



Friday, November 9, 2018

4:00pm – Hotel Check-in

5:00-6:00pm **Libations, Love & Light** - A welcome gathering to sample local tastings, meet & greet

6:00-7:00pm – **Dinner Buffet** : Miso broth chicken with an edamame & broccoli salad, lime ginger dressing**

7:00-8:30pm – **Keynote** – [Dr. Mike Dow, Psy.D](#) - Changing the Expression of Your Genes by Taking Care of Your Brain

Saturday, November 10, 2018

7:00-8:00am – **Sunrise Yoga & Meditation** with [Ashley Aarti Cooper](#)

7:30-9am – Breakfast Buffet, Granhall

8:00am – Event Registration, Pre-Function

9:00-10:00am – **Opening Session** – Overexposed & Underprepared by [Amy Vail, Psy.D](#)

10:15-11:30am

Movement Class – Tai Chi by [Mark Kuehe, LAc](#)

Lecture – Blood Sugar Balancing Act by [Lindsay Rojas, NTP, CGP](#)

11:45am-12:45pm – **Lunch Buffet** : Tostada Bar**

1:00-2:15pm

Movement Class – Forest Medicine Hike with [Ashley Aarti Cooper](#)

Lecture – Stress Realization & Reduction by [Tim Schroeder, DC](#)

2:30-3:45pm

Movement Class – Sound Healing with [Breeze Cross](#)

Lecture – CBD Oil: Highs & Hypes Explained by [Johanna Koch, MD](#)

4:00-7:00pm **Marketplace** - Explore handmade art, therapeutic products and demo wellness services and offerings

5:00-7:00pm **Libations, Love & Light** - A social gather to sample local tastings, meet, greet & drink

6:00-7:00pm **Dinner Buffet** : Watercress, topped with California sea bass in a basil emulsion, butternut squash soup and sautéed seasonal vegetable side**

Sunday, November 11, 2018

7:00-8:00am – **Sunrise Yoga & Meditation** with [Ashley Aarti Cooper](#)

7:30-9:00am – **Breakfast Buffet** - Guest checkout encouraged during this time (Hotel Check Out Policy – 11am)

9:00-10:00am

Movement Class – Barre Sculpt by [Katie Martin](#)

Lecture – Aromatherapies for Everyday Conditions by [April Murrell](#)

10:15-11:15am - **Full Group Closing Session** – Conscious Dance with [Polly Triplat](#)

*Classes subject to change and based on space availability

**All meals are served buffet style with multiple options – gluten & dairy free, vegan/vegetarian