

Wellness Festival Schedule

MAY 6TH, 9AM-2PM AT THE UNITED CHURCH OF CHRIST IN KEENE

TIME	ACTIVITY	FACILITATOR
9:00AM-NOON	POTTING PLANTS	MICHELE CHALICE
9:30-10:30AM	PILATES	SHERRI KRUG-SUMMERS
9:30-10:30AM	QI GONG	GINNETTE GROOME
10:00-11:00AM	ART PROJECT	KATHARINA ROONEY
11:00AM-NOON	MEDITATION	GINNIE GAVRIN
11:00AM-NOON	YOGA NIDRA	DR. CAITLIN CLARKE
NOON-2:00 PM	HULA HOOPING	CAEL GUILDFORD
12:30-1:30PM	BREATHE, STRETCH, RESTORE	PAM + RICHARD CLOUGH
12:30-1:30PM	YIN YOGA WITH LIVE MUSIC	MICHELLE DAVIS HANNAH BANANA

THROUGHOUT THE DAY IN THE PARK

RIBBONS
PRAYER FLAGS (WHILE SUPPLIES
LAST)
STORY TELLING
BUBBLES

THROUGHOUT THE DAY MINI MASSAGES + MORE

MASSAGE/REIKI WITH REBECCA
MARSHALL
BIOMAT WITH AUDRA WILSON
THAI MASSAGE WITH EBEN DODD
MASSAGE WITH MEGAN LAWLOR
MASSAGE WITH ELLEN LAMBERT

 In the Chapel  2nd Floor Parlor  In the Classroom  In the Park