



Schedule March 3, 2018

- 8:15 - 8:45am **Pre-Conference QiGong with Lien Ho on Oceanview Café Terrace*
- 8:30am Registration, Coffee & Networking
- 9:00am Cady Vortmann, Junior League, Opening Remarks
- 9:05 - 9:55am Dr Lorri Sulpizio "Women of Impact: Stepping into your Full Power"
- 10:10 - 11:00am Brahman Kyrie "Transformative Leadership, from the inside out"
- 11:35 - 12:25pm Dr Erica Oberg "Effective Mind-Body Stress Management"
- 12:30 - 1:30pm Lunch provided by Bella Vista Cafe on ocean-view terrace
Sample an energy healing and mini massages
Live music by John St Clair
- 1:40 - 2:30pm Dr Felicia Gersh "Optimizing Hormonal Health"
- 3:00 - 4:00pm Dr Shamini Jain "The Power of Conscious Connection"
- Keynote-

Special features between the presentations include:

- Breathing exercises with Fay McGrew (10:00am)
- Forgiveness-Compassion Meditation with Trisha Kelly (11:20am)
- Live Drumming with Vicki Morgan (1:30pm)
- Tibetan Bowls Transcendent Sound with Diane Mandle (2:45pm)