



Location Key: November Lodge Dining Hall

Friday, May 1

5:30 – 6:30 Friday Arrival and Check-in

6:30 – 7:30p Dinner

7:45 – 8:45p Vibration: Why It's the Only Thing That Matters *with Cortney Martinelli*

9:00 – 10:00p Restorative Yoga and Reiki Assists *with Cortney Martinelli*

Saturday, May 2

7:15 – 7:45a Early Bird Meditation *with TBA*

8:00 – 9:00a Vin and Yin Yoga (All-Levels) *with TBA*

9:00 – 9:45a Breakfast

10:00 – 10:45a Vibrational Alchemy: The Power of Rituals *with Ted Senf*

11:00 – 12:00p Rotational Break-out Sessions (30-minute rotation)

Session 1: Toxic-free Living *with TBA*

Session 2: Alcohol-free Living *with Pamela Price*

12:15 – 1:00p Lunch

1:10 – 2:30p Rotational Break-out Sessions (20-minute rotation)

Session 1: The Reiki Revolution *with Cortney Martinelli*

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

Session 3: Radical Gratitude *with Ted Senf*

2:45 – 3:30p Forest Therapy *with TBA*

3:45 – 4:30p Raise Your Tribe: Pens, Potatoes and Pleasantries *with Ted Senf and Cortney Martinelli*

4:30 – 6:30p High-Vibe Goods Expo

4:40 – 5:30p Let's Get Up and Sweat *with TBA*

5:30 – 6:30p Dinner

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

7:45 – 8:45p Fireside Deep Relaxation + Sound Therapy *with Stacey Pickering*

9:00 – 10:00p Fireside Live Music: PJs, Smores, and Community *with TBA*

Sunday, May 3

7:15 – 7:45a Early Bird Meditation *with TBA*

8:00 – 9:00a Breath and Movement Yoga (All-Levels) *with TBA*

9:00 – 9:45a Breakfast

10:00 – 11:00a Find Your Strengths to Increase Your VIBE *with Cindy Smith*

11:30 – 12:30p Food + Nutrition *with Nicole Ryan*

12:30 – 1:15p Closing: Creating Your Personalized VIBE Action Plan *with Cortney Martinelli*

1:15 – 2:00p Departures

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