

## Thursday - February 25

2:00 pm - 7:00 pm

**Private Sessions Available**

4:00 pm

**Hotel Check-in**

7:00 pm - 8:30 pm

**Welcome Ceremony**

Lake Lawn Room

Meet up with old friends and make new ones. Enjoy our open reception where you can meet speakers and enjoy inspiring entertainment. A perfect way to get a sneak peak at the amazing weekend ahead!

## Friday - February 26

7:45 am - 8:30 am

**Cardio Wake Up** with Tom Barrett

Lake Lawn Room

The class starts slowly with Tai-Chi movements to warm-up, and then works at a faster pace with kickboxing intervals. End with an abdominal and stretching floor routine to start your day off right.

**Radiant Light Meditation** with Debbi Brown

Milwaukee Room

Open up to receive solar, cosmic, and universal light in your energy centers to purify, awaken, expand and energize you.

9:00 am - 9:15 am

**Announcements** - Betsy Hicks

Lake Lawn Room

**9:15 am - 11:00 am**

**Living the Law of Attraction** - John Waddell  
Lake Lawn Room

Dr. John Waddell brings the Law of Attraction to life by giving examples of how to enjoy your days with passion, fun, and abundance. There are many ways to use this powerful force to create the experiences you desire. This presentation provides an overview of the Law of Attraction and techniques we can use to make our lives more joyful. In this opening lecture, we will explore how you are the absolute creator of your experience, and how everything that comes to you is because of the energy created by your thoughts. There is nothing more important than feeling good, and this seminar will teach you how to guide your life into one joyful event after another.

**11:00 am 11:30 am**

25-minute **Break** and 5-minute **Stretch**

**11:30 am - 12:30 am**

**From Anger to Joy** - Stacy Whetlow  
Lake Lawn Room

The Radical Forgiveness experience helps you to release self-destructive belief patterns, such as “I’m not good enough” or “No matter how hard I try, it’s never enough.” It is beliefs like these that keep us blocked from feeling joy, abundance, and inner peace. In this session, you will learn how to recognize your core beliefs and how they repeat themselves throughout your life. The Radical Forgiveness process helps you let go of energy blocks like anger, blame, resentment, and judgment. By letting go of these negative emotions, you can forgive others and yourself, and move forward on your own path with more energy, peace, and joy.

**12:45 pm - 1:45 pm**

**Lunch** (\$25 optional – must be reserved in advance)  
Geneva Room

**2:00 pm - 3:00 pm**

**Hormone Health** – Sueson Ross Vess & John Hicks, MD  
Lake Lawn Room

Hormones control more than hot flashes and PMS! Join us and understand how to nourish your body to avoid mood swings, hot flashes, as well as how to control low or high blood sugar. Hormones also affect your ability to sleep at night and wake up refreshed. Sample optimal foods to eat based on the time of day.

**Forgiveness Workshop** – Stacy Whetlow  
Milwaukee Room

Continue your work following Stacy's earlier lecture with a smaller workshop designed to help you release resistance through worksheets and other tools that will give you an outlet to move away from "victim hood" into forgiveness.

**3:15 pm - 4:15 pm**

**The Cultivation of Mindful Well-Being** – Marvin Brown  
Lake Lawn Room

Learn how you can become the author of your own life through the power of becoming mindfully aware of your thoughts. Learn to observe everything that is going on in the present moment: your thoughts, your reasoning, your emotions and feelings, the circumstances of the event, your likes and dislikes, and your relationship with all life. Often life is filled with stress and the results of that stress show up in your body, relationships, and dreams. Through mindfulness practice, we learn not only to be present in the moment, but also to choose how we will *be* in the present moment. Mindfulness practice is easy to learn, easy to do, and easy to receive.

**Adding Clarity with Essential Oils** – Cathie Lewandowski  
Wisconsin Room

Great introduction to the wonders and benefits of therapeutic essential oils. These amazing healing oils are not only healthy alternatives to cleaning, personal hygiene, and medicinal products, but many of them are blended to assist in emotional healing. Learn how to use oils as a tool in your personal transformation.

**4:30 pm - 5:30 pm**

**It's Easy Eating Green** – Sueson Vess

Lake Lawn Room

Join us to learn how to incorporate more green vegetables into your diet and improve your pH balance. Discover which foods are high acid or alkaline. Sample surprisingly simple and delicious green foods.

**Creating with the Law of Attraction** – John Waddell, MD

Milwaukee Room

In this breakout session, we will apply the Law of Attraction to personal situations that have been holding you back from your joyful flow. Bring a specific circumstance where you want to blossom.

**6:00 pm - 7:00 pm**

**Dinner** (\$35 optional – must be reserved)

Geneva Room

**7:30 pm - 8:30 pm**

**Satori: Radical Forgiveness Game** – Moderator Stacy Whetlow

Lake Lawn Room

Satori is a board game that can be played even if you are not familiar with the book *Radical Forgiveness* by Collin Tipping. This is a fun and lighthearted way to let go of emotional baggage – forgiving yourself and others in the process – easily and quickly. It promotes laughter, enlightenment, insight, and growth – both spiritual and personal. Quite amazingly, 'Satori' gives us our own wisdom in having created the very circumstances of our own healing. It helps us "reframe" the past and see the perfection in it. It can be prophetic in showing us issues we didn't even consciously know we had, and it connects us to the truth of who we are. This is a completely optional event and groups of 5 will be led by experienced Satori moderators.

## Saturday, February 27

7:45 am - 8:30 am

### **Kundalini Yoga** - Jamie Durner Lake Lawn Room

Kundalini Yoga is the yoga of awareness and the science and technology of energy. This yoga works not only on the muscles but also on balancing the nervous, endocrine, and glandular systems and serves as a powerful tool to begin living through the meditative & intuitive mind. At times it can be aerobic, at times it can be quiet and reflective, but it is always a unique and uplifting experience. One can be in various ranges of physical fitness to get benefits from a Kundalini Yoga Class. If you can breathe and lean in the right direction of the exercise you will get benefits, so start wherever you are and build from there!

### **Present Moment Looking Deeper** – Marvin Brown Milwaukee Room

The practice of looking deeply is the ability to truly see what is going on without filters, such as feelings, beliefs, and desires. During this meditation we will learn tools to begin to be able to look into our lives, our body, and our thinking through simple techniques.

9:00 am - 10:30 am

### **What Is Holding you Back?** – Jamie Durner Lake Lawn Room

Explore the role of habits, beliefs, and patterns in relation to what might be holding you back in your life. As you gain greater awareness around your beliefs and patterns, you can begin to clear your restrictions and move forward with conscious intention.

In this workshop you will:

- Learn about the nature of patterns from a body/mind perspective
- Learn what patterns represent
- Learn a three step process for expanding your habits in order to support your forward movement
- Explore the power of beliefs and how to de-cluster belief knots

- And finally, learn and experience a simple meditation to move through obstacles

**10:30 am - 11:00 am**

25-minute **Break** and 5-minute **Stretch**

**11:00 am - 12:30 pm**

**Children, Friends, and Lovers: Breaking from Co-Dependency and Loving Yourself!** – John Hicks, MD & Betsy Hicks

Lake Lawn Room

Your primary relationship is between *you* and *who* you are becoming, yet we frequently use others as an excuse as to why we are not moving ahead. Our personal work is to align with who we desire to be and in the process of aligning, be accepting of where we are now. Every person in our life leads us to understanding what we want *and* what we don't want. The combination of abundance and contrasts creates clarity. With this clarity, it is easier to manifest positive relationships, and without clarity we tend to repeat old patterns.

In this lecture you will not only learn how to detach from co-dependent relationships, but fall in love again with the most important person in your life...YOU!

**12:45 pm - 1:45 pm**

**Lunch** (\$25 optional – must be reserved in advance)

Geneva Room

**2:00 pm - 3:00 pm**

**Healthy Body=Healthy Mind** – Sueson Ross Vess & John Hicks, MD

Lake Lawn Room

Want to think clearly? Or remember where you left your keys – or why you walked into the room? Are learning and focus struggles a concern to you? This learning opportunity will address the role nutrition plays in healing depression, ADD, developmental delay, and poor memory. See how a balanced meal plan looks and tastes.

**Choosing our Words** – Cathie Lewandowski  
Milwaukee Room

Come learn the language of attraction:

Our thoughts spoken and unspoken have tremendous influence on the way we experience the world. Of the 60,000 thoughts you think and speak daily, how many are in harmony with the vision you have for your life? The thoughts we have and the words we speak are the vibrational seeds we plant to create our reality. Many times more is said, and with much more emotion about what is not wanted than what IS wanted. This workshop will focus on becoming aware of both unconscious and conscious thought patterns, recognizing how they influence our experiences, and learning ways to reach for better feeling thoughts and ways of expression. Further, you will learn how to identify and let go of thought patterns that are not fully supporting the vision you have for your life. By changing your mind, you can change your life, instantly!

**3:15 pm - 4:15 pm**

**Making Choices with Ease: The Art of Inspired Action** – Jamie Durner  
Lake Lawn Room

When your internal values, passions, and truths are aligned with your external actions, life flows with ease and you reap the benefits of success and well being. The key to having this alignment and making choices with ease is to take inspired action rather than action...a subtle but powerful distinction.

In this workshop you will:

- Learn the difference between inspired action and action
- Learn a simple approach to connecting to your inspired action
- Learn to use the second chakra to know if you're on the right track
- Deepen your knowledge of the sixth chakra to use and trust your intuition in the decision making process
- Amplifying your inspired action with affirmation and meditation

**Making your own Mandala** – Lisa Roseman  
Milwaukee Room

The name Mandala is most often used to describe a traditional art design that is common among many cultures. The word mandala means circle in

the ancient language of Sanskrit. Mandalas appear in Celtic traditions, Native American medicine wheels, European stained glass in churches, and much more. The purpose of this class is for spiritual growth, healing, and an awakening in one's self. Everyone can create personal healing mandalas in an artistic way to bring positive and peaceful healing energies into their world. This is an introduction course designed to get you started. The class covers instruction and supplies. During the first part of the class, you will be provided with imagery that awakens your soul's energy to use in your mandala. You will be taught shapes, patterns, colors, and many other necessary tools needed to create your personal mandala. Discover your soul symbols as powerful tools for personal and professional transformation. Come to a deeper understanding of your own creative forces. Mandala painting can open your eyes in a heart-and-soul-connected way to see and feel things you may never have experienced before.

**4:30 pm - 5:30 pm**

**How Sweet it Is: Desserts without Sugar** – Sueson Ross Vess  
Lake Lawn Room

Dessert doesn't have to send your blood sugar through the roof! Learn how to make desserts that will satisfy your craving without the guilt or damage to your body with sugarless temptations (and free of artificial sweeteners).

**Dreaming Your Best Life**– Debbi Brown  
Milwaukee Room

All manifestations in life are created in mind first. Open to new and greater possibilities as you connect with your Higher Self and future self to envision your best life. Move from dreaming into living!

**6:00 pm - 7:00 pm**

**Dinner** (\$35 optional – must be reserved)  
Geneva Room

**7:30 pm - 8:30 pm**

**Chocolate, Music & Laughter** – Scott Kalechstein

Lake Lawn Room

Warning! Before attending this event, be aware that musician and song writer, Scott Kalechstein is wanted by authorities in 43 states and various foreign countries. He is charged with disturbing the status quo, enhancing the peace, and breaking in and entering the hearts of thousands. Victims of his music find themselves temporarily and, sometimes even permanently, relieved of their stress. The makers of Prozac and other pharmaceutical companies have routinely offered Scott millions of dollars to retire early, but he has consistently refused. He continues to defy the law (of gravity) with levity, deliberately spreading infectious joy viruses to all ends of the earth. Finally, the Surgeon General has evidence that Scott Kalechstein causes four out of five laboratory rats to relax, kick back, and significantly lighten up!

Join us tonight, kick off your shoes, eat chocolate and laugh like never before!

## Sunday, February 28

7:45 am - 8:30 am

**Kundalini Yoga** – Jamie Durner  
Milwaukee Room

Kundalini Yoga is the yoga of awareness and the science and technology of energy. This yoga works not only on the muscles but also on balancing the nervous, endocrine, and glandular systems and serves as a powerful tool to begin living through the meditative & intuitive mind. At times it can be aerobic, at times it can be quiet and reflective, but it is always a unique and uplifting experience. One can be in various ranges of physical fitness to get benefits from a Kundalini Yoga Class. If you can breathe and lean in the right direction of the exercise you will get benefits, so start wherever you are and build from there!

**“It’s a Beautiful Day in the Neighborhood” Starting the Day with Mr. Rogers** – Scott Kalechstein  
Lake Lawn Room

Scott's Morning Moving Music Meditation will help us focus on remembering and celebrating our original innocence. It is always a

beautiful day in the neighborhood when we are awake to who and what we really are, overflowing waterfalls of love and light, gentleness and kindness.

**9:00 am - 10:00 am**

**Moving Forward into Your Best Life** – Debbi Brown  
Lake Lawn Room

"The Greatest Gift"

Are you living your destiny? Are you making your dreams come true for yourself? Learn three keys to unleash infinite power and align yourself with your Spirit to create a life - Bigger - Greater - Grander - than you dream for yourself.

**10:00 am - 10:15 am**

**Break**

**10:15 am - 11:15 am**

**Orchestrating Your Body** – John Hicks, MD & Betsy Hicks  
Lake Lawn Room

Our magnificent bodies intuitively know how to be well. By understanding our body, we can learn to make customized nutritional choices that support and allow wellness. Learn how the power of our thoughts and beliefs affect our health, in both a positive and negative way. In this lecture, you will learn how to take control of your health through nourishing the body and healing the mind.

**11:15 am - 11:30 am**

**Break**

**11:30 am - 12:30 pm**

**How to Develop and *Trust* Your Intuition** – Sherrin Ross Ingram  
Lake Lawn Room

We are often told to "Use your intuition" or "Follow your instincts" when trying to make a choice or decide a course of action. But, practically speaking, what does it mean to use your intuition or follow your instincts? How do we know when it is our intuition speaking and not the masked voice of external influences? And, what can we proactively do to become better at discerning and trusting our intuition? This session will provide insights into how to deepen awareness of your intuition, uncover and remove blocks to strengthening your intuition, and specific techniques for building trust of your intuition.

**12:45 pm - 1:45 pm**

**Lunch** (\$25 optional – must be reserved in advance)  
Geneva Room

**2:00 pm - 3:00 pm**

**Spring Cleaning: An Inside Job** – Sueson Vess  
Lake Lawn Room

Now is the time to prepare your body for the changing seasons. Detoxify and boost your immune system. Much more than weight loss – increase your energy and have more time for family and fun. Sample delicious detoxifying foods.

**Inward Journey** – John Hicks, MD  
Milwaukee Room

Inward Journey is a powerful inner visualization process that enables you to go into your body and communicate with any particular area that you feel you need to talk to. The cells of our body are constantly in communication with the other cells. We can visit cells in any area and listen to what they have to tell us. Have they been hurt or traumatized? What can we do to bring them back into balance? Where do we need to send our healing energy? Enjoy this guided meditation as you explore your inner body and learn to listen and honor the messages that you receive.

**3:15 pm - 4:15 pm**

**Emotional Abundance: The Next Shift in Consciousness** – Michelle Bersell, M.A., M.Ed.

Lake Lawn Room

It is time for a deeper awakening within us that allows us to further expand our capabilities and create with greater ease a fulfilled life. Old world thinking about our emotional well being is prohibiting people from further tapping into their potential. Join Michelle to learn how to recognize the gift in every feeling and fear that is within us to claim the internal abundance that is our birthright and transform your life to the next level!

**4:15 pm - 4:30 pm**

**Break**

**4:30 pm - 5:15 pm**

**Laughing Your Way Back Home: A Lighthearted Look at the Spiritual Journey** – Susan Geye

Lake Lawn Room

The gift of joy—and laughter is uniquely human. Life is supposed to be fun. So why do we take our spiritual journey and ourselves so seriously? It's easy to get caught up and bogged down in techniques, tools, and teachers. By working so hard, we miss the point of being here! Laugh and let go of the inhibitions that keep you from truly enjoying the present moment. The creative and playful spirit in you is waiting to come out.

**5:15 pm - 5:30 pm**

**Closing Ceremony** – Betsy Hicks and Cast

