

# Workshop Schedule

Times of the workshops are subject to change.

Please arrive on Saturday before 9 am so that we can begin on time. All movement practices have limited space – sign up early when you register to attend.

|          | Sat   | Sun   |
|----------|---|---|
| 8:00 AM  | SomaQi<br>Qigong/Somatic<br>Movement Practice<br>(East meets West)<br>Nick Loffree and<br>Mary Ellen Hannon                   | Workshops begin at<br>1:00pm<br><br>Group Activity at<br>11am |
| 8:15 AM  | Coffee & Tea, Rolls,<br>Muffins at The Food<br>Lounge   |   |
| 9:00 AM  | Welcome:<br>You are our program!<br>How to see with new<br>eyes via imagery<br>hindsight<br>Mary Ellen Hannon<br>Steph Jacobs |   |
| 9:30 AM  | Healthy Hormones for<br>Every Age<br>Dr. Tonya Fleck  |   |
| 10:15 AM | Break   |   |
| 10:30 AM | Somatics changed my<br>life and it can help<br>change yours<br>Mary Ellen Hannon  | 11:00<br>West Cliff Walk<br><br>Lunch on your own             |
| 11:00 AM | Networking  |   |
| 11:15 AM | Lessons from<br>mentoring startups:<br>constructive dialog,<br>active listening, and<br>the rule of three<br>Steph Jacobs     |   |
| 11:45 PM | The Creative Mind &<br>Body at Work<br>Shelly Errington   | 1:00 PM<br>Active Hope<br>Steph Jacobs<br>Mary Ellen Hannon   |
| 12:30 PM | Lunch   |   |

|         |  |   |
|---------|--|---|
| 1:30 PM | Biology of Stress and Nervous System Regulation<br>Mary Ellen Hannon   | 1:30 PM<br>One on One<br>Complementary 25 minute sessions with Steph & Mary Ellen |
| 2:00 PM | Networking   |   |
| 2:15 PM | Three Bs and More<br>Chair Yoga<br>Cindy Walker  | Networking  |
| 3:00 PM | Networking   |   |
| 3:20 PM | A God That Could Be Real, unites science and spirituality in a radically new Big Picture for our future.<br>Nancy Ellen Abrams | Yoga to Invigorate the Body & Soul<br>Movement Practice<br>Kent Bond              |
| 4:20 PM | Yoga for Resiliency<br>Movement Practice<br>Irene Ericksen<br>-or-<br>Urban walk<br>Steph Jacobs                               |   |
|         |  |   |
| 5:00 PM | Final Thoughts   |   |
| 6:00 PM | Cocktails, Dinner  |   |