

Experiential Workshops & Sessions

Rimrock Room



Sunrise Ranch invites attendees to a day of inspiration, connection, and rejuvenation. This event brings together a vibrant community of practitioners, exhibitors, and wellness enthusiasts to explore paths to healing, growth, and holistic living.

Guests are encouraged to visit the exhibition hall, attend enlightening keynotes, and experience hands-on sessions designed to nurture the body, mind, and spirit. It's a day of discovery and renewal, offering something for everyone who seeks to embrace wellness in its many forms.

Together, let's celebrate the journey toward a healthier, more balanced life. Happy New You!

Program

10:30 a.m. Exploring Plant-Spirit Medicine

Facilitator: Lana Roach

Explore the profound wisdom of plant spirits and their connection to our holistic well-being. In this engaging session, we will delve into the consciousness and spirit of plants, uncovering how they guide us toward balance and healing on every level—body, mind, heart, soul, and collectively together. Learn how specific plants show up in our lives with messages of support, reflection, and growth, and discover practices to deepen your connection with their unique energies. Whether you're new to plant spirit medicine or looking to deepen your understanding, this presentation will inspire you to embrace the healing power of plants in your journey toward vibrant health and wholeness.

11:30 a.m.: The World of Energy Medicine

Panel: Lana Roach, Sece Foster, David Karchere, Julias Ellis

Explore the transformative realm of energy medicine in this engaging panel discussion. Dive into practices such as Reiki, Attunement, and Sukyo Mahikari dojo teachings, as experts share insights into their principles, techniques, and healing potential. Discover how these modalities work to harmonize mind, body, and spirit. Perfect for those curious about energy healing or seeking to deepen their knowledge of these powerful practices.

1:30 p.m.: Introduction to Mushroom Medicine

Facilitators: Dr. Sharon Montes and Eric Sudhalter

Unlock the healing potential of mushrooms in this insightful workshop. Explore the wellness benefits of functional mushrooms, their role in supporting immunity, vitality, and mental clarity, and how to safely incorporate them into your health routine. Gain a foundational understanding of mushroom law and responsible usage while discovering practical tips for integrating these powerful allies into your lifestyle.

2:30 p.m.: Quantum Manifestation and Conscious Communication

Facilitators: Gary Goodhue and Allison Al-khemia

Explore the synergy of mind, body, and spirit through conscious communication and quantum manifestation techniques. This workshop offers practical tools to deepen self-awareness, foster authentic connections, and communicate with compassion and clarity. Align your intentions to create harmony and abundance in all areas of your life.

3:30 p.m.: Introduction to Sukyo Mahikari Dojo

Facilitator: Julias Ellis

Discover the ancient art of Sukyo Mahikari in this interactive workshop demo. Learn the foundational principles of this Japanese spiritual practice, which focuses on the transmission of divine light to purify mind, body, and spirit. Participants will experience a hands-on introduction to the dojo's teachings and techniques, offering insight into how Sukyo Mahikari promotes harmony, healing, and spiritual growth. Perfect for beginners and those seeking a deeper connection to energy-based practices.

