

FINDING YOUR
SELF
VMC RETREAT

Agenda

3.5.22

- 11:00-11:30 AM WELCOME & NETWORKING BREAKFAST
- 11:30-12:00 PM VMC SHOP VENDOR NETWORKING
- 12:00-12:30 PM VMC KEYNOTE SPEAKERS - FINDING YOURSELF
- 12:30-2:30 PM { HORSE WHISPERING WORKSHOP - GROUP A
BUZZING MEDITATION WORKSHOP - GROUP B
PLANTING YOUR INTENTION WORKSHOP - GROUP C
- 2:30 -3:00 PM VMC RAFFLE & CLOSING REMARKS

***GROUPS A-C WILL ROTATE EVERY 30 MINUTES TO ATTEND EACH WORKSHOP