

# Friday

9:00 am	<b>Check-in and Vendor Exhibits</b>								
10:00 am	<b>Opening Ceremony</b>								
11:00 am	<b>Keynote</b> <b>Nic &amp; Heather Johnson:</b> Compassion and Belonging								
12:00 pm	<b>Lunch</b> (not provided)								
	<b>Cascade A</b>	<b>Cascade B</b>	<b>Cascade C</b>	<b>Cascade D</b>	<b>Cascade E</b>	<b>Soldier Creek</b>	<b>Hobble Creek</b>	<b>Silver Creek</b>	<b>Battle Creek</b>
<b>1:30 pm – 2:45 pm</b>	<b>Holly Draper</b> My Top 10 Essential Oils and Their Uses	<b>Jennifer Feigleson</b> Lasting Foundational Wellness – 7 Steps	<b>Terje Varpe</b> The Blood Circulation System	<b>Laree Westover</b> The Reproductive System	<b>Sharla Pearce</b> Gemi Zone Technique	<b>Weston Sorenson</b> Self-Balancing of the Center Meridian	<b>Maleah Gordon</b> Active Healing	<b>D.D. Black</b> Healing Hearts and Home–Relationships, Roles & A Work Given Each Of Us To Do	<b>Open Zoning Room</b> Available to trade zones
<b>3:00 pm – 3:45 pm</b>	<b>Roxanna Mauer</b> Zoning to Support Health During Pregnancy	<b>Marta DeBerard</b> <i>(vendor)</i> Power Up Zone with Harmonic Light	<b>Steve Barrington</b> Tensegrity and Recognizing Postural Imbalances from the Foot	<b>Sharee Snyder</b> Cranial Sacral Through the Foot	<b>Nic Johnson</b> Addiction – Recognition, Hope, and Healing	<b>Kimberly Keller</b> Tai Chi	<b>Kisi Watkins</b> <i>(vendor)</i> The Sole Academy	<b>Jennah Martin</b> <i>(vendor)</i> Woodland Natural Wellness	<b>Open Zoning Room</b> Available to trade zones
<b>4:00 pm – 5:15 pm</b>	<b>Jamie Jensen</b> Energy Medicine	<b>Sharik Peck</b> Vagus Nerve Entrainment	<b>Terje Varpe</b> Pelvic Muscles (Deep and Superficial)	<b>Weston Sorenson</b> Chinese Archetypes	<b>Christine Christensen</b> Body Awareness	<b>Patricia Lee, LPC,CSAC</b> Meditation for the Caregiver	<b>Holly Draper</b> <i>(vendor)</i> Purify Skin Therapy	<b>Mike Duvall</b> <i>(vendor)</i> Pulsed Electro Magnetic Frequency Therapy	<b>Open Zoning Room</b> Available to trade zones
5:30 pm	<b>Plated Dinner and Trading Foot Zones</b>								

# Saturday

	Cascade A	Cascade B	Cascade C	Cascade D	Cascade E	Soldier Creek	Hobble Creek	Silver Creek	Battle Creek
<b>9:00 am</b>	<b>Check-in and Vendor Exhibits</b>								
<b>10:30 am – 11:45 pm</b>	<b>Claudia Orgill</b> Understanding and Resolving Chronic Illness	<b>Dr. Holly Keddington</b> Anatomy of the Ear	<b>Terje Varpe</b> The Hormone System	<b>Dr. Chris Palmer</b> Not Taking On Clients' Energetic Issues	<b>Amber Jensen</b> Lymph System and Ventricular System Connection	<b>Kara Willis</b> The Magical World of Ancient Tibetan Singing Bowls	<b>Kathy Duvall</b> <i>(vendor)</i> Academy of Foot Zone Therapy	<b>Laree Westover</b> <i>(vendor)</i> Butterfly Essentials LLC	<b>Open Zoning Room</b> Available to trade zones
<b>12:00 pm</b>	<b>Lunch</b> (not provided)								
<b>1:30 pm – 2:15 pm</b>	<b>Susan Bell</b> Power of Intention	<b>Alisa Smith</b> Journeying toward Optimal Mental Health – Foot Zoning for Depression and Anxiety	<b>Kisi Watkins</b> Improve the Effectiveness of your Foot Zone with Mentoring & CranioSacral Therapy	<b>Dr. Chris Palmer</b> Understanding Physical Effects of Trapped Emotion	<b>Allison H. Larsen</b> Vibration and Foot Zoning: Raising the Frequency of the Planet One Foot at a Time	<b>Ronda Tracy</b> Ayurvedic Morning Routine and Abayanga Self-Massage	<b>Sharik Peck</b> <i>(vendor)</i> Rezzimax	<b>Amber Jensen</b> <i>(vendor)</i> Wellness Life Zone	<b>Open Zoning Room</b> Available to trade zones
<b>2:30 pm – 3:15 pm</b>	<b>Maleah Gordon</b> Muscle Testing	<b>Beverly Kingsford</b> Chakras – Your Tool for Effective Perspective	<b>Jessica Sorensen</b> Succulents in Holistic and Therapeutic Settings	<b>Stephanie Larrabee</b> Whole-body Approach to Dis-Ease	<b>Julie Cheney</b> Discovery Versus Diagnosis	<b>Ronda Myer</b> Energizing Your Chakra System	<b>Ross Graham</b> <i>(vendor)</i> Are You at Risk? Why Your Business Needs Insurance and What It Covers	<b>Andrea Graves</b> <i>(vendor)</i> Cortiva Institute of Massage	<b>Open Zoning Room</b> Available to trade zones
<b>3:15 pm</b>	<b>Vendor Exhibits</b>								
<b>3:45 pm</b>	<b>Keynote</b> <b>Allison H. Larsen:</b> Working Together to Create a Better World One Foot at a Time								
<b>4:30 pm</b>	<b>Closing Ceremony and Prizes</b>								