

Open Lecture Series

Pavilion Stage



Program

10 a.m.: Healing Chant

Facilitator: David Karchere

Join David Karchere for a powerful opening session of healing chant, uniting voice and spirit in transformative harmony.

10:30 a.m.: Heal the Healer: Uniting the Wisdom of Science and Spirit to heal yourself and others

Instructor: Dr. Sharon Montes

Join Dr. Sharon Montes in this revitalizing session for practitioners, blending science and spirit to nurture your well-being. Learn practical self-care techniques like energy restoration, grounding, and mindfulness to prevent burnout, restore balance, and empower your healing practice. Talk for practitioners to recharge and learn self-care techniques, such as energy restoration and grounding practices.

11 a.m.: Natural Medicine in Colorado: Understanding Regulation and Practice

Panel: Dr. Sharon Montes discussion with Shawna Filley; Jaimie Dirks; Erica Cowan

Dive into Colorado's natural medicine landscape, exploring regulatory frameworks, provider challenges, and patient experiences. Discover how laws shape practice and care in this dynamic field, while gaining insights into the evolving opportunities and obstacles faced by practitioners and patients alike.

11:30 a.m.: Holistic Nutrition: A Path to Vibrant Health

Presenter: Dr. Michael Gaeta

Discover the transformative power of holistic nutrition in this insightful presentation by Dr. Michael Gaeta. Learn how to nourish your body, mind, and spirit through whole foods, natural remedies, and lifestyle practices. Dr. Gaeta will share practical strategies for improving energy, enhancing immunity, and achieving lasting well-being by aligning with the principles of holistic health. Whether you're new to holistic nutrition or seeking deeper insights, this session offers empowering tools to help you live a more vibrant and balanced life.

12 noon: Holistic Nutrition Panel

Dr. Gaeta, Brigitte Mars, Tammy Garcia and Allison Al-Khemia

Join a dynamic panel discussion featuring Dr. Michael Gaeta, Brigitte Mars, Tammy Garcia, and Allison Al-Khemia as they share insights on holistic nutrition and its role in fostering balanced, nourishing living. Gain practical tips and expert perspectives to support your journey toward vibrant health. Chef Barrett Barth will introduce lunch, highlighting the connection between mindful eating and wellness.

1:30 p.m.: Naturally Inspired

Facilitator: Tammy Garcia

Explore the art of living naturally inspired in this engaging lecture with Tammy Garcia. Discover how to cultivate a lifestyle rooted in authenticity, mindfulness, and connection to the natural world. Tammy will share insights and practical tips on embracing creativity, balancing mind and body, and finding inspiration in everyday life. Walk away with tools to align with your inner purpose and live with greater joy and intention.

2 p.m. Sexual Vitality

Facilitator: Brigitte Mars

Discover natural ways to nurture your sexual health and vitality in this empowering workshop. Learn how to use food, herbs, exercises, essential oils, and lifestyle techniques to support menstrual health, prostate health, and menopause. Explore ways to enhance libido, pleasure, and passion, embracing a vibrant and fulfilling intimate life.

3 p.m.: The Power of Neuroplasticity to Change Your Brain, Body, and Well-Being

Facilitator: Lisa Wimberger

Neuroplasticity, our brain's natural ability to adapt and learn, is at the foundation of nervous system health, emotional regulation, mental clarity, and spiritual openness. Learn how this one natural process can bring all facets of life into alignment. The best part is it's simple and it's every human's birthright.

4:30 p.m.: Grand Finale: Drum Circle Performance

Performer: Nancy Brauhn-Curnes and Ensemble

Close the event with an unforgettable grand finale of rhythm and connection! Led by Nancy Brauhn-Curnes and a powerhouse ensemble of six drummers, this high-energy drum circle will ignite your spirit and unite the audience in a collective celebration of sound. Let the powerful beats and vibrant rhythms carry you into a state of joy, inspiration, and connection as we end on a high note. A spectacular celebration of community, music, and pure energy—don't miss this grand finale!