



Key code

Meal time

Indoor sessions

Outdoor sessions – weather permitting

Saturday, July 18

8:00 – 9:00a Arrival + Check in

9:00 – 10:00a Breakfast and Welcome *with Cortney Martinelli*

10:00 – 10:40a Vibrational Alchemy: The Power of Rituals *with Ted Senf*

10:50 – 12:00p Rotational Break-out Sessions (30-minute rotation)

Session 1: The Reiki Revolution *with Cortney Martinelli*

Session 2: Using Essential Oils for Emotional Release *with Amie Johnson*

12:15 – 1:00p Lunch and community

1:10 – 2:30p Rotational Break-out Sessions (30-minute rotation)

Session 1: Alcohol-free Living *with Pamela Price*

Session 2: Radical Gratitude *with Ted Senf*

3:00 – 4:00p Breath and Movement Yoga (All-Levels) *with Heather Baur*

4:00 – 5:00p Vibe with your Tribe session *with Ted + Cortney*

5:00 – 5:30p Meditation walk/outdoor break (*weather permitting*)

5:30 – 6:30p Dinner and community

6:45 – 7:30p Movie Clips that Inspire *with Ted Senf*

7:45 – 8:45p Sound Therapy, Restorative and Reiki *with Auburn + Cortney*

9:00 – 10:00p Community Slumber Party (movie or live music)

Sunday, July 19

7:15 – 7:45a Early Bird Meditation *with TBD (weather permitting)*

8:00 – 9:00a Breakfast and Community

9:00 – 10:00a Vin + Yin Yoga (All-Levels) *with TBD*

10:15 – 11:15a Key note session TBD

11:30 – 12:30p Food + Nutrition *with TBD*

12:30 – 1:00a Meditation walk/outdoor break (*weather permitting*)

1:00 – 2:00p Lunch and Community

2:00 – 2:45p Mindfulness – Thriving in Today *with Ted Senf*

3:00 – 4:00p Vibration Mastery and Action Plan *with Cortney + Ted*

4:00 – 4:30p Departures

Please note: Agenda is subject to change without written consent; all sessions are optional