Relax Saunas of Momentum 98

(626) 200-8454 Phil@Relaxsaunas.com Relaxsaunas.com

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*September*