

EVENT SCHEDULE

EVENT START: 8 AM

P **O** **I** **S** **E**™
PHYSICAL OCCUPATIONAL INTELLECTUAL SPIRITUAL EMOTIONAL

+ GUEST ARRIVAL: 7-8 AM

+ WORKSHOP: 8-8:45 AM
YOGA

HOST: @EMILYKCHEN
@BENNETTANDREWJORDAN
@SWEATYOGA

+ WORKSHOP: 9-9:45 AM
BREATHWORK AND LIVE SINGING

HOST: @BIGJOE
@THEBALABOYS

+ WORKSHOP: 10-10:45 AM
SOUND HEALING

HOST: @ANANETANEL

DOCTOR + FOUNDER
SPEAKER PANEL

11-NOON

LUNCH NOON-1 PM

+ WORKSHOP: NOON-1 PM
HOLISTIC CULINARY CLASS

HOST: @LIFECHEFALINA

+ WORKSHOP: 1-1:45 PM
ACRO

HOST: @NATHANTSUJI
@ELLARIYAB
@ANDREAS.ALFARO
@ANASTASIYA_MELNYCHENKO

+ WORKSHOP: 1-1:45 PM
TACFIT

HOST: @ALBERTOCRANE
@TACFIT

+ WORKSHOP: 2-2:45 PM
BOXING

HOST: @WARRIORELVINA
@GEORGEFOREMAN3

+ WORKSHOP: 2-2:45 PM
SALSA DANCING

HOST: @BRETTHOEBEL

ENJOY AT ANY TIME.

+ WORKSHOP:
UNDERWATER TRAINING, PICKLEBALL

+ HEALING ZONE: CONTRAST THERAPY
HOST: @SWEATTENT

+ COMPRESSION & RED LIGHT THERAPY
HOST: @SUPERBLOOM.COLLECTIVE

+ MEDITATIVE PAINTING
BY ANITA SIMCO, PHD

+ BODYWORK
HOST: @ONE.SOMA

+ PULSE PEMF
HOST: @PATRICKKEENAN_SD

+ IV THERAPY
HOST: @HYDROINFUSION_

+ CHIROPY THERAPY
HOST: @ACTIVEHEALTHCLINIC
@DRGARRETT.DC

+ HEALTHY MINDSET COACHING
HOST: @CAMELIA.HEALTH

+ FIRE CUPPING
HOST: STUART HUGHES

+ ELECTROLYTES
HOST: @HYDRAPOWDERS

+ MIRO MUNCHIES
HOST: @MIRO_MUNCHIES_FOOD

+ SUPERFOODS
HOST: @REGENEROSUPERFOODS

+ HIGH-FREQUENCY SKINCARE
HOST: @CHAMPIONEBYMILEVA

+ MENTAL MANGO
HOST: @DOUBLEMDRINKCO

+ KISMET WELLNESS
HOST: @KISMETSALEM