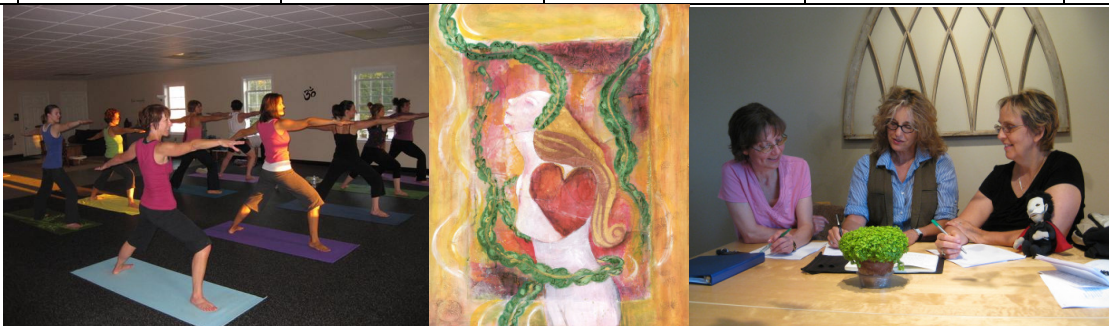


Woman2Woman 2009 Workshop Schedule

	Dance Movement Gymnasium	Creativity Library	Natural Healing Auditorium	Natural Healing Yellow Room 2 nd floor	Green Room 3 rd Floor & Outside
9:00-9:45	Opening Ceremony "Caring ..."				
10:00 – 10:45	Introduction to Vinyasa Yoga Monica Kirchner	Moving Toward Freedom: From Seed to Harvest Schirlyn Kamara	Qigong (Spring Forest) Mary Gabriel	Kitchen Medicine: Naturopathy Renee Awad	Greening our Bodies: Sacred Eating Alone Betsey Sterenfeld
11:00 – 11:45	Green Rose Hula Dance Mika Cox McDougall	One Minute Muse Donna Smith	Remembering Our Ancestors Amanda Kemp	Pilates Body Conditioning Maureen Dressman	Home-Scale Sustainability Natasha Herr
½ hour break					
12:15 – 1:00	Hooping 101 Missy Shatto aka Calamity Jane	Poetry of Preservation Barbara Buckman Strasko	Stay Strong Without Exercising Dawn Cox	Emotional Freedom Technique Sonny Ditzler	Greening our Bodies: Sacred Eating Alone Betsey Sterenfeld
1:15 – 2:00	Latin Zumba Maureen Dressman	Write from the Heart Melissa Greene	Women's Sacred Circles: Circles of Grace Nancy Zink	Ayurveda: Wisdom For Living Jonina Hoffman	Connecting to Nature Through Your Senses Lisa Sanchez Meet at Front Door!
½ hour break					
2:30 – 3:15	Bellydance Basics Jodi Killian	Body Image Empowerment Elizabeth Yeager & Nicole Eisely	Shamanic Healing Journey Lisa Vigilante	Embodied Selves Adele Ulrich	Home-Scale Sustainability Natasha Herr
3:30 – 4:15	African Dance Janet Peck	Wholistic Life Trella Dubetz	Nurture Yourself With Gentle Yoga Suzanne Accardo	Acupuncture/ Traditional Chinese Medicine Lei Zhang	Interior Redesign & Sustainable Living Ann Duval
4:30 – 4:50	Closing Drumming – Song				



Personal Services Schedule

	Station One	Station Two	Station Three	Station Four
10-10:45	"Life Wheel" Coaching Suzanne Accardo	Therapeutic Massage Nery Quiles	Reflexology Winona Bontrager	Reiki Nan Chamberlain
11-11:45	"Life Wheel" Coaching Suzanne Accardo	Therapeutic Massage Nery Quiles	Reflexology Winona Bontrager	
12-12:45	Spring Forest Qigong Energy Healing Mary Gabriel		Chair Massage Alyson Shanklin	Reiki Marilyn Landis
1:00-1:45	Spring Forest Qigong Energy Healing Mary Gabriel		Chair Massage Alyson Shanklin	Reiki Marilyn Landis
2:00-2:45	Naturopathic Consultation Renee Awad	Neuromuscular Therapy Carrie Rudy	Therapeutic Massage Mychele Todd	Reiki Sue Purdy
3:00-4:00	Craniosacral Therapy Renee Awad	Neuromuscular Therapy Carrie Rudy	Therapeutic Massage Mychele Todd	Reiki Sue Purdy