



W E E K E N D 1 S C H E D U L E



APRIL 17-19, 2026

F R I D A Y

12:00PM-1:00PM
REGISTRATION
Grand Foyer

1:15PM - 2:00PM
OPENING CEREMONY
SPHERES OF
SOVEREIGNTY
Michelle & Nichole
Mind Room

2:30PM - 3:15PM
HUMAN MANDALA
EYE GAZING
Elitsa & Nichole
Body Room

3:30PM - 5:00PM
EMPOWERED IN YOUR
ESSENCE BREATHWORK
Elitsa
Body Room

5:00PM - 7:30PM
Dinner Break

7:30PM - 9:00PM
PULSE OF CREATION
CHAKRA MOVEMENT
Jannine
Body Room

S A T U R D A Y

8:45AM - 10:00AM
FREE FLOW QI GONG
Layla
Body Room

10:45AM - 12:00PM
RECONNECT WITH YOUR
NATURAL VITALITY
Katie & Darrell
Mind Room

12:00PM - 1:30PM
Buffet Lunch
(Included)
& Makers Market
Grand Foyer

1:30PM - 2:30PM
EFT TAPPING
& MOVEMENT
Ema
Body Room

3:00PM - 4:30PM
LIGHT LANGUAGE
ACTIVATIONS
Lara
Mind Room

4:30PM - 7:00PM
Dinner Break

7:00PM- 8:30PM
GROUND IN SOUND
SOUNDBATH &
HOLY FIRE® REIKI
Aurora & Nichole
Body Room

S U N D A Y

8:45AM - 10:00AM
BALANCED
EMPOWERMENT YOGA
Erin
Body Room

10:45AM - 12:00PM
EXPANDING AND
CONNECTING
MEDIUMSHIP
Nicole P
Mind Room

12:00PM - 1:30PM
Buffet Lunch
(Included)
& Makers Market
Grand Foyer

1:30PM - 2:30PM
MYSTICAL MEDITATION
Michelle
Body Room

3:00PM - 4:00PM
LAUGHTER YOGA
Soren
Body Room

4:15PM - 5:15PM
CLOSING CEREMONY
Michelle & Nichole
Body Room