



Schedule of Activities

08:30-09:00 am	Registration
09:00-09:05 am	Welcome Address by Beck from Welcoming Women & Housekeeping
09:05-09:20 am	Meditation led by Usha from Usha.Club
09:20-09:30 am	Get to Break Out Sessions (see below for details)
09:30-10:30 am	Break Out Session Set 1
10:30-11:20 am	Morning Tea & Guest speaker presentation by Sana from Joyful Living and the Courage Unravelled podcast
11:20-11:30 am	Get to Break Out Sessions
11:30 am – 12:30 pm	Break Out Session Set 2
12:30-13:00 pm	Buffet lunch (including dessert) will be served in the marquee
13:00-13:15 pm	Everyone returns to the Main Room
13:15-13:45 pm	Get-to-Know the Practitioner presentations
13:45-14:15 pm:	Courage Worksheet activity
14:15-14:30 pm	Set up for sound healing in Main Room
14:30-15:15 pm	Sound healing (group session) with Ann from Harmonic Sound Resonance
15:15-15:30 pm	Closing Circle with Beck

Break Out Sessions:

Attendees will be in small groups and over the course of the day each group will be scheduled to participate in the different activities:

Yoga with Usha from [Usha.Club](#)

[Kindness Rocks](#) art activity with Beck from [Welcoming Women](#)

Half-hour individual therapy session with one of our wellness practitioners –

Laetitia from [Wholistic Healing Hut](#) - Reiki/Quantum Touch

Karen from [Karen Mazzella Kinesiology](#) - Kinesiology

Yuli from [Gentle Healing Therapies](#) - Emmett technique/Reiki

Leah from [Whole Green Pepper](#) - Flower Essences therapy

Monique van den Ing from [Monique's Holistic Reflexology](#) - Reflexology

Fay Savage Winter from [The Five Elements](#) - Kinesiology