



SPECIAL WELLNESS EVENT

# OPEN HOUSE

Wellness Center & Academy  
a Body, Mind & Spirit Sanctuary

FESTIVAL & FUNDRAISER



# World of Love

SATURDAY, **SEPTEMBER 15**, 2018  
**11AM - 6PM**

\*This year will support Dupage Pads The Solution to End Homelessness. visit [www.dupagepads.org](http://www.dupagepads.org) for more information

call 630-455-5885 or visit [soderworldwellness.com](http://soderworldwellness.com)

16 W. 501 Nielson Lane, Willowbrook, IL 60527

# WELCOME TO SODERWORLD'S 21<sup>ST</sup> ANNUAL OPEN HOUSE



Soderworld is owned and operated by the Soderholm family; Eric, Ginny, Misty and Chad Soderholm

**Soderworld** is a non-denominational wellness center that provides alternative health and holistic services to our community to help balance the body, mind and soul. We believe your journey is your path to take and we provide the sanctuary to reconnect to your true happiness.

ENJOY SAMPLE TREATMENTS, WELLNESS & SPIRITUAL LECTURES, GALLERY READINGS, VENDORS & HEALERS, SALT CAVE SESSIONS, MOVEMENT CLASSES, GUIDED MEDITATIONS, LIVE MUSIC, ART, HEALTHY FOOD & MORE!

The Garden of Eden will be full of activities for kids including crafts, a scavenger hunt, balloon artists, face painting and Henna. Chill by our waterfall, get good feels at the vibration station.

The day will end with a beautiful TRIBE Sound Journey and group meditation in the Dome at 4pm, followed by a twice Grammy Nominated musician, DAVID YOUNG, who will enchant us with his flute music in the Yoga Room.

Chance to win many cool raffle prizes and much more!

Price: \*\$6 door donation\* for entrance, Kids under 12 are free. \*Doors open at 10:50am  
\*ALL FOOD, SOME SERVICES, HEALERS, & READERS will be charging separate fees for their services.

This year a portion of the proceeds will go to **DUPAGE PADS**  
everything can change.

The Solution to End Homelessness.  
Housing → Support Services → Employment

DuPagePads  
The Solution to End Homelessness.

*New meditation product from SoderWorld...*

**TRAVEL. SLEEP. RELAX.**

- plush memory foam travel pillow
- contoured for head & neck support
- ear hole for earbud comfort
- compresses into small bag for storage
- fits in your purse, backpack or pocket
- comfort everywhere you go...

Paka.pillow  
comfort everywhere  
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## MAIN LEVEL YOGA ROOM

11am

### Jennifer Weigel- "Psychics, Healers & Mediums"



Jennifer is an award winning broadcast journalist, author, reporter, TV anchor, and spiritual adventurer. Jen hosts "Conversations with Weigel: A Live Series Exploring Spiritual Enlightenment," at the Wilmette Theatre, and she has her highly acclaimed podcast "I'm Spiritual, Dammit!" which is on WGN-Plus and I-Tunes. She has been researching spirituality for nearly 20 years, trying to "bridge the gap between the medical and the mystical." [www.jenweigel.com](http://www.jenweigel.com)

12:30pm

### Sheri Jewel- Gallery Readings



A professional Certified Medium, Certified Angel Card Reader through Radleigh Valentine, Energy Healer, Certified in Theta Healing, Certified by The International Association of Angel Practitioners and Certified with Linda Howe in Akashic records. Sheri has studied with many leaders in this industry such as James Van Praagh, John Holland, Janet Nohavec, Anne Gehman, Michelle Whitedove, & Radleigh Valentine. Sheri will also be doing private readings from 3-6pm on main level. [www.sherithemedium.com](http://www.sherithemedium.com)

2pm

### Ken "The Carpenter" Wagner - "Surviving & Healing"



Ken Wagner survived a lightning strike, leaving him with unexplainable healing abilities. Join him as he discusses his journey through surviving tragedy and his reluctant career choice from carpenter to healer. He will also perform a healing on the room.

3:30pm

### Dr. Damon Fazio - "Intro to universal energy & Polarity Theory principles & practices"



Dr. Fazio is a Naturopathic Doctor, Registered Polarity Therapy Educator, and Board-Certified Polarity Therapy Practitioner. Dr. Fazio has been a pioneer in Polarity Therapy for the past 36 years. He currently teaches for the Massage Program and offers his full Polarity Therapy Training at the Universal Spa Training Academy in Downers Grove. He also has a small private practice where he offers a unique blend of Polarity Therapy, Naturopathic Medicine, Homeopathy, Cranial Sacral, and Botanical Medicine. [www.drdfazio.org](http://www.drdfazio.org)

5pm

### David Young - "A Portal between Heaven & Earth" Concert



David Young is a twice Grammy Nominated musician who plays two renaissance flutes at one time in harmony. He has recorded 57 albums and sold over 1,000,000 copies. He is a healer, channel, writer of three books, artist and it is said that many people have had out of body experiences while listening to his music. You will experience a high vibration spiritual connection and ascend to heavenly realms with David's healing sounds. [www.DavidYoungMusic.com](http://www.DavidYoungMusic.com)

## LOWER LEVEL CLASSROOM

12pm

### Maureen Muldoon - "Creating Miracles in your Life"



This class will show the connection between creativity and healing using stories and experiences that support the audience in taking full responsibility for their greatest possibility. Maureen is a spiritual Pied Piper and spirited storyteller who is transforming the way people think of church. She is a sought-after author, poet, artist, inspiration speaker, & activist. She is founder and spiritual director at Speakeasy Spiritual Community & Spiritual Vixen, and creative director at Voice Box Stories. She combines comic timing and irreverence honed during her two decades as a Hollywood actress. Leave your mark in Love! [maureenmuldoon.com](http://maureenmuldoon.com)

1pm

### Souvik Dutta - "The Law of Karma"



This talk will unveil the underlying principles of the laws of Karma and how the knowledge can help seekers better align themselves with their personal goals. The workshop will begin with an introduction of the concept of Karma and the way it manifests in life. The "why" and "how" behind the particular concepts of Karma will be explained in detail. To find out more about Souvik Dutta, please go to: <http://jyotishstar.com/jyotish-star-souvik-dutta-march-2015.html>

2pm

### Dr. Ashlesha Raut - "Ayurveda- Ancient Science for Modern Lifestyle"



Learn the basics of this Science of Life from one of the best. Dr. Raut is an integrative Ayurvedic practitioner, Nutritional consultant and a holistic health educator. She is a third generation Vaidya who is classically trained in Ayurveda from Mumbai University, India. She has been practicing Ayurveda for more than a decade and has been an integral part of the Ayurveda healing community with a mission towards providing a holistic path for wellness and optimal health through Ayurveda and Integrative Medicine. She also is director for Ananda Ayurveda Academy. [www.ayurvedaforhealing.com](http://www.ayurvedaforhealing.com)

3pm

### Elena Terry - "Nourishing your Spirit with Indigenous Foods"



Elena is a food sovereignty chef that works with Native American chefs from around the country. She helps to source indigenous foods and develop recipes to highlight ingredients and be accountable to earth. She works to educate the community on sustainability, food sovereignty, and bringing mindful acts to unite communities through food. She also directs Wild Berries which is a catering business in Wisconsin focusing on organic and indigenous foods.

4pm

### Rick Niksic - "Medical Cannabis Information Session"



Rick is from Greenhouse Dispensary in Mokena and will talk about the basic laws on Medical Cannabis, approved medical conditions, and how to qualify and obtain a card in IL. [www.greenhouseil.com](http://www.greenhouseil.com)

## EVENTS ON THE LABYRINTH

### 11 - 12:30pm Open Labyrinth Walk

Labyrinths are geometrical patterns used for walking or tracing, as a tool to assist the consciousness. They have been in existence for thousands of years. No one knows for certain when or where they first originated. They have been used by different cultures and mystical and religious traditions worldwide.



### 12:30pm Qigong "18 Movements" - Treya Jaholkowska

Qigong "18 Movements" is a series of simple and slow, yet highly effective exercises which are accessible to all age and physical abilities. Qigong helps to stimulate positive, healing energies through the meridians allowing the practitioner to feel refreshed and invigorated. Treya had studied this art while living in India. It served her as a movement meditation and it helped her feel the relation between the body, mind and breath. Everytime she practices she feels her body saying "thank you".



### 1:30pm Tai Chi - Dr. Sharon Garvey

Join Dr. Garvey, Chiropractor at Soderworld, in the practice of Tai Chi. This ancient practice of slow deliberate movements, meditation and breathing exercises unites the mind, spirit and body. Start your Tai Chi practice today with four basic movements! "Tai Chi is moving meditation. It stills the mind, improves balance, flexibility and circulation. The slow, rhythmic movements gently relieve chronic pain." -Dr. Garvey



### 2:30pm Family Yoga - Kelly Dacey

Come join Kelly Dacey, massage therapist and family yoga instructor at SoderWorld, to stretch, breath, and have fun together as a family. Learn basic fundamentals of breathing and moving your body in a mindful way to bring a sense of balance to the whole family. Open to all ages and abilities and even those who have come as a single and want to try yoga.



### 3:30pm Hula Hoop 101 - Teala Marie

Experience joy inside this plastic circle! Learn beginner moves from experienced hooper Teala Marie. Fun way to relive stress and work out for all ages!



### 4:15-6pm Open Labyrinth Walk

Many use the labyrinth as a kind of moving meditation. It can be used as a tool to "unwind the mind," and to let go stress or worries and concerns. Walking the labyrinth can release patterned behavior, thoughts, and feelings of various sorts. It can "untorque" or unwind you. As you release old patterned energy, you come to a greater alignment.



## EVENTS IN THE DOME

### 12PM "Shamanic Drumming Journey" led by Dustin Borlack

Dustin Borlack has been drumming for the past 20 years and is currently drumming for 5 bands in the Chicago area. His passion began at the age of 8 and it has been non-stop since! Realizing the full potential and healing power of music and rhythm, Dustin continues to dive deep into finding and feeling the true powers of drumming. In this class you'll learn some simple rhythms and techniques. The intention will be to sync your breath with the rhythm of the group and to enter into a trance like state and meditation. Be ready to drum your heart out!



### 1PM "High Vibration Essential Oil Experience" with Shannon Chada

Enter into a sacred circle. Experience a variety of essential oils throughout the class to raise your vibration, while being guided through gentle movements, breath techniques, and meditation, for grounding, energy cleansing, and bringing the mind, body, and spirit into Full Circle Harmony. Shannon Chada supports our SoderWorld community offering a rainbow of healing modalities, with 18+ years experience as a Holistic Spiritual Practitioner, Reiki Master Teacher, Yoga Instructor, and Young Living Essential Oil Leading Educator & Distributor. [www.FullCircleHarmony.org](http://www.FullCircleHarmony.org)



### 2PM "Flute Medicine" with Treya Jaholkowska, Preston Klik & Johnny Hernandez

The Native American flute is a healing instrument associated with love. The music creates a wonderfully peaceful presence and a contemplative atmosphere. Listening to it will entrain a meditative brain state and induce a relaxed state leaving you refreshed and renewed. Come experience the healing vibrations of the Native American flute as three friends share their music and stories of their journey with this soothing indigenous instrument.



### 3pm "Healing with Music Mantra" with Gabriela Mejia, Melissa Larson & Eric Majeski

Singing is healing. Join us as we explore together the healing power of singing and music mantra. Learn tools for discovering your true voice in a gentle and heart-centered workshop. Beginners most welcome! If you can talk, you can sing!



### 4pm "TRiBE Sound Journey" led by Chahé, Jade, Treya, Dustin and others

Be taken away on a beautiful journey with sound vibrations. Drums, rattles, flutes, gongs, voices and dijeradoo melt together into a symphony of frequencies designed to put you into a deep stage of relaxation. Eye masks will be provided so you can get completely lost in the 45 min. experience.





# VENDORS, READERS & HEALERS

- \* Full Circle Harmony/YL Oils - Shannon Chada
- \* Guardians of Nature - Christine & Deva
- \* Angelic Alchemy Shoppe - Regina Filomeno
- \* Mystic Moonlight Journey - Angela Presto
- \* Henna Designs by Teala Marie
- \* Snowflake Healing - Pam Ziolkowski
- \* Vibration Station (Waterfall) w/ Preston Klik
- \* Vibration Station (Fear Path) w/ Aurasoma
- \* ARCH Healing - Linda Padgurskis
- \* Focused Lyfe - Cork and Jute Yoga Mats
- \* Tattoo City/Flower of Life Art Gallery
- \* Beyond Wellness - Cranial Sacral Therapy
- \* Greenhouse Dispensary - Mokena
- \* Reanin Stone Face & Body Painting
- \* Sheri Jewel - Psychic Medium
- \* Michelle Gray - Intuitive Reader
- \* Juice Plus by Andrew Todaro
- \* Philip Clark- Dynamic Digits Numerology
- \* A Touch of Whimsy - Dana Buxbaum
- \* PakaPillow - Chad Soderholm
- \* Karmacords - Sanjay Shah
- \* ABHAA - Amrita Dutta
- \* People & Pets Energetics - Mark Hernandez
- \* Spiritual Speakeasy/Voice Box- Maureen Muldoon
- \* BeeWitched - Felicia Schellenberger
- \* Dr. Sharon Garvey - Acupuncture/pressure
- \* Akashic Record Readings - Greg Zera
- \* Reflections with Kate - Katherine Einhorn
- \* Biofield Method - Karen Marzec
- \* Grace Holistic Center/Sense of Samadhi - Tairi & Paul
- \* Butterflies & Light - Angie Bober
- \* Soul Advisor - Tricia Ruitter
- \* Full Moon Botanicals - Michaela Hasko
- \* Hilzinger Healing - Shirley Hilzinger
- \* Joanne Macko Angelic Art & Books
- \* Unconventional Healing/Naked Sprouts Organic Market
- \* Inner Journey MALAS - Taylor Godfrey

## OTHER AMMENITIES

- \*SoderWorld Staff providing Reiki, Reflexology, Sports Massage, mini-facials & chair massage indoor and outside by waterfall.
- \*Kids Tent- In Garden of Eden by Dome (scavenger hunt, balloon artist, face painting, crafts)
- \*Artists Booth by Pond- Live Artists Painting
- \*\*Sonic Massage with Chahé in our 3D sound room
- \*Live Music throughout the day
- \*Waterfall/Zen Garden/Garden of Eden w/Swans/ Rainbow Bridge/Labyrinth/Koi Fish Pond/ Copper Pyramid/Hammocks

SEPTEMBER 15TH, 2018



## A DAY TO REMEMBER

## FOOD VENDORS

- Robinson's Food Truck - Vegetarian Options
- Vegan Cafe Lockport - Raw Food & Deserts
- Brew Dr. Kombucha - Ryan Chada
- A Chick and her Peas
- Nick's Ice Cream Truck

## RAFFLE PRIZES

We will be offering several amazing raffle prizes this year including the GRAND PRIZE - a Full Day at SoderWorld - the Royal Package (\$350 value) In addition, each vendor has donated an item(s) to the raffle. Ask the front desk to purchase raffle tickets then head upstairs to the retail shop to add your raffle tickets to the items you desire. Final Drawing will be at closing of the Open house @ 6pm. Winners do not need to be present.

## NAME THE DUCKS CONTEST



We had a new addition to the SoderWorld family. Adam and Eve gave birth to two beautiful baby swans. Unfortunately, they did not survive. :( We have two white crown ducks that need names. Submit your names to the front desk. If your name gets chosen you will win a prize.