

SPRING ENERGY EVENT 2024

Saturday MORNING SCHEDULE

APR. 13, 2024

TIME

ACTIVITY

07:00 AM

Final Checks

08:30 AM

Continental Breakfast

09:00 AM

Intro Day 1 / Program Starts

Welcome

09:15 AM

Kath Temple:
Experiential Workshop

10:15 AM

Ulf Sandstrom

10:45 AM

Coffee Break

11:15 AM

CJ Puotinen

12:00 NN

LUNCH

SPRING ENERGY EVENT 2024

Saturday AFTERNOON SCHEDULE

APR. 13, 2024

TIME

ACTIVITY

01:45 PM

Lori Lamont

02:15 PM

Joe Schippa

03:00 PM

Coffee Break & Stretch

03:30 PM

Gene: Experiential Workshop

04:30 PM

Valerie Sullivan

05:00 PM

Relax, Mingle & Supper

07:00 PM

Greg Carpenter

08:00 PM

FirePit Stories & Songs

09:45 PM

Evening Meditation

10:00 PM

End of Evening

SPRING ENERGY EVENT 2024

Sunday SCHEDULE

APR. 14, 2024

TIME

ACTIVITY

08:00 AM

Continental Breakfast

09:00 AM

Intro Day 2 & Welcome

09:15 AM

Deb Sampson

09:45 AM

Candice Thomas

10:30 AM

Coffee Break

11:00 AM

Kris Ferraro

11:45 AM

LUNCH

12:45 PM

Tom Altaffer: Experiential Workshop

01:45 PM

Break

02:00 PM

Jenn DeLorenzo

02:30 PM

Jondi Whitis

03:00 PM

Remembrance: Cynthia Jenkins,
Ingrid Dinter, and Lorna Minewiser

03:30 PM

Jondi Whitis

04:00 PM

End of Program

04:30 PM

Wrap