



SCHEDULE OF EVENTS
FRIDAY, SEPTEMBER 8, 2023

	Time	Location	Session Title	Presenter
Registration / Campsite Set up	9:30-11:30 AM	Registration	Registration/ camp site set up/ explore Cedar Hill	
Gathering / Lunch	11:30-1:00 PM	Beer Garden	Lunch / Directed Guidance on weekend goals	
Free Time	1:00-2:00 PM		Explore Cedar Hill	
Workshop	2:00-3:00 PM		Breath Work Session # 1 "Finding Safety In Presence"	Andrea Freemyer & Andy Venneman
Workshop	3:30-4:30 PM		Everyday Mindfulness to Manage Stress	Dr. Caroline Danda
Free Time	4:30-5:00 PM		Explore Cedar Hill	
Workshop	5:00-5:30 PM		Embody the Pause Guided Meditation	Sara Robinson
Dinner	6:00-7:30 PM	Beer Garden	Beer Garden	
Evening drum circle / fire pit	7:30 PM	Beer Garden	Flower mandala, chanting, Dance of Universal Peace	Victor Dougherty, Malika Lyon, & Clark Jamison



SCHEDULE OF EVENTS

SATURDAY, SEPTEMBER 9, 2023

	Time	Location	Session Title	Presenter
Movement	7:30-8:00 AM	Lake Bob	Low impact morning stretch	Tess Pattison-Wade
Breakfast	8:00-9:00 AM	Beer Garden		
Free Time	9:00-10:00 AM		Free Time	
Breakout Session	10:00-11:00 AM		Breath Work Session #2 "Elemental Breathwork"	Andrea Freemyer & Andy Venneman
Movement	11:15-12:15 PM		Dance Therapy	Katherine Brennan
*Concurrent workshops. Please choose one.			Tai Chi Chih	Victor Dougherty
Lunch	12:30-2:00 PM			
Keynote	2:00-3:00 PM		Relief for Spiritual Constipation: How to Get Things Flowing Again	Goddess with An Attitude - Valorie Lewis
Movement (workshops)	3:30-4:30 PM		Dance Therapy	Katherine Brennan
*Concurrent workshops. Please choose one.			Tai Chi Chih	Victor Dougherty
Free Time	4:30-5:15 PM		Free Time	
Workshop	5:15-6:15 PM		Healthy Living Workshop	Kathleen Foland
Dinner	6:30-8:00 PM	Beer Garden		
Live Performance	8:00-9:00 PM	Small Stage	Live music	Kelley Hunt



SCHEDULE OF EVENTS
SUNDAY, SEPTEMBER 10, 2023

	Time	Location	Session Title	Presenter
Breakfast	7:30-8:30	Beer Garden		
Free Time / Pack Up	Leave by 12:00pm			