



Location: SHINE's Education + Retreat Center
5190 Cline Rd, Kent OH 44240

Saturday, September 9

9:30 – 10:00am	Arrival and Check-in
10:00 – 10:30am	Welcome
10:30 – 12:30p	Forest Bathing and Grounding (<i>Cortney</i>)
12:45 – 1:30p	Lunch with Sandy Bottom Bowls
1:45 – 2:35p	Creating Hormone Healthy Meals (<i>Amanda</i>)
2:45 – 3:35p	Letting Go: The Art of Flow (<i>Ted</i>)
3:45 – 4:45p	Yoga with Amy
5:00 – 5:45p	Dinner
6:00 – 7:00p	Embodied Healing (<i>Cortney</i>)
7:00 – 7:30p	Break and Setup
7:30 – 9:00p	Cacao Ceremony (<i>Erica</i>)
9:00p	Departure

Please note: Agenda is subject to change without written consent; all sessions are optional