



Spring into Vitality: 2016 Schedule	
Day 1: Friday, June 17th, 2016	
7:30 am – 8:45 am	BREAKFAST (Meals provided for VIP attendees)
7:30 am – 9:00 am	Registration
9:00 am	Introduction, Overview, and Jumpstarting your Awakening
10:30 am	BREAK
10:45 am	Evaluating Health Foundations and Identifying Obstacles
12:30 pm	LUNCH (Meals provided for VIP attendees)
1:45 pm	Evaluating for Nutrient Imbalances
2:15 pm	Guest Expert: Going Deeper with Environmental Assessment: <i>“It Might Be Mold”</i> with Dr. Ann Shippy
3:45 pm	BREAK
4:00 pm	Guest Expert: Strategies for Awakening Your Inner Healer: <i>“Your Heart is a Hologram of Your Body”</i> with Dr. David Weinthal
5:30 pm	DINNER (Meals provided for VIP attendees)
7:00 pm – 9:00 pm	Fun and Healing with Food: Demos with Guest Experts <i>“Empower Your Meals with Low-Glycemic, Raw Vegan Recipes”</i> Demonstrated by Elaina Love <i>“Shakes and Desserts”</i> with Chef Karen Osborne



Spring into Vitality: 2016 Schedule	
Day 2: Saturday, June 18th, 2016	
7:00 am	Optional: Morning Qi Gong and Meditation with Dr. David
7:30 am – 8:45 am	BREAKFAST (Meals provided for VIP attendees)
9:00 am	Evaluating Your Nutrition and Body Systems – Part 1
10:30 am	BREAK
11:00 am	Evaluating Your Nutrition and Body Systems – Part 2
12:00 pm	LUNCH (Meals provided for VIP attendees)
1:30 pm	Evaluating Your Nutrition and Body Systems – Part 3
3:30 pm	BREAK
4:00 pm	Awakening and Rejuvenation Stories Long-Term Strategies for Supporting Your Healing Journey
5:30 pm	BREAK
6:30 pm	DINNER (Meals and Reception provided for VIP attendees)
8:00 pm – 9:00 pm	Bonus: Overcoming Resistance, Spotlight Coaching, and Q&A with Dr. Ritamarie



Spring into Vitality: 2016 Schedule

Day 3: Sunday, June 19th, 2016

7:00 am	Optional: Morning Qi Gong and Meditation with Dr. David
7:30 am – 8:45 am	BREAKFAST (Meals provided for VIP members)
9:00 am	Balancing the 7 Pillars and Nutrition – Part 1
10:30 am	BREAK
10:45 am	Guest Expert: <i>“Optimize Your Energy Through Your Unique Microbiome”</i> with Steph Jackson
12:15 pm	LUNCH (Meals provided for Lunch/VIP members)
1:30 pm	Guest Expert: <i>“Spring Into Your Greatness: Make Health and Wellness Lifestyle Changes That Stick!”</i> with Toni St. Clair
2:30 pm	Guest Expert: <i>“Unlock Your Body’s Natural Ability to Maintain Balance Through Food”</i> with Chef Karen Osborne
3:30 pm	BREAK
3:45 pm – 5:00 pm (approximately)	Balancing the 7 Pillars and Nutrition – Part 2 Unstoppable Health Roadmap