

# 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\*\***