

CLUBHOUSE NORTH ROOM

8:30 AM
Coffee, Tea, Juice, Snack

9:00 AM - 9:30 AM
Opening Introduction

9:45 AM - 10:45 AM
Cristi Christensen
"Somatic Sound Journey:
Arrive, Align, and Set
Your Intention"

12:00 PM - 1:30 PM
The Edge Restaurant & Lounge
Light Lunch Buffet

12:30 PM - 5:00 PM
Vendor Market

LODGE BALLROOM 1/2

11:00 AM - 12:00 PM
Peter Walters
"High on Love: A Joyful
Sweaty Celebration"

3:00 PM - 4:00 PM
Denelle Numis
"Ride the Wave: A
Movement Mandala"

5:00 PM - 6:00 PM
Closing Session: Sound & Yin
Alana Saporiti & Katelyn Morris

LODGE BALLROOM 3

11:30 AM - 12:30 PM
Brooke Haley
"The Radiant Edge: A
Chakra Embodiment
Intensive"

3:15 PM - 4:15 PM
Cristi Christensen (Talk)
"Unlocking Your Inner
Power: The Nervous
System Key to Clarity,
Confidence, and Purpose"

OUTDOOR

9:00 AM - 5:00 PM
Sauna Experience
Beachfront

CLUBHOUSE NORTH ROOM

8:00 AM
Coffee, Tea, Juice, Snack

8:00 AM - 12:00 PM
Vendor Market

2:00 PM - 3:00 PM
Brooke Haley
‘Live the Yoga: Embodying
the Wisdom of the Yoga
Sutras in Everyday Life’

LODGE BALLROOM 1/2

8:30 AM - 9:30 AM
Cristi Christensen & DJ Nikki Yoga Practice
“Soul Fire: A Transformational
Yoga Dance Experience”

11:00 AM - 12:15 PM
Peter Walters
“Open the Gates- A
Heart + Voice Ceremony”

3:00 PM - 4:00 PM
Taholistic Signature Weekend Send Off
Thank You’s, Wine Cheers, and Mocktails

LODGE BALLROOM 3

11:30 AM - 12:30 PM
Denelle Numis
“Rolling in the Deep:
A Myofascial Release
Workshop”

OUTDOOR

9:00 AM - 5:00 PM
Sauna Experience
Beachfront