

WILDCAT WELLNESS FESTIVAL

CALENDAR / SCHEDULE OF EVENTS

Coffee and refreshments located in the mansion dining room and carriage house diner.

Classes and workshops to be held in the mansion, carriage house, pavilion and grounds.

- The Mansion First floor – Ballroom, Dining Room, Tea Room, Solarium, Saloon, Elevator Lounge, Game Parlour
- The Mansion Second floor – Seating Area and Second Floor Deck / Veranda
- The Carriage House First floor – Teaching Kitchen, Diner, Magic Cottage
- The Carriage House Second floor – Retro Lounge, Lecture Hall, Secret Chamber

* PLEASE NOTE: The pavilion is the structure between the two buildings; the stairs to the right of the pavilion lead to a rustic, remote area with a stone fireplace, oven, springs and waterfalls; the meadow is located on the other side of the mansion.

SATURDAY, APRIL 6

8:30 am – 9:30 am arrival – Coffee and light breakfast in the dining room

10:00 am – Ballroom – Welcome and Teachers Panel on stage.

11 am – 12:00 pm – SESSION ONE

- MARVELOUS MUSHROOMS – Gina and Liza – Saloon, mansion first floor
- ANGEL COMMUNICATION WORKSHOP – Katrina Elder - Tea Room, mansion first floor
- MEDITATION FOR BEGINNERS – Lacy Younger – Solarium, mansion first floor
- START SMART: UPDATE YOUR MORNING WELLNESS ROUTINE - Leigh Carrasco – Diner – carriage house first floor
- YOGA – Susan Lanigan – Veranda – mansion second floor (mats provided)

- MANDALAS AND MUSIC – Wendy Mooney-Smith – The Magic Cottage, carriage house first floor (Note: \$20 extra for materials. Please pay at the workshop.)
- TERRARIUM WORKSHOP – Michelle Inciarrano – Teaching Kitchen – carriage house first floor (Note: \$20 extra for materials. Please pay at the workshop.)

12-1 – LUNCH BREAK – FOOD TRUCKS PARKED IN FRONT OF PICNIC PAVILION

1:30 – 3:00 – SESSION TWO

- ANGEL TAROT READINGS – Katrina Elder – Game Parlor, mansion first floor
- ASTRO-HERBALISM – Gina Clark and Liza Say – Tea Room, mansion first floor
- MAKING AN ABUNDANCE OR PROTECTION JAR – Karen Posner – Saloon, first floor mansion (Note: \$15 extra for materials. Please pay at the workshop.)
- SUBTLE ENERGIES FOR SELF-CARE: CHANGE YOUR VIBE – Leigh Carrasco – Secret Chamber, carriage house second floor
- MANIFEST LIKE A ROCK STAR – Lacy Younger – Solarium – mansion first floor
- CRESCENT MOON WREATH MAKING WORKSHOP – Amy McCracken – Picnic Pavilion (Note: \$20 extra for materials. Please pay at the workshop.)
- HAPPY HOUSE PLANTS – Michelle Inciarrano – Teaching kitchen – carriage house first floor (Note: \$15 extra for materials. Please pay at the workshop.)
- PODCAST 101 - USING PODCASTS AND DIGITAL MEDIA TO BROADEN YOUR REACH - Jason Trost - Lecture Hall, carriage house second floor

3:30 – 5:00 – SESSION THREE

- ANGEL TAROT WORKSHOP – Katrina Elder, Tea Room, mansion first floor
- TERRARIUM WORKSHOP – Michelle Inciarrano – Teaching Kitchen – carriage house first floor (Note: \$20 extra for materials. Please pay at the workshop.)
- ENERGETIC PROTECTION AND THE EMPATH- Stephanie Minshull and Robin Atwell of Twisted Sisters- Solarium, Mansion First Floor
- SPIRIT HACKING TOOLBOX: How to move from 3D Darkness to 5D Light – Gina Clark and Liza Say – The Secret Chamber, carriage house second floor

- CRYSTAL HEALING - Karen Posner - Saloon, mansion first floor
- NATURE HIKE – Amy McCracken – Picnic Pavilion

5:30 – 6:00 – REIKI SHARE – All Instructors - Ballroom

6:30 - 7:00 pm - Jon Bernstein Keynote Speech – Delusion, Fear, Originality – Mansion Ballroom

7:00 - 9:00 pm - DINNER / MUSIC / DANCE / PERFORMANCE

9:00 pm – 10 pm - SESSION FOUR - LATE NIGHT

- DRUMMING CIRCLE – Susan Lanigan - Meadow Bonfire
- CRYSTAL ALCHEMY SOUND BATH – Wendy Mooney-Smith – The Secret Chamber, carriage house first floor
- MEDITATION FOR BEGINNERS – Lacy Younger – Solarium, mansion first floor

SUNDAY, APRIL 7

7-9 am - Breakfast – DINING ROOM IN MANSION AND DINER IN CARRIAGE HOUSE

9:00 – 10:00 am – SESSION ONE

- ANGEL COMMUNICATION WORKSHOP – Katrina Elder - Tea Room, mansion first floor
- THE POWER OF PRAYER - Lacy Younger – Solarium – First floor of mansion
- START SMART: UPDATE YOUR MORNING WELLNESS ROUTINE - Leigh Carrasco – Diner – First floor of Carriage House
- YOGA – Susan Lanigan – Veranda – mansion second floor - 20 max (mats provided) – One Hour
- CRYSTAL ALCHEMY SOUND BATH – Wendy Mooney-Smith – The Secret Chamber
- HAPPY HOUSE PLANTS – MICHELLE – Teaching kitchen – Village first floor (Note: \$15 extra for materials. Please pay at the workshop.)
- CRYSTAL HEALING – Karen Posner – Saloon, First floor mansion

10:30 am – Noon – SESSION TWO

- HAPPY HOUSE PLANTS – Michelle– Teaching kitchen – Village first floor (Note: \$15 extra for materials. Please pay at the workshop.)
- MANDALAS AND MUSIC – Wendy Mooney-Smith – The Magic Cottage (Note: \$20 extra for materials. Please pay at the workshop.)
- MAKING AN ABUNDANCE OR PROTECTION JAR – Karen Posner – Saloon, First floor mansion (Note: \$15 extra for materials. Please pay at the workshop.)
- CRESCENT MOON WREATH MAKING WORKSHOP – Amy McCracken – Picnic Pavilion (Note: \$20 extra for materials. Please pay at the workshop.)
- ENERGETIC PROTECTION AND THE EMPATH- Stephanie Minshull and Robin Atwell of Twisted Sisters - Solarium, Mansion First Floor

12-1 pm – LUNCH

1:00 - 2:30 pm – SESSION THREE

- ANGEL TAROT READINGS – Katrina Elder – Game Parlor, mansion first floor
- ASTRO-HERBALISM – Gina Clark and Liza Say – Tea Room, mansion first floor
- SUBTLE ENERGIES FOR SELF-CARE: CHANGE YOUR VIBE – Leigh Carrasco – Secret Chamber, carriage house second floor
- MAKING AN ABUNDANCE OR PROTECTION JAR – Karen Posner – Saloon, first floor mansion (Note: \$15 extra for materials. Please pay at the workshop.)
- COPING WITH COGNITIVE DISTORTIONS AND SHAME - Stephanie Minshull of Twisted Sisters - Solarium, Mansion First Floor
- TERRARIUM WORKSHOP – Michelle Inciarrano – Teaching Kitchen – Carriage House First Floor (Note: \$20 extra for materials. Please pay at the workshop.)

3:00 - 4:30 pm – SESSION FOUR

- NATURE HIKE – Amy McCracken – Picnic Pavilion
- SPIRIT HACKING TOOLBOX: How to move from 3D Darkness to 5D Light – Gina and Liza – Secret Chamber, carriage house second floor
- GROUP PAST LIFE REGRESSION – Lacy Younger – Solarium, mansion first floor

- MANDALAS AND MUSIC – Wendy Mooney-Smith – The Magic Cottage, carriage house first floor (Note: \$20 extra for materials. Please pay at the workshop.)
- BIGFOOT OPENED MY EYES - Jason Trost - Lecture Hall, second floor carriage house

5:00 – 5:30 pm – REIKI SHARE – All Instructors - Ballroom

7:00 - 9:00 pm - KEYNOTE SPEECH: Shon Gaworski - Self-Care for the Sensitive Soul

5:30 – 8:00 pm – DINNER / MUSIC / DANCE / PERFORMANCE

9:00 – 10:00 pm – SESSION FIVE - LATE-NIGHT

- DRUMMING CIRCLE – Susan Lanigan - Meadow Bonfire
- CRYSTAL ALCHEMY SOUND BATH – Wendy Mooney-Smith – The Secret Chamber, carriage house second floor

MONDAY, APRIL 8

7-9 am - Breakfast – DINING ROOM

9:00 – 10:00 am – ASTRONOMER GUEST SPEAKER - Ballroom

- What we will be seeing today. ASTRONOMER GUEST SPEAKER explaining the eclipse.

10:30 am – Noon – SESSION ONE

- LET’S TALK ABOUT WELLNESS – Matt Smith, Elijah Conger, Christine Breakstone – Lecture Hall, carriage house second floor
- MEDITATION FOR BEGINNERS – Lacy Younger – Solarium, mansion first floor
- MAKING AN ABUNDANCE OR PROTECTION JAR – Karen Posner – Saloon, mansion first floor (Note: \$15 extra for materials. Please pay at the workshop.)
- YOGA – Susan Lanigan – Veranda – mansion second floor
- ANGEL TAROT WORKSHOP – Katrina Elder, Tea Room, mansion first floor

- MANDALAS AND MUSIC – Wendy Mooney-Smith – The Magic Cottage, carriage house first floor (Note: \$20 extra for materials. Please pay at the workshop.)
- SUBTLE ENERGIES FOR SELF-CARE: CHANGE YOUR VIBE – Leigh Carrasco – Elevator Lounge, mansion first floor
- HAPPY HOUSE PLANTS – Michelle – Teaching Kitchen, carriage house first floor (Note: \$15 extra for materials. Please pay at the workshop.)

12-1 pm – LUNCH

1:30 - 2:30 pm – SESSION TWO

- MAKING AN ABUNDANCE OR PROTECTION JAR – Karen Posner – Saloon, First floor mansion. (Note: \$15 extra for materials. Please pay at the workshop.)
- MANIFEST LIKE A ROCK STAR – Lacy Younger – Solarium – First floor of mansion
- MARVELOUS MUSHROOMS – Gina and Liza – Tea Room, mansion first floor

3:16 pm - Solar Eclipse Viewing

- Special viewing glasses provided. Participants may watch from the meadow, front yard or second floor veranda.

4 - 4:30 pm – Closing ceremony – Ballroom