



## WEDNESDAY OCT 26TH

### LIVE SCHEDULE

TIME (EST)	TOPIC	PRESENTER NAME
11:00 am- 11:20am	Keynote address	Dr. Yudhi & Prabha Ahuja
11:20am -12:00 noon	Painting with watercolor	Ghazaleh Naderian
12:10pm – 1:00 pm	Feeling Good – an Inside Job	Trine Lehmann Hansen
<b>1:00pm – 1:30pm</b>	<b>BREAK</b>	<b>BREAK</b>
1:30pm – 2:20pm	The Power of Journaling and Mandalas	Dale Darley
2:30pm – 3:20pm	The 4 keys to avoiding burnout	Avery Thatcher
3:30pm – 4:20pm	Panel Discussion: Why self-accountability is important in selfcare	Panelists
4:30pm – 5:20pm	Pause with pastels	Alka Chopra
5:30pm – 6:20pm	Using Art & Mindfulness to Support Wellbeing & Neuroplasticity	Charmaine Husum

### PRE-RECORDED

TOPIC	PRESENTER NAME
The Brain and Movement: Best Practices	Olga Danilevich
Burn your stress away (Wood Burning)	Pushpa

If you have challenges joining the sessions, please email me: [alka@alkachopra.ca](mailto:alka@alkachopra.ca)

# THURSDAY OCT 27<sup>TH</sup>

## LIVE SCHEDULE

TIME (EST)	TOPIC	PRESENTER NAME
11:00 am- 11:20am	Review of previous day	Alka Chopra
11:20am -12:00 noon	Of course, you feel that way: now what can we do about it?	Kyira Wackett
12:10pm – 1:00 pm	Let The Real You Shine	Kubra Ozguvenc
<b>1:00pm – 1:30pm</b>	<b>BREAK</b>	<b>BREAK</b>
1:30pm – 2:20pm	Intuitive Eating: Using Your Senses to Improve Eating Satisfaction	Jennifer Neale
2:30pm – 3:20pm	Intro to Zentangle	Yvonne Westover
3:30pm – 4:20pm	Mindful Midlife	Roberta Scott
4:30pm – 5:20pm	Growing, Cooking and Feeling Good -small changes count	Sally Kirby
5:30pm – 6:20pm	Feeling Good with Sound Healing	Lucinda Curran

## PRE-RECORDED (AVAILABLE FOR VIEWING FOR 24 HRS)

TOPIC	PRESENTER NAME
Practical Approaches to Incorporating Sustainability	Roxanne Wagner

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# FRIDAY OCT 28<sup>TH</sup>

## LIVE SCHEDULE OCT 28TH

TIME (EST)	TOPIC	PRESENTER NAME
11:00 am- 11:20am	Review of previous day	Alka Chopra
11:20am -12:00 noon	How to Make Pigs Fly: Leveraging the Power of Creativity to Transform Lives	Karin Anne Davis
12:10pm – 1:00 pm	Nutrition on the Brain – The Brain Gut Connection	Ashlee Wright
<b>1:00pm – 1:30pm</b>	<b>BREAK</b>	<b>BREAK</b>
1:30pm – 2:20pm	Panel discussion: simple low-cost ways to follow a selfcare type lifestyle	Panelists
2:30pm – 3:20pm	Redefining Feeling Good	Chris Templeton
3:30pm – 4:20pm	Community meet up	Summit participants
4:30pm – 5:20pm	Integrating Psychedelic Medicines	Charmaine Husum
5:30pm – 6:20pm	Lotus Flower Painting	Sara Hong

### PRE-RECORDED (AVAILABLE FOR VIEWING FOR 24 HRS)

TOPIC	PRESENTER NAME
Unity Consciousness	Justin Wesenberg

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# SATURDAY OCT 29TH

## LIVE SCHEDULE

TIME (EST)	TOPIC	PRESENTER NAME
11:00 am- 11:20am	Review of previous day	Alka Chopra
11:20am -12:00 noon	Gift giving feels good	Arushi Chopra
12:10pm – 1:00 pm	Self empowerment – get control of stress rather than letting stress control you	Margaret Sinclair
<b>1:00pm – 1:30pm</b>	<b>BREAK</b>	<b>BREAK</b>
1:30pm – 2:20pm	The 5 Pillars To Get To Sleep	Caryl Ayearst
2:30pm – 3:20pm	Lets make some body butter	Monika Chugh
3:30pm – 4:20pm	Rebirth- The Phoenix Rising	Monika Chugh
4:30pm – 5:20pm	Your meal patterns matter	Alka Chopra
5:30pm – 6:20pm	Decode your Posture & Reset your Nervous System	Heidi Hadley

### PRE-RECORDED (AVAILABLE FOR VIEWING FOR 24 HRS)

TOPIC	PRESENTER NAME
Ink and watercolor	Suma Karveti

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