



Spring into Vitality: 2015 Schedule	
Day 1: Friday, April 17, 2015	
7:30 am – 8:45 am	BREAKFAST (Meals provided for VIP attendees)
7:30 am – 9:00 am	Registration
9:00 am	Introduction and What's Possible
10:30 am	BREAK
10:45 am	Hormones 101 Hormone Evaluations Part 1
12:30 pm	LUNCH (Meals provided for VIP attendees)
1:45 pm	Hormone Evaluations Part 2
2:30 pm	Guest Expert: <i>“Learn the Secrets to Boosting Your Energy and Balancing Your Hormones through the Self-Care Techniques of Pranayama Breathing and Qi-Gong”</i> with Dr. David Weinthal
3:30 pm	EXTENDED SELF-CARE BREAK
4:30 pm	Guest Expert: <i>“How the Gut Microbiome Affects Your Hormones”</i> with Donna Gates
6:00 pm	DINNER (Meals provided for VIP attendees)
7:30 pm – 9:00 pm	Food and Hormones Special Guest: <i>“Hormone Harmonizing Dishes”</i> with Chef Karen Osborne



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Day 2: Saturday, April 18, 2015	
7:30 am – 8:45 am	BREAKFAST (Meals provided for VIP attendees)
9:00 am	Hormone Nourishing Strategies
10:30 am	BREAK
11:00 am	Guest Expert: <i>“The Wild Wisdom of Weeds”</i> with Katrina Blair
12:00 pm	LUNCH (Meals provided for VIP attendees)
1:30 pm	Choosing Foods to Nourish and Protect Hormones Herbs that Nourish and Protect Demos
3:30 pm	BREAK
4:00 pm	Transformation and Rejuvenation Stories Long-Term Strategies for Supporting Your Hormones
5:30 pm	EXTENDED SELF-CARE BREAK
7:00 pm	DINNER (Meals provided for VIP attendees)
8:00 pm – 9:00 pm	Bonus: Spotlight Coaching and Q&A with Dr. Ritamarie



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Day 3: Sunday, April 19, 2015

7:30 am – 8:45 am	BREAKFAST (Meals provided for VIP members)
9:00 am	Self-Care Strategies for Long-Term Hormone Balance
10:15 am	BREAK
10:30 am	Guest Expert: <i>“How Personal Care Products Affect Hormones”</i> with Donna Kasuska Guest Expert: <i>“Balancing Your Hormones and Feeling 20 Years Younger with Essential Oils: Reclaim Your Energy with Advanced Essential Oil Therapies”</i> with Artemis Keszainn
12:30 pm	LUNCH (Meals provided for Lunch/VIP members)
2:00 pm	Planning Hormone Nourishing Meals Guest Expert: <i>“Do EMFs Impact Our Hormones and Vitality?”</i> with Dr. Craig Sommers
3:30 pm	BREAK
4:00 pm – 5:00 pm (approximately)	Strategies for Dealing with Resistance Personal Action Planning