



WELLNESS WORKSHOPS

Saturday, May 18

Take one or two classes, or spend the day with us for this transformative experience.

THE BEST KEPT SECRET IN MEDICINE

10:00 – 11:30am | Aspen

Dr. Sally Fisher, Medical Advisor

Discover the best kept secret of medicine. We invite you to dive into the benefits of a plant-based diet and lifestyle viewed through the lens of up-to-date research. Class is \$50.

CULTIVATING YOUR POTENTIAL

1:00-2:30pm

Jade Gonzalez, Hypnotherapist

Go on a guided-hypnosis journey, tapping in to your extraordinary potential. Rediscover your creative force within. Experience the higher vibrational frequencies of directed subtle intention with Source energy, a powerful tool used to create meaningful experiences. Share these energy building techniques with others, and expand your visions in beautiful ways. Guided hypnosis is a great way to discover new pathways to your personal success. Class is \$50.

POWER OF AYURVEDIC HEALING HERBS

3:30 – 5:00pm | Willows Kitchen

Aditti Thatte, Ayurvedic Chef

The wisdom of herbal energetics and plant remedies can connect us all to the vital roots of existence. Ayurvedic herbs are considered to have powerful digestive therapeutic effects. Learn how to incorporate the secrets of healing herbs in this Ayurvedic culinary workshop. Class is \$50.



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