What is a Labyrinth? (Trish Kalhagen)
A labyrinth is a single path that leads a person walking toward the center and then back out again. It can be a form of walking meditation, a method of stress relief and can be calming. Labyrinth patterns have existed for thousands of years in many different cultures. As you walk this path, Labyrinths can be used to step away from the faster pace of life. It is an activity that may have positive health benefits that include helping with anxiety, stress relief, insomnia, focus and concentration.

1 Billion Rising Dance Practice (Dianne Brakarsh)
Dance to the song “Break the Chain” which is considered the anthem of the One Billion Rising movement, a world-wide movement to end injustice and abuse against women and girls. We will learn the moves to the dance and discuss how the movements evoke feelings of power and strength in the dancers, preparing to present the dance as a flash mob at the end of the event.

I Believe You: Safe Places (Samantha Collier)
Being advocates, we must take care of our minds; bodies; and souls, to give our clients the best practices without our own personal issues. Participants will be guided through a journaling exercise.

Boundaries (Shelby Mitchell)
In a facilitated Q & A style, we will discuss the three different types of boundaries (physical, emotional, and sexual) and learn how to properly set boundaries for yourself and others. This will fall into the category of self-awareness...standing strong to your internal boundaries.

Mindfulness Meditation (Amanda Hillenbrand)
When we believe that we control our destiny through our thoughts, then through mindfulness and self-hypnosis we use the power of our subconscious to create the abundance that directs our lives. Experience some easy exercises for mindfulness and using self-hypnosis to gather inner comfort and strength.

Healing Through Creative Journeys (Veronica Lazo)
This workshop will help participants release stress, clear their mind, and hopefully surprise them with their creativity. Participants will engage in the art making process using mediums like fabric and paint. Art making can make us "happier" and can help us be more resilient when challenged by life events. This session will be presented in Spanish.

Rejuvenation Room (Day Host-Jablonski, Julie Qualle, Lynsey Genevieve Philippi)
Open all morning, in this room we will be featuring:
- Explore the needs of the body, mind and spirit in springtime rejuvenation with herbal remedies, food and eating choices and aromatic self-care
- Massage by Julie and Lynsey
- Opportunities to create through various artistic media. Stop by and relax!