

AGENDA - Advanced DER Workshop/Retreat July 17-18

FRIDAY

Staggered VIP arrival times: 8, 8:20, 8:40; 9, 9:20, 9:40 to get settled.

1st VIPS to register come early for 1 extra service

8 AM – 10AM | VIP Initial Body Scans & Head Thermography by Gwen

SCANS: 8 Nancy 8:20 Julie 8:40 Kris 9:00 Carol 9:20 Kellie 9:40 Karlin

10:00 AM | Check in Friday-only guests Sign disclaimers, give gift

10:10-10:30 Cindy's Welcome | Intros, about detoxing, music means gather

10:30 – 12:00 | DER Presentation & Demo by Tamara Laing

12:00 - 1:00 | CATERED LUNCH

1:00 – 3:30 PM | PAIR UP & trade DER sessions Review procedures if needed. (10 minute break somewhere)

3:30 Group Grounding Imagery/closing slides. GROUP PHOTO

3:45 Closing Circle, Take home recommendations, Questionnaire

4:00 FRIDAY-ONLY GUESTS DEPART

4:00-5:00 PM | VIP Personal Time: Journal, meditate, be in nature

5-5:30, 5:30- 6:00 | **2 Wellness Modality Rotations** (scheduled)

6:00-6:30 Personal time or practice DER. *(Gather personal items*

6:30 – 7:30 PM | CATERED DINNER *as beds will be put down)*

7:30 - 8:30 A stellar Soundbath by Jhill Seraphina

Overnight | EE System Experience 8 Sleep in EE room beds. EESystem runs continuously. **KEEP EES DOOR OPEN** ALL night or it becomes warm.

SATURDAY

8-9 | Snacks. Feldenkrais Class (gentle movement) *while your bed is put up.*

9 AM |BREAKFAST

10:00-12:00 | Scheduled Wellness Modalities. Rotate thru 4

- **Chair Massage** *by Kayla Baird*
- **Brain Balancing** (or DER session...) *by Bonnie Nordfelt*
- **Craniosacral Therapy** *by Alice Christensen*
- **Spiritual Intuitive Healing** *by Christine Greenhalgh*
- **Microcurrent** (or DER) *by Marleice Hyde* erasingpain.com
- **Bemer Mat** PEMF circulation support (2 available)
- **MIGUN Bed** Infrared therapy & Thermal massage
- **20 minute Infrared Sauna** (& 10 minute shower)
- **IONIC Detox Foot Bath** (2 available)
- **Inner-Cleanse**
- **Acoustic Wave**
- **Brain Tap** (2 available)

12:00 – 1:00 PM | GROUP PHOTO and Lunch

1 - 3:30 PM | FINAL BODY SCANS by Gwen Results will be emailed. Scans are staggered so you can trade more DER sessions.

Enjoy more EES time while **completing the survey** in there or outside.
Video testimonials

4:00 | Closing Slides by Tamara, Reflection, Take home recommendations

5:00 PM | Departure