

ADULT TRACK SCHEDULE & WORKSHOP DESCRIPTIONS

Track	Time	Track 1	Track 2	Track 3	Track 4	Track 5
Breakfast	9:30 am – 10:00 am	MAX 255 Participants Total Event – Max 100 Adults				
Workshop 1	10:00 am – 11:00 pm	Sip & Paint (20 ppl)	Vision Board (20 ppl)	Journaling (20 ppl)	Yoga (20 ppl)	Nature (20 ppl)
Workshop 2	11:00 am – 12:00 pm	Vision Board (20 ppl)	Journaling (20 ppl)	Nature (20 ppl)	Sip & Paint (20 ppl)	Yoga (20 ppl)
Workshop 3	12:00 pm – 1:00 pm	Yoga (20 ppl)	Nature (20 ppl)	Vision Board (20 ppl)	Journaling (20 ppl)	Sip & Paint (20 ppl)
Lunch	1:00 pm – 2:00 pm	Lunch - Gather & Goodbye – Cafetorium & Outside				

Adult Workshop Descriptions

Vision Board - See It, Believe It, Achieve It!

Max 20 People Per Class 45 Minutes

Takeaway: Participants will receive their vision board to take home with them and have many creative stickers, markers and other expressive tools to craft their board. **Bring with You:** If interested, images or magazines you'd like to include within your vision board.

Class Description: Move forward through vision. A vision board visually represents a particular concept using images, illustrations and/or words. This is an individualized experience. This exercise aims to help you creatively increase your self-care and self-compassion while manifesting your personal goals.

Presented by Tasia St. Louis of embrella

Yoga “Movement as Meditation”

Max 20 People Per Class 45 Minutes

Takeaway: Participants will receive a yoga mat to use during the workshop and take home with them.

Class Description: Participants will begin class with gentle movement paired with breathwork (pranayama). Students will then transition into a few Yin (passive stretching) postures which are typically held for 3-5 minutes. Class will end with a restorative shavasana (final resting pose). No previous yoga experience is necessary to participate.

Presented by Amy Emely, an advanced teacher of Yoga Therapy E-RYT® 200, RYT® 500, YACEP®

Sip & Paint

Max 20 People Per Class 45 Minutes Offered in Adult Blocks 1, 4, & 5

Takeaway: Participants will receive their painting to take home with them.

Class Description: Bring your imagination and create something magical! Participants will take part in a unique artistic experience that includes 45 minutes of basic painting instruction. All materials you will need to create your personal work of art will be provided. Your only job is to show up, relax and have a great time! Refreshing, non-alcoholic drinks will be available.

Presented by Michele Rodriguez of embrella

The Power of Journaling with Project Write Now

Max 20 People Per Class 45 Minutes

Takeaway: Participants will receive a Leuchtturm leather journal to take home with them.

Class Description: Studies have shown that journaling can have a positive impact on our well-being—releasing stress while strengthening coping skills and building self-awareness, confidence, and resilience. During this workshop, we invite you into the storytelling mindset with the help of guided journaling prompts. We also share strategies for starting or deepening a journaling practice. Give yourself dedicated time and space to write, reflect, and reconnect with what really matters to you. No writing experience necessary.

Presented by Jennifer Chauhan of Project Write Now

Nature & Wellness

Max 20 People Per Class 45 Minutes

Takeaway: Participants will be painting a terracotta planter and planting a succulent in the planter to take home with them.

Class Description: In a world that often feels monopolized by technology, email, and unforgiving schedules, we often do not set aside intentional time to connect with nature. However, time with nature has been a healing element since the dawn of time. Realign with nature and the natural rhythm found within and without.

Presented by Travis Fuchs of embrella