

SATURDAY

April 27, 2024 TAHOLISTIC WELLNESS EXPERIENCE SCHEDULE

7:30 AM - 8:30 AM

Event Check-In

7:30 AM - 8:30 AM

Morning Vinyasa Yoga

Join us for a rejuvenating yoga session designed to cater to practitioners of all skill levels, including beginners. Immerse yourself in a soulful renewal amidst the serene backdrop of Lake Tahoe.

7:30 AM - 8:30 AM

Qigong with Emily Weer

Experience the harmonizing power of Qigong with our skilled instructor, Emily Weer. This session will guide you through the ancient Chinese practice that combines gentle movements, deep breathing, and meditation to enhance your well-being and inner peace.

8:30 AM - 10:30 AM

Morning Refresh

Elevate your morning with our curated elixirs. Enjoy our fresh and healthy selection of beverages and light snacks.

9:00 AM - 10:00 AM

Opening Ceremony
Being Yin in the Yang Modern World
with Melinda Choy

Activist, environmentalist, and local business owner of Elevate Wellness Center, Melinda Choy welcomes us to the weekend with a conversation on eight insights and routines into healthy living.



10:30 AM - 11:30 AM

Food is Medicine with Carla McClure

Explore the nutritional value of whole foods, fasting methods, and utilizing food for healing. Learn about Traditional Chinese Medicine's dietary principles, hydration, supplements, and the spiritual practice of blessing food.

OR

Mindful Walk with Karla Johnson

Rebalance by touching the peace and beauty of Lake Tahoe through a meditative walk, complete with gentle song, guidance and companionship.

11:30 PM - 1:30 PM

Lunch

by Edgewood Tahoe Culinary Team

Embark on an exquisite dining adventure where each dish is a testament to the art of healthy eating. Lunch is a tapestry of flavors, expertly woven from the finest ingredients to nourish body and soul. It's not just a meal; it's a celebration of life's vitality.

1:30 PM – 2:30 PM

Sound Healing with Emily Weer

Join an enchanting session of sound healing with Emily, where natural rhythms and elemental tones like water, wind, and Tibetan Bowls promote profound healing.

OR

Mindful Walk with Karla Johnson

Rebalance by touching the peace and beauty of Lake Tahoe through a meditative walk, complete with gentle song, guidance and companionship.



2:30 PM - 4:30 PM

Afternoon Teatime with Art of Tea

Partnering with Art of Tea, known for their exquisite blends, elevate your afternoon tea ritual experience. Complementing the aromatic teas with healthy snacks satisfies the palate and nourishes the body, creating a perfect harmony of wellness.

3:00 PM - 4:00 PM

Eating Your Emotions an Ayurvedic chat with Kimberly Harter

Exploring Ayurveda's wisdom, discover the six tastes and their influence on emotions and health. This knowledge empowers individuals to create meals that harmonize the mind and body.

OR

Elevated Flow with Lauren Tee

Inversion Vinyasa is an active yoga class focusing on inversions to improve flexibility, strength, and balance. It enhances circulation, boosts cardiovascular health, and offers a fun, energetic workout with an uplifting soundtrack.
Suitable for all levels

4:30 PM - 5:30 PM

Nourishing Your Gut Terrain for Optimal Health

with Dr. Brianna Brownings

Discover the intricate dance between your digestion, brain, and the trillions of microbes within you in this enlightening talk. Learn how mindful eating and gut health can transform your overall well-being. Includes fresh, healthy mocktails.

9:00 AM - 7:00 PM BEACH FRONT

Lost Sauna Experience

We've partnered with the Lost Sauna Company, for an exclusive three-day offering of a sanctuary for those seeking respite from life's daily stresses. Their saunas are havens of calm, melting away tension and fostering a state of deep relaxation. Embrace the holistic health benefits that Lost Sauna Company provides.