

2024 Wellness Conference Schedule (*Tentative*)

Friday – April 12, 2024

4:00 -4:30 PM – Welcome (*May arrive on grounds anytime after 1 PM*)

4:30-6:00 PM – Nature Walk (*Peace through nature*)

6:00-7:00 PM – Dinner (*provided*) – *Friendship House*

7:00-7:30 PM – Value of nature and the spiritual in attaining peace

7:30-8:30 PM – TBD

Saturday – April 13, 2024

7:30-8:15 AM – Breakfast (*Provided*) – *Friendship House*

8:15-8:30 AM – Overview of Day / Wellness Stations explained and Sign-ups

8:30-10:15 – Trauma Recovery, Resilience, and Wellness / *Capt. Dan Willis (ret), author of “Bulletproof Spirit” (book provided free to all attendees)*

10:30-12:00 – Hiking – *Peace through Nature*

12:00-1:00 PM – Lunch (*Light lunch provided*) – *Friendship House*

1:00-3:00 PM – First responder wellness – *Catherine Butler, PhD – Trauma professional*

3:30-6:30 PM – 7 Wellness stations:

Sacral Cranium Therapy (*a gentle, hands-on technique used on the skull and spine to promote pain relief by decreasing tension and anxieties*)

HeartMath Meditation and Biofeedback – (*A heart-centered breathing meditation to relieve anxieties used to enable the heart, mind, body to optimally function*)

Pranic (energy) Healing (*No-touch healing energy practice to accelerate the body’s innate ability to heal itself – to relieve anxieties, stress, and tension*)

Acupressure / Acupuncture (*Manual therapy technique to relieve muscle tension, anxiety, pain / Stimulation of sensory nerves in the skin and muscles*)

-Meditation Station (*Guided 15-minute meditation / centered-deep breathing, stillness, while focused on strong positive emotions of love, gratitude, and peace*)

-Writing exercise (*Goals / Thanksgiving list / physical, mental, emotion, spiritual wellness practices*)

6:30-7:30 PM – Dinner (*Provided*) – *Friendship House*

8:00-9:00 PM – Star Walk in Nature

Sunday – April 14, 2024

7:30-8:15 – Breakfast (*Light breakfast provided*)

8:30-9:15 AM – Matt Pilates / Stretch (*Exercise for strengthening and toning with the focus on one’s core and flexibility – Miara Willis, Pilates and Yoga instructor for over 20 years*)

9:30-10:15 AM – Qi Gong – (*Psychological and physical components with movement to optimize energy within the body, mind, and spirit*) – *Rob Rohlmeier, Wellness practitioner of 20 years*

10:30-12:00 PM (*Free time / Hiking on your own/ Meditation / Church services / Writing exercises*)