

# BALANCE IN MOTION

2026 STUDENT WELLNESS RETREAT

## Saturday, April 18

### Oregon Garden Resort

9:30 Registration opens

10:00 Welcome

10:15 Wellness Check-In

10:35 Session I

Speed Mentoring

Therapy Art

12:10 Lunch

1:00 Session II

Speed Mentoring

Therapy Art

2:20 Session III

PA Career Panel

MD/DO Career Panel

3:00 Room check-in available

3:30 Wellness Check-In

4:00 Break

6:15 Cocktail Hour

Dinner Buffet

Keynote Speaker

Door Prizes

## Sunday, April 19

7-10:00 Breakfast buffet

8:00 Vinyasa yoga

9:00 Oregon Garden opens

9:30 Gentle yoga

11:00 Room check-out time

11:00 Guided tour of the Oregon Garden

