



# Wholeness & Wellness Weekend 2024

## “Sense & Sensuality” - Tentative Schedule

### Friday

Time	Description	Location
5:00 PM +	OPTIONAL- Arrive early to wander the labyrinth, tour the chapel, hike the trails, preview the maker space...	
6:00 PM-7:00 PM	Check in	<i>Dining Hall</i>
6:00 PM-7:30 PM	Dinner reception	<i>Dining Hall</i>
7:30 PM-9:00 PM	Opening- Sense & Sensuality, Awakening the Senses	<i>Inglis</i>

### Saturday

Time	Description	Location
7:30 AM	OPTIONAL Morning activities- <b>Women’s Yoga at Inglis</b> . Coffee available on the Dining Hall porch. Maker space, and labyrinth open for quiet free time	<i>Yoga @ Inglis, Maker space @ Ben Smith Barn</i>
8:30 AM	Breakfast	<i>Dining Hall &amp; Pavilion</i>
8:30 am-9:00 am	Check in for Saturday Only participants	<i>Dining Hall</i>
9:15 am-10:45 am	*SESSION 1- Lost and Found: How to regain our sensuality after loss/trauma; a somatic (mind/body/soul) approach. Amy Pickett-Williams	<i>Ponderosa</i>
9:15 am-10:45 am	*SESSION 1- Reflections in Resin: Crafting Intention and Connection through Nature, Breath, Movement, and Arts. Rhiana Westlund.	<i>Blue Spruce</i>
11:00 am-12:30 pm	*SESSION 2- Acupuncture and Awakening the Spirit of Sensuality. Sakshi Mears	<i>Ponderosa?</i>

11:00 am- 12:30 pm	*SESSION 2- Putting "Me" Back into Motherhood. Amanda Irtz	Carriage House?
11:00 am- 12:30 pm	*SESSION 2- Having Fun With Line Dance. Mack and Yong Sharp	Inglis
12:45 pm	Lunch	Dining Hall & Pavilion
1:30 pm- 3:45 pm	Maker space/ free time/ labyrinth/ hike/ individual appointments with wellness providers (massage, acupuncture, "walk with the doc," spiritual direction...	
4:00 pm- 5:30 pm	*SESSION 3: Finding your Pleasure Center: How being curious about yourself is the first step to partnered sensuality. Dr. Heidi Sauder	Ponderosa
4:00 pm- 5:30 pm	*SESSION 3: Gut Joy: Making Kombucha and Fermented Foods. Michele Thompson.	Carriage House?
4:00 pm- 5:30 pm	*SESSION 3: Naming the Ache: Poetry for Wholeness & Healing. Grace Kelley	Blue Spruce
5:45 or 6:00 PM	Dinner at the food trucks	Lower Meadow
6:30 PM	"Dancing in the Wild"- Sensuality dance workshop for everyone. Melinda Cary	Ponderosa
7:30 PM	Concert for W&W participants and open to the community	Concert in Inglis

## Sunday

Time	Description	Location
7:00 AM	OPTIONAL Coffee available on the Dining Hall porch. Maker space, and labyrinth open for quiet free time	Maker space @ Ben Smith Barn
8:15 AM	Breakfast	Dining Hall & Pavilion
9:00 am- 11:00 am	Celebration/Reflection/Integration. Whitney Janzen-Pankratz	Inglis
11:00 PM	Check out	Cabins

**\*Indicates a time where separate options for children are available. Childcare will be provided for infants and children up to first grade. Mini-camp experiences will be led by camp counselors for those in grades 2-6. Older children are welcome to attend sessions with an adult.**