

2023 Workshop Overview

Morning Sessions:

Intensive track 10:15a- 12:00p (105 min)	Round #1 10:15am Start	Round #2 11:15am Start
Soul Painting- L. Zweigbaum Herman	Post-traumatic growth- C. Smalley	Leveraging Capacity- NMH
	Creative Writing- J. El-Hai	Creative Journaling- N. Lu
	Food at the intersection- J. Breen	Self-Acupressure- M. Gardos Reid
Forgiveness- M. Hayes Grieco	Wellness Vision- A. Theisen	Creating Calm- P. Forte
	Renew, Release & Restore- K. Ealy	Connections through Music- A. Little
	Yoga Nidra- J. Orione	Yoga Nidra- J. Orione

Afternoon Sessions:

Intensive track 1:00p- 2:45p (105 min)	Round #1 1pm Start	Round #2 2pm Start
Forest Bathing- S. Holger	Leveraging Capacity- NMH	Leveraging Capacity- NMH
	Self-Acupressure- M. Gardos Reid	Creative Journaling- N. Lu
	Intentional Boundaries- K. Wilcox	Post-traumatic growth- C. Smalley
Creating a Creative Practice- K. Peterson	Creating Calm- P. Forte	Wellness Vision- A. Theisen
	Sound Bath- J. Lentz	Sound Bath- J. Lentz
	Mediative Movements- B. Rieke	Renew, Release & Restore- K. Ealy