

Friday, April 26, 2019

1:00 pm to 3:00 pm	Check In & Registration
3:30 pm to 4:00 pm	Welcome
4:00pm to 6:00pm	Session 1 – Mindful Eating – Kelli Shallal
6:00 pm to 7:00 pm	Dinner & Personal Time
7:00 pm to 8:30 pm	Session 2 – Deep Healing Relaxation – Nathalie Rivett <i>Bring Yoga Mat, Blanket, Pillow</i>

Saturday, April 27, 2019

7:00 am to 8:00 am	Labyrinth & Meditation Garden (<i>On Your Own</i>)
8:00 am to 9:30 am	Breakfast & Personal Time
9:30 am to 10:30 am	Session 3 - World T'ai Chi and Qigong Day <i>Outdoor Palm Court – Bring Hat, Water</i>
10:30 am to 11:30 am	Session 4 - Essential Oils for Health – Nathalie Rivett
12:00 pm to 1:30 pm	Lunch & Personal Time
1:30 pm to 3:30 pm	Session 5 – Inspire, Reflect and Dream – Doreen Conner
3:30 pm to 4:30 pm	Personal Time
4:30 pm to 6:00 pm	Session 6 – Affirmation and Healing – Nathalie Rivett <i>Bring Yoga Mat, Blanket, Pillow</i>
6:00 pm to 7:00 pm	Dinner
7:00 pm to 9:00 pm	Session 7 – Art Expression - Vino & Canvas

Sunday, April 28, 2019

7:00 am to 8:00 am	Sun Salutation – Nathalie Rivett <i>Outdoor Guadalupe Fountain</i> <i>Bring Yoga Mat, Blanket, Pillow</i>
8:00 am to 10:00 am	Breakfast & Personal Time <i>CHECK OUT</i>
10:00 am to 12:00 pm	Session 8 – Renew and Energize Through Movement <i>Dr. Anne Borik, DO</i>
12:00 pm to 1:00 pm	Lunch
1:00 pm to 1:30 pm	Let it Go – Burning Bowl Ceremony
1:30 pm to 3:30 pm	Session 9 – Good Vibrations <i>Frank Thompson, MBA</i>
3:30 pm to 4:00 pm	Closing & Evaluation