
Spring Energy Event 2021

Speaker Schedule

Friday, April 16

| Start | End | Speaker | Title |
|---------|---------|--------------|-------------------------|
| 3:00 PM | 3:15 PM | Jondi Whitis | WELCOME to the 2021 SEE |

Breakout Rooms

| | | | | |
|---|---------|---------|----------------|--|
| A | 3:15 PM | 3:45 PM | Valerie Rice | Using Eden Energy to Unwind & Relax |
| B | 3:15 PM | 3:45 PM | Leon McKay | The Unwinding: An Experience of QiGong |
| | 3:45 PM | 4:00 PM | Break (15 min) | --- |
| | 4:00 PM | 4:15 PM | Jondi Whitis | Intros and Raffles |

Breakout Rooms

| | | | | |
|---|---------|---------|--|---|
| A | 4:15 PM | 4:45 PM | Candice Thomas | Unfolding Awareness with Intuition |
| B | 4:15 PM | 4:45 PM | Terry Lynch | Inviting Angels into Awareness |
| | 4:45 PM | 5:45 PM | <i>Supper Break & Breakout Rooms</i> | |
| | 5:45 PM | 6:00 PM | Jondi Whitis | Intros and Raffles |
| | 6:00 PM | 6:45 PM | Kelly Nezat | Light Pushes Through: Welcoming Mystery |
| | 6:45 PM | 7:00 PM | Jondi Whitis | Intros and Raffles |
| | 7:00 PM | 7:30 PM | Helena Berggren | UnWind and Listen to the Body |
| | 7:30 PM | 8:15 PM | Darryl Tonemah | Words & Flute: A Response Meditation |
| | 8:15 PM | 8:30 PM | Jondi Whitis | Announcement & Vespers |

Saturday, April 17

| | | | | |
|--|----------|----------|---|--|
| | 9:00 AM | 9:05 AM | Jondi Whitis | Open & Raffles & Get Ready |
| | 9:05 AM | 9:10 AM | Helena Berggren | Morning Wake-Up Stretch & Tap |
| | 9:10 AM | 9:15 AM | Jondi Whitis | Intro Day 2 |
| | 9:15 AM | 10:00 AM | Kathryn Temple | Re-Envision, Re-Energize and Remember Who You Are |
| | 10:00 AM | 10:15 AM | Break (15 min) | --- |
| | 10:15 AM | 11:30 AM | Masha Bennett | A Journey to Playful |
| | 11:30 AM | 11:45 AM | Break (15 min) | --- |
| | 11:45 AM | 12:45 AM | Ulf Sandström | Everything But the Method |
| | 12:45 PM | 1:45 PM | <i>Lunch Break & Breakout Rooms</i> | |
| | 1:45 PM | 3:00 PM | Thornton Streeter | Choose It, Claim It, Own It |
| | 3:00 PM | 3:15 PM | Break (15 min) | --- |
| | 3:15 PM | 4:15 PM | Gene Monterastelli | What To Do With Shame, Guilt, Regret |
| | 4:15 PM | 4:25 PM | Break (10 min) | --- |
| | 4:25 PM | 4:30 PM | Valerie Rice | Eden Energy Boost |
| | 4:30 PM | 5:15 PM | Marilee Jones | Redefining & Reclaiming the Purpose & Process of Education |

Spring Energy Event 2021

Speaker Schedule

Saturday, April 17

5:15 PM 6:30 PM *Supper Break & Breakout Rooms*

Evening Program opens at 6:30 PM by Jondi Whitis

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|---------|---------|-----------------------|-----------------------------------|
| 6:45 PM | 7:30 PM | Ginni Brown | ReSet: Change Management |
| 7:30 PM | 7:45 PM | <i>Break (15 min)</i> | --- |
| 7:45 PM | 8:30 PM | Greg Carpenter | Sound For Healing |
| 8:30 PM | 8:40 PM | Jondi Whitis | Day's End Announcements & Vespers |

Sunday, April 18

| | | | |
|----------|----------|---|---|
| 9:00 AM | 9:15 AM | Jondi Whitis | Intro Day 3 |
| 9:15 AM | 10:00 AM | Kris Ferraro | Healing Trust: Moving from Control to Surrender |
| 10:00 AM | 10:15 AM | <i>Break (15 min)</i> | --- |
| 10:15 AM | 11:15 AM | Harry Pickens | Intuition, Improvisation, and Grace: Awakening to the Boundless Possibilities Hidden Within Adversity |
| 11:15 AM | 11:30 AM | <i>Break (15 min)</i> | --- |
| 11:30 AM | 12:15 PM | Jenn Moore | Claiming Your NO to Welcome Your YES: Boundaries for People Who Care |
| 12:15 PM | 1:15 PM | <i>Lunch Break & BreakOut Rooms</i> | |
| 1:15 PM | 2:00 PM | Ann Adams | Recovering & Revising: About Resistance - Changing Your Mind through Changing Your Heart |
| 2:00 PM | 2:10 PM | <i>Break (10 min)</i> | --- |
| 2:10 PM | 2:15 PM | Valerie Rice | Eden Stretch Meditation |
| 2:15 PM | 3:00 PM | <u><i>Celebration of Life: Remembrances</i></u> | |
| | | Jondi Whitis | <i>for Tom Brennan</i> |
| | | Jondi Whitis | <i>for Alan Davidson</i> |
| | | Annette Romeo | <i>for Dave Bryant</i> |
| | | Kris Ferraro | <i>for Mary Day Bodenstern</i> |
| | | Gene Monterastelli | A Remembrance Meditation |
| 3:00 PM | 3:20 PM | Lucie Monroe | Letting Go, with TongRen |
| 3:20 PM | 3:30 PM | <i>Break (10 min)</i> | --- |
| 3:30 PM | 4:15 PM | Jondi Whitis | Finding Out Who We ARE |
| 4:15 PM | 4:20 PM | Jondi Whitis | Final Raffle |
| 4:20 PM | 4:30 PM | Helena Berggren | Jump Forward Celebration |
| 4:30 PM | | End of SEE 2021 | See you in 2022!! Save the date: April 1-3, 2022 |

Optional Monday Workshop with Jondi Whitis

The WEAVE - Using Our Tools & Techniques with Intuition & Grace

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| 10:00 AM | 12:00 PM | Part 1 |
| 12:00 PM | 1:00 PM | Lunch Break with Break-Out discussions |
| 1:00 PM | 3:00 PM | Part 2 |
