

Start Time	Time Blocks
9:00 AM	1h

# Schedule Of The Day

FILL YOUR CUP

*\*please note all workshops are 45 mins long*

TIME	ATRIUM	THEATRE	THEATRE ATRIUM	ROOM 108	LIBRARY	CAFETERIA
9:00 AM	<b>REGISTRATION</b>					MARKET
10:00 AM		<b><u>WELCOME SESSION</u></b>				MARKET
10:30 AM		YOGA #1 <i>YOGA: Finding the Calm in Your Storm</i>	VISION BOARD #1 <i>Vision Boarding: Mapping Out the Future YOU WANT!</i>	DETOX #1 <i>Spring Into Health: How to Detox the Healthy Way</i>	MINIMALISM #1 <i>The 'Dis-Ease' of Being Busy: Embracing Minimalism</i>	MARKET/ZUMBA <i>ZUMBA: Shake You Money Maker!</i>
11:30 AM		MAKE & TAKE #1 <i>Create &amp; Regenerate: DIY Essential Oil Products</i>	VISION BOARD #2 <i>Vision Boarding: Mapping Out the Future YOU WANT!</i>	MINIMALISM #2 <i>The 'Dis-Ease' of Being Busy: Embracing Minimalism</i>	101 #1 <i>Parenting Skills 101: Discipline Without Punishment or Reward</i>	MARKET
12:30 PM	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	MARKET/LUNCH
1:30 PM		MAKE & TAKE #2 <i>Create &amp; Regenerate: DIY Essential Oil Products</i>	VISION BOARD #3 <i>Vision Boarding: Mapping Out the Future YOU WANT!</i>	DETOX #2 <i>Spring Into Health: How to Detox the Healthy Way</i>	101 #2 <i>Parenting Skills 101: Discipline Without Punishment or Reward</i>	CLEAN UP
2:30 PM		<b><u>CLOSING SESSION</u></b> <i>Door Prizes</i>				
3:00 PM						