



spring INTO awareness



All Free Events!

Wednesday April 22nd

9-10am Reiki with Duane

2-3pm Laughter Yoga and Yoga Nidra with Kevin

6-7pm Got Calm? 101 w/Barbe Beaty

7-8pm Discussion

Thursday April 23rd

9-10am Reiki with Duane

12:30-1:30pm Biofeedback w/Psychologist Eric Hayden

4-5pm Painting Discussion with Sara

5:30-6:30pm Sustainability with Seed Bombs

6:30-7:30pm Energy Healing with the Earth

Friday April 24th

9-10am Reiki with Duane

3:30pm Opening Speech

3:45-5-15pm Workshop one (Surprise)

5:15-6:45pm Workshop two (Surprise)

6:45-7:45pm Dinner

7:45-8:30pm Drum Circle Activity from Creative Consultants

8:30-9:30pm Dance Your Soul!

Monday April 20

9-10am Reiki w/Duane

12pm Patricia Wicks Opening Activity

12:30-2pm Lunch with sustainable food speakers: Ms Julies Kitchen and the Mustard Seed

2-3:30pm Rooted Down: An Earth-Centered Yoga Reiki Celebration from Rooted Akron

6-7:45pm Mediation. Mindfulness: How These Practices Connect You to Yourself & Your Life by Eden Kozlowski of Just Be

Tuesday April 21st

9-10am Reiki with Duane

10am-12pm Let's Grow Akron Speaking Event

12-1pm Outdoor Yoga Sara

2-3pm Greater Akron Innovations Networks and Sustainability

6-7pm Mindfulness Meditation with Andy Davis

7-8pm Discussion

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Receive a free raffle ticket from every event you attend and get an extra ticket for each friend you bring!