

Bountiful Goddess Workshop Schedule 2017

	Harmony House	MacKay Hall	MacKay Porch	Yurt in the Glenn	The Lodge Lounge	Rec Hall	Outdoor Theatre	Labyrinth
Saturday								
7:00-7:45am		Ageless Grace w/ Susan Meehan				Awaken the Day* w/ Suzanne Grigg		
9:30-11am	Clearing, Cleansing & Smudging w/ Suzanne Grigg	Mala, Mudra & Meditation...Ommmm * w/ Jen Pinter		Yoni Steaming w/ Shannon & Terri	Herbal Energetics w/ Christine Dennis	Soul Zipper Crystal Bowls* w/ Ann Reeves		
1:30-3pm	Wisdom of Your Other Hand w/ Lorraine Thomson	Ageless Grace w/ Susan Meehan		Balancing Your Hormones the Natural Way w/ Reina Persaud	Empowered Creator w/ Michele Barnes	Soul Zipper Crystal Bowls* w/ Ann Reeves	Djembe Drumming w/ Sheila Horrell	
3:30-5pm	Zentangle w/ Lorraine Thomson	Breathwork for Manifesting Your Desires* w/ Sophie Hawkins		Seeking Happiness Naturally w/ Reina Persaud	Plants as Teachers w/ Christine Dennis	Nia w/ Susan Meehan		The Way of the Labyrinth w/ Suzanne Grigg
8:00pm						The Dreaming* A Live Sound Journey w/ The Dreamweavers		
9-11pm	Join us fireside at the Meadow Firepit							
Sunday								
7:00-7:45am		Early Morning Meditation* w/ Michele Barnes				Early Morning Nia w/ Susan Meehan		
9:30-11am		Sonic Healing w/ Jocelyn Drainie		Ayurveda for Women w/ Sophie Hawkins	Goddess 101 w/ Michele Barnes	Relax, Refresh & Rebirth w/ Jen Pinter	Djembe Drumming w/ Sheila Horrell	

* Bring a yoga mat or towel to lie down on.