



Saturday, May 15

8:00 – 9:00a	Arrival + Check in
9:00a	Breakfast
9:00 – 9:15a	Welcome
9:15 – 10:00a	Introductions
10:00 – 11:30a	Vibration: Change Your Thoughts, Change Your Life with <i>Cortney Martinelli</i>
11:30 – 12:30p	Lunch with <i>Sandy Bottom Bowls</i>
12:30 – 1:30p	Nourish to Flourish with <i>Nicole Ryan</i>
2:00 – 3:15p	Energy for Life with <i>Cindy Smith</i>
3:30 – 4:30p	Connection, Breath and Movement Yoga (All-Levels) with <i>Heather Baur</i>
4:45 – 5:45p	Dinner + community
5:45 – 7:00p	Be inspired + empowered with <i>Ted Senf</i>
7:15 – 7:45p	Name Game Movement with <i>Heather Baur</i>
7:45 – 9:00p	Sound Therapy, Restorative and Reiki with <i>Auburn Juliano, Cortney/Heather</i>