



November 11-12, 2017

Saturday, November 11, 2017

7:00-8:00am – Sunrise Yoga & Meditation

8:00-9:00am – Event Registration

9:00-10:00am - **Tickling Your Funny Bone by Kim Bateman, Ph.** – Understand the psychological role of humor as a coping mechanism

10:00-11:00am - Morning Class Options

Ki Gong - A physical flow that focus on Meridian, Circulatory, Respiratory, and Ki-Energy systems while controlling your breath and working on balance

GMO Foods – How About Them Apples by Stephenie Riley, ND - Explore genetically modified foods and the effect they have on the human body and planet

11:30am - 1:00pm – Lunch Buffet

1:00 - 2:15pm - Afternoon Class Options

Mindful Woods Walk/Eco - Therapeutics - Connect to nature through an elevating walk and elemental meditations in the sacred Sierras. Learn about the healing effects of nature as understood through science, Ayurveda, and more - led by Ashley Aarti Cooper, *Meet in Pre-Function *Weather Dependent*

Pain & Neurophysiology: How Perception Influences the Experience of Pain by Whitney Rogers, PT, DPT, ATC – Discover how to take an active role in physical recovery and the most effective ways to promote healing and improve function. Appropriate for all levels of understanding, including care providers and people with chronic pain

2:30 – 4:00pm – Afternoon Class Option

Meditation - Practice this ancient technique of deep relaxation through gentle asana (breath), a short lecture, and a guided practice into meditation (Yoga Nidra) – led by Lauri Glenn

Don't Believe Everything You Think by Karin Sable, LMFT - Learn how emotional, physical, and verbal signals affect the relationships that you have with others, and how to create more effective and meaningful relationships-whether it be your significant other, coworkers, or friends



4:00 – 7:00pm – Enjoy local artisans and health professionals in a social session hosted with wine, cheese and local brews

6:00 – 7:00pm – Dinner Buffet

Sunday, November 12, 2017

7:00-8:00am – Sunrise Yoga & Meditation, *Mountain Ballroom*

8:00-9:00am – Event Registration Desk Open & Suggested Hotel Check Out

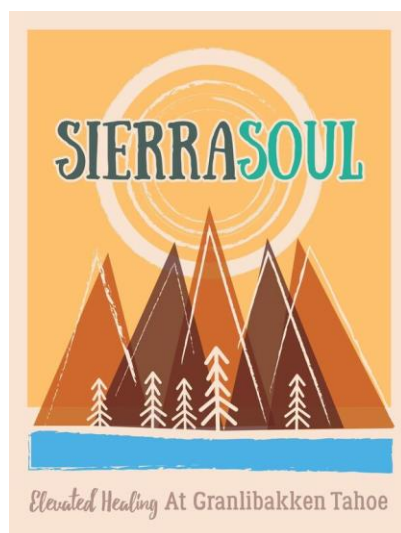
9:00-10:30am - Morning Class Options

Tai Chi – Meditation in motion, Tai Chi is a non-competitive martial arts that enhances balance, fitness and flexibility through a steady flow of gentle movement

Mood Food: Nutrition to keep you Balanced by Jennifer Newkirk, RD – Explore food chemistry and nutrition that points to a complex system of communication between the brain and gut.

11:00-12:00pm – **Drum Circle with Drum Chik, Liz Broscoe** – Close the weekend in a drum circle that invites healing, inspiration and fun.

12:15am - 1:30pm – Lunch Buffet



***Inclement Weather Plan for Hike: Soft Strength Training** – Complete circuits that include gentle stretching and light strengthening exercises that are modified to meet individual abilities