



8:30 AM | Early Bird Door Opens with Cafe Con Carino

9:00 AM | Morning Welcome: Circle Ceremony with Sound and Senses with ARY Retreats Founder- Annette Romo

9:15 AM | Opening Session: Our United Healing and Powerful Intention Setting with Hey Chica! Founder- Veronica Torres Hazley

9:30 AM | Showing up for yourself: Your Personal Health Journey with Hey Chica! Founding Board Member- Susy Solis

9:40 AM | Keynote: Embracing Inner Harmony, Balancing Mind Body and Spirit- Kathleen Tucci, Wellness Expert and Intuitive Healer

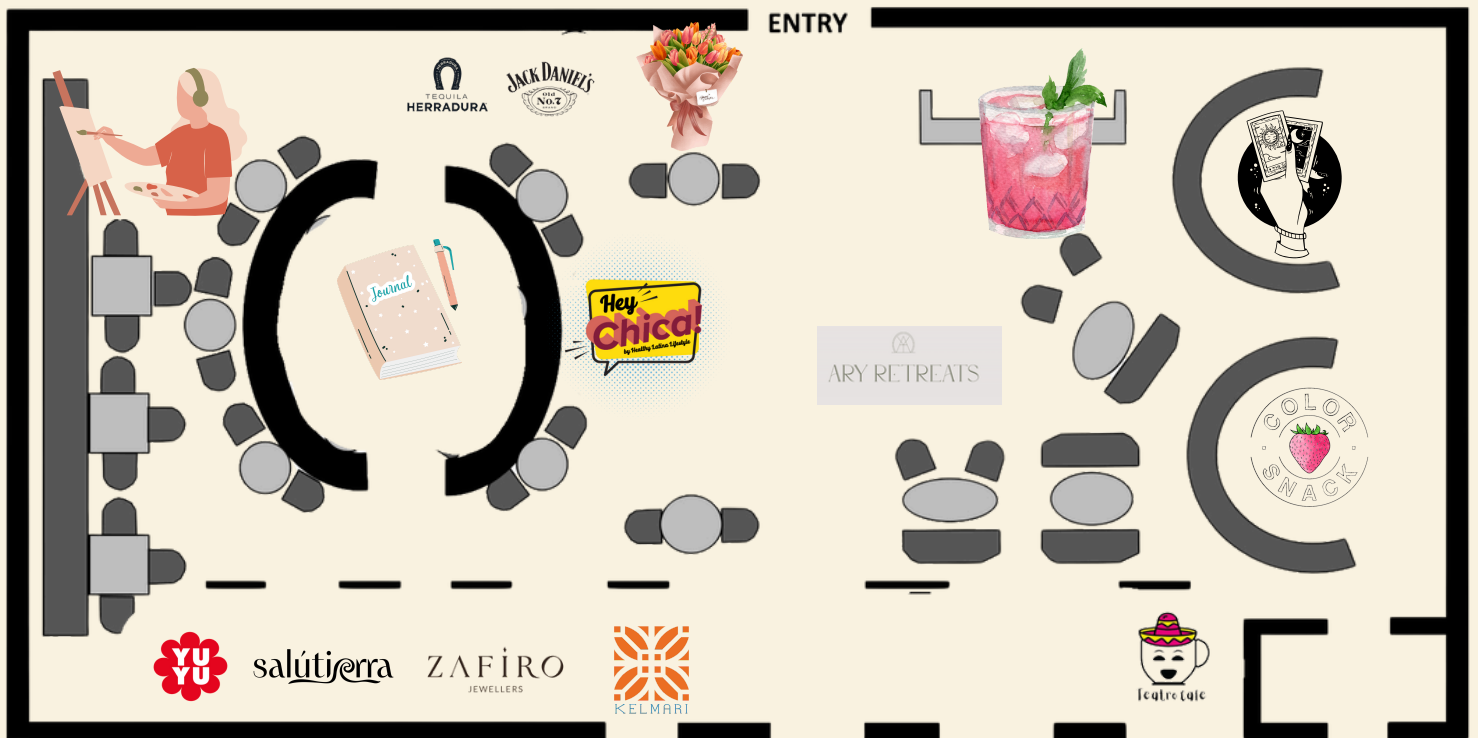
10:15 AM | Activations and Pampering Sessions: Live Music, Networking, and Curated Self Care Experiences (Arm and Hand Revitalizing Baths, Watercolor Self Portraits, Personalized Essential Oil Bar, Guided Journal Prompt Session and a Get Your Flowers Chica Bar)

11:15 AM | Brunch: Chica Conversations LIVE with K104 Radio Host Ariel Grind

12:00 PM | Closing Mindful Session with Hey Chica! Founder, Veronica Torres Hazley

**Thank You to our Partners**





### Make Life Sacred

It feels right and good to surrender that which I cannot control.

To pray for help in rising above my fears.

It feels right and good to find magic in the mundane.

Even if I never know for certain, at least my world will be one blazing with wonder.

At least I will believe I am being held and supported by unseen forces.

At least I will be molding my life. . .

with my sacred hands.

| by Sarah Blondin |