FULL WEEKEND SCHEDULE BOTH IN PERSON + VIRTUAL SESSIONS:

IN PERSON SCHEDULE SATURDAY 2/17

11:00 AM - 11:10 AM
*****Blessing prayer + Smudging ceremony*****
Gina Roxas

11:15 AM - 11:30 AM
*****Somatic Movement Practice*****
Dahlia Quintanilla

11:30 AM - 4:00 PM
******Healing Resources Exhibition (Public open for Exploration)******
- Attendees can explore the exhibition at their leisure

12:00 PM - 2:00 PM
*****Mini Therapy Sessions (Round 1)*****
conducting concurrent sessions, each seeing 8 people (15 minutes each)
Liliana Alfaro + Antonio Thomas

((5 min. BREAK for mini-therapy))

2:05 PM - 3:05 PM
*****Mini Therapy Sessions (Round 2)*****
conducting concurrent sessions, each seeing 4 people (15 minutes each)
Liliana Alfaro + Antonio Thomas

12:30 PM - 12:45 PM
*****Mocktail Demo*****
Bendicion Dry Bar

1:00 PM - 2:00 PM
*****Herbal Tea Making Class*****
- Introduction and hands-on activity for making herbal tea + herbal storytelling
Gina Roxas

2:00 PM - 2:15 PM
*****Mocktail Demo 2*****
Bendicion Dry bar

2:30 PM - 3:30 PM

Dreaming of Abolitionist Futures
- A Group Coaching Session
  Dr. Nicole Truesdell

((*3:30 PM - 3:45 PM* TRANSITION/BREAK))
- A short break for attendees before the final group session

Closing Event:
4:00 PM - 5:00 PM
Group Therapy Practice & Integration
-Self Care Checklist Exercise (An hour to put yourself first)
Erin Mathews

VIRTUAL SCHEDULE SATURDAY 2/17:

****9:00AM - 10:30AM**
BONUS RESOURCE: Herbal Masterclass
Selima Harleston Lust

11:30AM - 11:45AM
Yoga Flow Movement
DuShaun Branch Pollard

12:00 PM - 2:00 PM
Mini Coaching Sessions
Maraliz concurrent sessions, each seeing 8 people (15 minutes each)
Maraliz Salgado

Closing Event:
****2:30PM - 3:30PM****
Our Voice as Medicine Workshop
-group coaching
Cristina Garcia

IN PERSON SCHEDULE SUNDAY 2/18

****12:00 PM - 3:00 PM****
Storytime & Solidarity

-Art of traditional Arab storytelling called "Hakawati"
Celine Khalife

((3:30 - 4 PM** BREAK/CLEAN UP))**

Closing Event:
****4:00 PM - 4:30 PM****
Sound bath Meditation
-Multi-instrument sound therapy, guided meditation and group Reiki
Nicole Eng (Westerly Wellbeing)

VIRTUAL SCHEDULE SUNDAY 2/18

****11:00AM - 1:30PM****
***Harmonic Convergence* Group Coaching Demo
-group coaching
Maraliz Salgado

****12:00 PM - 2:00 PM****
Min. Therapy Session** 8 ppl 15 min. ea
TraShona Fowler

****2:00PM - 3:00PM****
The healing power of storytelling and our writing our narratives
-Narrative Mapping Session
Lily Be

Closing event:
****4:00PM - 5:00PM**
Build your celebration practice workshop
-group coaching
Laura Cardona

****END OF WEEKEND****