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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 Meditation. Mindfulness: How These Practices Connect You to Yourself & Your Life by Eden Kozlowski of Just Be

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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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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

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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

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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!



Please see more!
 f Spring Into Awareness

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