

# HOLISTIC IMMERSION SCHEDULE

## FRIDAY | AUGUST 8, 2025

TIME	PAVILLION DINING	GREENRIDGE ROOM MAIN STAGE	PAVILLION LIVING ROOM	RIMROCK ROOM	PERMACULTURE GARDEN	YOGA SANCTUARY
						Day 1 – Awaken: Enter the Portal Grounding, heart ignition, solar breath, and remembrance of purpose
8:00 AM	BREAKFAST					YOGA SANCTUARY SCHEDULE TO BE ANNOUNCED SOON!
9:00 AM		Morning Hike - Meet at Pavilion Entrance				
10:00 AM		Welcome & Healing Chant - David Karchere, Sunrise Ranch Director	Attunement Sessions	The Trust Frequency - Connie Baxter Marlow & Andrew Cameron Bailey Move beyond duality and into the Trust Frequency, where relationships illuminate the soul's path to wholeness, shifting from victimhood to beloved.		Vinyasa - Coco O'Connor
10:30 AM		The Art of Creatorship - Gary Goodhue Awaken your role as the alchemist of your own experience, shifting from reactivity to empowered creatorship.	Attunement Sessions			
11:00 AM			Attunement Sessions		Plant Spirit Medicine - Lana Roach Discover how the spirit of plants guides us toward healing, balance, and deeper connection on every level of being.	Hatha - Jordan Knuppel (11:10am - 12:10pm) Hatha yoga is a slower paced practice, holding each asana (posture) to feel into proper alignment. This practice has a focus on balancing yin and yang energies. We will hold the postures with strength and intention.
11:15 AM		Welcome to VAGUSFEST I: Heal Your Nervous System with Friends - Dr. Sharon Montes & Dr. Christy Thiel A joyful reconnection to safety, presence, and belonging through science, story, and shared breath.	Attunement Sessions	Hula Dancing from Aloha - Keahi Ewa Movement becomes prayer and dance becomes a path to inner connection and cultural reverence.		
11:30 AM			Attunement Sessions			
12:00 PM	BUFFET OPENS					
1:00 PM		Power of Attunement - Sece Foster & Jane Anetrini An energy practice of deep presence and resonance, aligning with others through subtle awareness and connection.	Attunement Sessions	Power of Play - Emily Glenn Reclaiming joy and energy in a busy world		Laugh Yoga - Cleo Buchanan (1:00 - 1:40pm) Let's workout our resilience muscles, and discover joy is your birthright. Welcoming both beginners and advanced students, we emphasize the power of laughter to heal your hormones, heal your attitude and lift your spirit. Get ready to unleash your highest self and have a blast doing it!
1:30 PM	BUFFET CLOSSES	Emotional Freedom Techniques - Dr. Laura Lasater Learn simple energetic tools to regulate your nervous system to access higher centers in the brain, rewire limiting beliefs and clear judgments that block love.	Attunement Sessions		Honey Ceremony - Labrynth - Eli Katz Miel y Memoria is a ceremonial rite of passage weaving sacred plant allies, honey, and rhythm into a heart-opening journey of remembrance, release, and return.	Yin - Coco O'Connor (1:50 - 2:50pm)
2:00 PM			Attunement Sessions	Sacred Relating - Paladin Williams A guided, heart-opening journey into authentic connection—where movement, presence, and radical honesty awaken the divine within ourselves and each other.		
2:15 PM		Primal Christianity - David Karchere Interviewed by Bexx Biehl A compelling discussion uncovering the truth behind the authorship of Primal Christianity and the deeper wisdom it reveals.	Attunement Sessions			
2:30 PM			Attunement Sessions			
2:45 PM		Harnessing Intuition & Intention - Gary Goodhue Align with your highest wisdom and create from a place of clarity and purpose.				
3:00 PM			Attunement Sessions			Yin - Jordan Knuppel Target deep connective tissues, holding each posture for between 3-5 minutes. All postures are done either seated or lying down. This practice will help down-regulate the nervous system as we take deep breaths, stretch (activating through stretches to keep our bodies safe), and relax.
3:20PM		Catch the Wave - Debora Joy Elliott Explore the revolutionary role of psychedelics in modern mental health, with cutting-edge insights into ketamine-assisted therapy, brain mapping, and breath-based integration.	Attunement Sessions			
3:30 PM			Attunement Sessions	High Performance Meets Holistic Wellness - Emily Glenn Strategies for sustainable success		
4:00 PM		Sacred use of Psychedelics - Brigitte Mars Explore how ayahuasca, psilocybin, iboga, and peyote can help release trauma, addiction, emotional blockages as well as enhance love, creativity and purpose in life.	—			Kundalini - Bexx Taran Shanti (4:10 - 5:30pm)
4:30 PM			—			
5:00 PM			Meet the Author - Brigitte Mars, David Karchere, and Andrew Bailey and Connie Baxter Marlow			
5:30 PM	DINNER					
6:00 PM						
6:30 PM						Nidra - Coco O'Connor
7:00 PM			Opening Act - Harpist, Meredith McCrindle - (PAVILION STAGE)			
7:30 PM			The Copper Children - (PAVILION STAGE)			
8:00 PM						
9:00 PM						
10:00 PM			CLOSE			

# HOLISTIC IMMERSION SCHEDULE

## SATURDAY | AUGUST 9, 2025

TIME	PAVILLION DINING	GREENRIDGE ROOM MAIN STAGE	PAVILLION LIVING ROOM	RIMROCK ROOM	PERMACULTURE GARDEN	YOGA SANCTUARY
7:00AM						Day 2 – Ignite: Harness the Moon Fire Activation, divine discipline, lunar expansion, power and purification
8:00 AM	BREAKFAST					YOGA SCHEDULE TO BE ANNOUNCED SOON!
9:00 AM		Morning Hike - Meet at Pavilion Entrance				
10:00 AM		Immune Health w/Natural Remedies- Brigitte Mars Learn how to use food, herbs, supplements, essential oils and lifestyle techniques when dealing with colds, flu, as well as disorders like cancer, diabetes, fibromyalgia and more.	Attunement Sessions			Kriya - Michael Redhawk Ignite your inner spirit in this accessible Kriya yoga workshop, combining breathwork, brain-spine integration, and a healing handpan svasana to awaken deep sensory awareness and inner stillness.
10:30 AM			Attunement Sessions			
10:45 AM		Heal the Healer - Dr. Sharon Montes Practical tools for medical professionals to restore balance, prevent burnout, and reconnect with purpose—where science meets sustainable self-care.	Attunement Sessions			
11:00 AM			Attunement Sessions	Fully Alive - Emily Glenn How to align your health, energy, and purpose in life	Hula Dancing from Aloha - Keahi Ewa Movement becomes prayer and dance becomes a path to inner connection and cultural reverence.	Hatha - Jordan Knuppel (11:10am - 12:10pm) Hatha yoga is a slower paced practice, holding each asana (posture) to feel into proper alignment. This practice has a focus on balancing yin and yang energies. We will hold the postures with strength and intention.
11:15 AM		Whole Brain - Dr. Sharon Montes & Ed Goodman Bridging logic and imagination to unlock innovation, insight, and inspired action.	Attunement Sessions			
11:30 AM					Plant Walk- Lana Roach Discover the healing properties, uses, and wisdom of the plants growing all around you.	
12:00 PM	BUFFET OPENS					
1:00 PM		Benefits of Microdosing for Longevity- Dr. Christy Thiel Explores the science-backed benefits of micro-dosing to support cognitive function, emotional well-being, and longevity.	Attunement Sessions	Life Design - Ed Goodman Create a practical map for living with purpose through interactive exercises and tools that align your values, vision, and next steps.		Sound Healing Journey - Michael Redhawk (1:00 - 1:40pm) Rejuvenate your breath and illuminate your inner self through breathwork and the acoustic energies of handpan, didgeridoo, and singing bowl under the full Moon in Aquarius.
1:30 PM	BUFFET CLOSSES		Attunement Sessions			
1:45 PM		Power of Alchemy - Allison Al-khemia Ancient wisdom meets modern insight to ignite inner change and turn life's challenges into catalysts for growth.	Attunement Sessions		Being the peace our world needs now - Anastacia Dadashpour In this movement workshop, we activate the divine nature of our powerful hearts to become an embodied emanation of love, influencing the world through presence and practice.	Yin/Vinyasa- Tayah Norris (1:50 - 2:50pm) This full moon class blends long-held yin stretches with a gentle vinyasa flow to release tension, build energy, and create space for reflection and intention. Move through breath-focused sequences that support clarity, balance, and emotional reset.
2:00 PM			Attunement Sessions	VAGUSFEST II: The Healing Power Within - Dr. Sharon Montes and Rhonda Duesterberg Experience the science and sacredness of your nervous system through movement, laughter, mindfulness, and connection.		
2:20 PM		Sexual Vitality - Brigitte Mars Learn how to use food, herbs, exercises, essential oils and lifestyle techniques to improve menstrual health, prostate health, menopause as well as enhance libido, pleasure and passion.	Attunement Sessions			
2:30 PM			Attunement Sessions			
3:00 PM		Intro to the Shamanic Journey - Michael Cutter Learn the practical foundations of shamanic journeying, including how to use rhythm, intention, and visualization to access guidance, insight, and personal transformation.	Attunement Sessions			Kundalini - Bexx Taran Shanti (3:00 - 4:20pm)
3:30 PM		History of Sunrise Ranch - Ron Sladek Discover the rich 80-year history of Sunrise Ranch—from its founding in 1945 to its evolution into a beloved retreat, educational, and spiritual landmark in Colorado.	Attunement Sessions	The Untold Story of Modern Medicine - Stephanie Thomas This presentation uncovers how profit-driven narratives have shaped modern medicine and explores integrative approaches to healing rooted in ancestral wisdom and emerging science.		
4:00 PM		Bringing Our Best Selves to Our Hurting World - Julia Butterfly Hill Personal Ecology and Planetary Ecology are all connected. How to help avoid or heal burnout, renew, rejuvenate, and inspire ourselves and others to show up with our highest calling and gifts.	---			
4:30 PM		Julia Butterfly Hill in conversation - interviewed by Paul Bassis	---			Vinyasa - Coco O'Connor
5:00 PM			Meet the Author - Julia Butterfly Hill & Anastacia Dadashpour			
5:30 PM	DINNER					
6:00 PM						
6:30 PM						Nidra - Coco O'Connor
7:00 PM			Opener - Sece Foster (PAVILION STAGE)			
7:30 PM			Rhythm Sanctuary (PAVILION STAGE)			
8:00 PM						
9:00 PM						
10:00 PM			CLOSE			

# HOLISTIC IMMERSION SCHEDULE

## SUNDAY | AUGUST 10, 2025

TIME	PAVILLION DINING	GREENRIDGE ROOM MAIN STAGE	PAVILLION LIVING ROOM	RIMROCK ROOM	PERMACULTURE GARDEN	YOGA SANCTUARY
7:00 AM						Day 3 - Illuminate: Anchor the Radiance Stillness, soul embodiment, rejuvenation, sacred integration
8:00 AM	BREAKFAST					YOGA SCHEDULE TO BE ANNOUNCED SOON!
9:00 AM		Morning Hike - Meet at Pavilion Entrance			Hula Dancing from Aloha - Keahi Ewa Movement becomes prayer and dance becomes a path to inner connection and cultural reverence.	
10:00 AM		The Entheogenic Frontier - Dr. Sharon Montes & Eli Katz Explore the cutting edge of psychedelic science, sacred plant medicine, and consciousness expansion.	---	Crisis to Chrysalis - Julia Butterfly Hill Teachings from the butterfly on how to transform the unknown and fear into courage and capacity.		Vinyasa - Tayah Norris Now that the full moon has passed, this grounding vinyasa class helps you soften, integrate, and release through steady movement and conscious breath. Flow through rooted postures and intentional transitions to reset, realign, and move forward with clarity.
10:30 AM			---		History of Herbal Medicine - Brigette Mars Learn about the beginnings of herbal medicine and how it has evolved in various world cultures.	
10:45 AM		Finding the God within Panel - Dr. Sharon Montes, Shawna Filley, Debbi Elliott, Moderated by Eli Katz. The practical use of sacred plant medicine and psychedelics for healing, emotional integration, and accessing deeper states of consciousness.	---			
11:00 AM			Sunday Service (Family Living Room)			Kriya - Michael Redhawk (11:10am - 12:10pm) Ignite your inner spirit in this accessible Kriya yoga workshop, combining breathwork, brain-spine integration, and a healing handpan savasana to awaken deep sensory awareness and inner stillness.
11:15 AM		The 4 Steps to Create Real Change - Lance Dewbre Introduction to a powerful yet simple process for creating lasting internal change—allowing space for emotional clarity, grounding, and integration.	---			
11:30 AM			---			
12:00 PM	BUFFET OPENS					
1:00 PM		Hula Performance - Keahi Ewa	Attunement Sessions	Shamanic Journey - Michael Cutter Through drums, guided meditation, and interactive practice, this session helps you reconnect with your innate power to journey inward and access the visionary wisdom within.	VAGUSFEST III: The Winding Path of Divinity - Dr. Sharon Montes & Paladin Williams Walk with the wisdom of the weekend—alone, with friends, and with Source. Restore what's real.	Sound Healing Journey - Michael Redhawk (1:00 - 1:40pm) Rejuvenate your breath and illuminate your inner self through breathwork and the acoustic energies of handpan, didgeridoo, and singing bowl under the full Moon in Aquarius.
1:30 PM	BUFFET CLOSES	Longevity - Brigette Mars What are the secrets and techniques of cultures known for long lives and how can you begin using them in your life?	Attunement Sessions			
2:00 PM			Attunement Sessions			Yin/Vinyasa - Tayah Norris (1:50 - 2:50pm) This full moon class blends long-held yin stretches with a gentle vinyasa flow to release tension, build energy, and create space for reflection and intention. Move through breath-focused sequences that support clarity, balance, and emotional reset.
2:15 PM		Healing Power of Prayer - See Foster Offering insights and personal stories that reveal how intentional, consistent prayer can support emotional, physical, and spiritual well-being.	Attunement Sessions			
2:30 PM			Attunement Sessions	Embodied Movement & Flow - Jess Erikson This dance workshop uses grounded somatic techniques to help participants build strength, express emotion, and connect with their bodies through movement and rhythm.		
3:00 PM		Holistic Nutrition - Dr Michael Gaeta A practical approach to holistic nutrition, focusing on how food, lifestyle, and natural medicine can support long-term vitality, resilience, and disease prevention.	Attunement Sessions			
3:30 PM		Longevity & Nutrition - Dr. Michael Gaeta and Brigette Mars moderated by Allison Al-khemia. An engaging discussion on the role of nutrition in longevity, featuring practical strategies, herbal wisdom, and lifestyle tips for thriving across the lifespan.	Attunement Sessions	Unmasking Nutritional Dogma - Stephanie Thomas In an age flooded with expert opinions, conflicting studies, and questionable dietary guidelines, navigating the world of health and nutrition can feel overwhelming.		Kundalini - Bess Taran Shanti (3:00 - 4:20pm)
4:00 PM		Life Design - Ed Goodman In this inspiring keynote, discover how to intentionally design a life aligned with your values, purpose, and vision—using practical tools and creative strategies to turn possibility into reality.	---			
4:30 PM			---			Vinyasa - Coco O'Connor
5:00 PM			Meet the Author - Brigette Mars, David Karchere, & Dr. Sharon Montes			
5:30 PM	DINNER					
6:00 PM						
6:30 PM						Nidra - Coco O'Connor
7:00 PM			Kayla			
7:30 PM			Tierro Band ft. Bridget Law (PAVILION STAGE)			
8:00 PM						
9:00 PM						
10:00 PM			CLOSE			