

# HOLISTIC IMMERSION SCHEDULE

## SUNDAY I AUGUST 10, 2025

TIME	GREENRIDGE ROOM	MAIN STAGE	PAVILLION LIVING ROOM	RIMROCK ROOM	PERMACULTURE GARDEN	YOGA SANCTUARY
8:00 AM						
9:00 AM					Hula Dancing from Aloha - Keahi Ewa Movement becomes prayer and dance becomes a path to inner connection and cultural reverence.	Day 3 – Illuminate: Anchor the Radiance Stillness, soul embodiment, rejuvenation, sacred integration
10:00 AM	Crisis to Chrysalis - Julia Butterfly Hill Teachings from the butterfly on how to transform the unknown and fear into courage and capacity.			The Entheogenic Frontier - Dr. Sharon Montes & Eli Katz Explore the cutting edge of psychedelic science, sacred plant medicine, and consciousness expansion.	History of Herbal Medicine - Brigitte Mars Learn about the beginnings of herbal medicine and how it has evolved in various world cultures.	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						
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						
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.		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.
11:30 AM						
12:00 PM			BUFFET OPENS			
1:00 PM	Hula Performance - Keahi Ewa				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	Longevity - Brigitte Mars What are the secrets and techniques of cultures known for long lives and how can you begin using them in your life?	BUFFET CLOSES				
2:00 PM			Quantum Manifestation What Is It and Why It Matters - Allison Al-Khemia Discover how Quantum Manifestation bridges science and spirituality to empower you to consciously create your reality with clarity, purpose, and energetic alignment.			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 - Sece Foster Offering insights and personal stories that reveal how intentional, consistent prayer can support emotional, physical, and spiritual well-being.					
2:30 PM						
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.					Meditation & Movement - Paladin Williams Explore the Four Immeasurables—Loving Kindness, Compassion, Sympathetic Joy, and Equanimity—through meditation, movement, sound, and heartfelt expression. Rooted in Buddhist tradition, this session blends ancient wisdom with fresh, creative practices to cultivate peace, connection, and inner balance—a powerful way to open the Holistic Wellness Immersion.
3:30 PM	Longevity & Nutrition - Dr. Michael Gaeta and Brigitte 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.			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	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						Awakened Movement - Coco O'Connor Tap into your untold potential as we move through a dynamic practice, opening channels in tune with the Lion's Gate Portal. We will work on focus and balance in a Hatha/ Vinyasa style flow, both holding poses and moving with our breath to clear our mind, body and spirit. This class is available for all levels, as several modifications will be available. If you can breathe, you can do yoga.
5:00 PM			Meet the Author - Brigitte Mars, David Karchere, & Dr. Sharon Montes			
5:30 PM						
6:00 PM						
6:30 PM						Nidra - Coco O'Connor Often translated to "yogic sleep", nidra is a form of meditation that aims to induce a state of deep relaxation while maintaining awareness. We will find ourselves in gentle movements, preparing our bodies to lay in savasana (corpse pose) while we are guided to a state
7:00 PM			Opener - Kayla			
7:30 PM			Tierro Band ft. Bridget Law (PAVILION STAGE)			
10:00 PM			CLOSE			