

S.H.I.N.E. Schedule

Day 1: Friday, October 10, 2014	
7:30 am - 9:00 am	Registration
7:30 am - 8:45 am	BREAKFAST (Meals provided for VIP members)
9:00 am	<ul style="list-style-type: none"> • Welcome Activities • Introduction to Nutritional Endocrinology and HPAT Axis Imbalances
10:30 am	BREAK
10:45 am	<ul style="list-style-type: none"> • HPAT Clinical Presentation
12:30 pm	LUNCH (Meals provided for VIP members)
1:45 pm	<ul style="list-style-type: none"> • Going Deep with HPAT
3:30 pm	BREAK
4:00 pm	<ul style="list-style-type: none"> • Adrenal / Thyroid / Gonad Relationships <p>Guest Speaker - Dr. David Weinthal: <i>The Zen to Wellness – Healing the Adrenals Through the Asian Self-Care Practices of Acupressure, Pranayama (Breathing), Meditation, Tai Chi / Chi Gong and Tonic Herbs</i></p>
5:30 pm	DINNER (Meal provided for VIP members)
7:00 pm - 9:00 pm	<p>Special Guest - Dr. Craig Sommers: <i>EMF's and HPAT Imbalances</i></p> <p>Special Guest - Karen Osborne: <i>Hormone Balancing Foods</i></p> <p>Dr. Ritamarie Demos: <i>Hormone Balancing Elixirs and Candies</i></p> <p>Guest Speaker - Debora Wayne: <i>Biofield Healing: Higher Consciousness for Whole-Brain Learning</i></p>

Day 2: Saturday, October 11, 2014	
7:30 am - 8:30 am	BREAKFAST (Meals provided for VIP members)
8:45 am	<ul style="list-style-type: none"> • Thyroid Assessments and Case Studies
10:30 am	BREAK
10:45 am	Guest Speaker - Dr. Tom O'Bryan: <i>The Impact of Gluten on Thyroid Function</i>
12:30 pm	LUNCH (Meals provided for VIP members)
1:45 pm	<ul style="list-style-type: none"> • Adrenal Assessments and Case Studies
3:30 pm	BREAK
3:45 pm	<ul style="list-style-type: none"> • Real Life Examples
4:30 pm	<ul style="list-style-type: none"> • Deepening Your Mastery of Nutritional Endocrinology
6:00 pm	VIP Connection and Conversation Reception
8:00 pm	<ul style="list-style-type: none"> • Optional: Q&A /Coaching Session

Day 3: Sunday, October 12, 2014	
7:30 am - 8:30 am	BREAKFAST (Meals provided for VIP members)
8:45 am	<ul style="list-style-type: none"> • HPAT Balancing Protocols – Nutrition and Lifestyle
10:15 am	BREAK
10:30 am	<ul style="list-style-type: none"> • Q&A with Dr. Ritamarie <p>Guest Speaker - Artemis Keszainn: <i>Powerful Tapping Techniques: Learn How to Harness the Power of Your Meridians to Reverse Hidden Subconscious Blocks and Create True Lasting Change in You and Your Clients</i></p>
12:00 pm	LUNCH (Meals provided for VIP members)
1:00 pm	<p>Guest Speaker - Donna Kasuska: <i>The Hazards of Personal Care and Cleaning Products</i></p> <p>Guest Speaker - Debora Wayne: <i>When Clients Don't Heal: Getting to the Root with Biofield Healing</i></p>
3:15 pm – 4:00 pm	<ul style="list-style-type: none"> • Strategies to Take Home

Notes: