

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					
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.		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.
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			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. The dance will be shared in pairs, with each pair learning and embodying a verse and chorus, so rather than everyone learning the full choreography, it will unfold in segments.		
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.		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.		Honey Ceremony - Labryinth - 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.		
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.		Hatha - Maria Dunn (1:50 - 2:50pm) Certified in Hatha Yoga through the Shambhava School, she offers a balanced class focused on mindfulness, alignment, breath, and meditation. The session includes floor and standing poses, gentle inversions, balance work, and concludes with EFT tapping for relaxation.
2:15 PM		Primal Christianity - David Karchere interviewed by Bexx Taran Shanti A compelling discussion uncovering the truth behind the authorship of <i>Primal Christianity</i> and the deeper wisdom it reveals.	Attunement Sessions			
2:30 PM			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.	
2:45 PM		Harnessing Intuition & Intention - Gary Goodhue Align with your highest wisdom and create from a place of clarity and purpose.	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.
3:00 PM			Attunement Sessions			
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	High Performance Meets Holistic Wellness - Emily Glenn Strategies for sustainable success		
3:30 PM			Attunement Sessions			
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.	—			
4:30 PM			—			Soundbath - Ann Marie Flore Meditative Sound Journey with planetary gong and Himalayan singing bowls
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 Often translated to "yogic sleep", nidra is a form of meditation that aims to induce a state of deep relaxation while maintaining awareness.
7:00 PM			Opening Act - Harpist, Meredith McCrindle - (PAVILLION STAGE)			
7:30 PM			The Copper Children - (PAVILLION STAGE)			
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					
9:00 AM		Morning Hike - Meet at Pavilion Entrance				
10:00 AM		Immune Health w/Natural Remedies -Brigitte Mars <i>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.</i>	Attunement Sessions			Kriya - Michael RedHawk <i>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.</i>
10:30 AM			Attunement Sessions			
10:45 AM		Heal the Healer - Dr. Sharon Montes <i>Practical tools for medical professionals to restore balance, prevent burnout, and reconnect with purpose—where science meets sustainable self-care.</i>	Attunement Sessions			
11:00 AM			Attunement Sessions	Fully Alive - Emily Glenn <i>How to align your health, energy, and purpose in life</i>	Hula Dancing from Aloha - Keahi Ewa <i>Movement becomes prayer and dance becomes a path to inner connection and cultural reverence.</i>	Hatha - Jordan Knuppel (11:10am - 12:10pm) <i>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.</i>
11:15 AM		Whole Brain - Dr. Sharon Montes & Ed Goodman <i>Bridging logic and imagination to unlock innovation, insight, and inspired action.</i>	Attunement Sessions			
11:30 AM			Attunement Sessions		Plant Walk - Lana Roach <i>Discover the healing properties, uses, and wisdom of the plants growing all around you.</i>	
12:00 PM	BUFFET OPENS					
1:00 PM		Benefits of Microdosing for Longevity - Dr. Christy Thiel <i>Explores the science-backed benefits of micro-dosing to support cognitive function, emotional well-being, and longevity.</i>		Life Design - Ed Goodman <i>Create a practical map for living with purpose through interactive exercises and tools that align your values, vision, and next steps.</i>		Sound Healing Journey - Michael Redhawk (1:00 - 1:40pm) <i>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.</i>
1:30 PM	BUFFET CLOSES				Being the peace our world needs now - Anastacia Dadashpour <i>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.</i>	Yin/Vinyasa - Tayah Norris (1:50 - 2:50pm) <i>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.</i>
1:45 PM		Power of Alchemy - Allison Al-khemia <i>Ancient wisdom meets modern insight to ignite inner change and turn life's challenges into catalysts for growth.</i>				
2:00 PM			Attunement Sessions	VAGUSFEST II: The Healing Power Within - Dr. Sharon Montes and Rhonda Duesterberg <i>Experience the science and sacredness of your nervous system through movement, laughter, mindfulness, and connection.</i>		
2:20 PM		Sexual Vitality - Brigitte Mars <i>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.</i>	Attunement Sessions			
2:30 PM			Attunement Sessions			
3:00 PM		Intro to the Shamanic Journey - Michael Cutter <i>Learn the practical foundations of shamanic journeying, including how to use rhythm, intention, and visualization to access guidance, insight, and personal transformation.</i>	Attunement Sessions			Flow - Rachel (3:00 - 4:00pm) <i>Move, breathe, and restore. This all-levels flow is designed to awaken your body and calm your mind through intentional movement, breath awareness, and mindful transitions. Expect creative sequencing, options for all levels, and an emphasis on inner connection.</i>
3:30 PM		History of Sunrise Ranch - Ron Sladek <i>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.</i>	Attunement Sessions	The Untold Story of Modern Medicine - Stephanie Thomas <i>This presentation uncovers how profit-driven narratives have shaped modern medicine and explores integrative approaches to healing rooted in ancestral wisdom and emerging science.</i>		<i>Class concludes with a deeply relaxing crystal bowl sound bath. As you</i>
4:00 PM		Bringing Our Best Selves to Our Hurting World - Julia Butterfly Hill <i>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.</i>	---			
4:30 PM		Julia Butterfly Hill in conversation - interviewed by Paul Bassis	---			Awakened Movement - Coco O'Connor <i>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.</i>
5:00 PM			Meet the Author - Julia Butterfly Hill & Anastacia Dadashpour			
5:30 PM	DINNER					
6:00 PM						
6:30 PM						
7:00 PM			Opener - Sece Foster (PAVILLION STAGE)			Nidra - Coco O'Connor <i>Often translated to "yogic sleep", nidra is a form of meditation that aims to</i>
7:30 PM			Rhythm Sanctuary (PAVILLION STAGE)			
8:00 PM						
9:00 PM						
10:00 PM			CLOSE			

HOLISTIC IMMERSION SCHEDULE

SUNDAY | AUGUST 10, 2025

TIME	PAVILLION DINING HALL	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					
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 - Brigitte 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		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 - Brigitte Mars What are the secrets and techniques of cultures known for long lives and how can you begin using them in your life?				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						
2:15 PM						
2:30 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.		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.		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.
3:00 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.				
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.		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.		
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 Karchers, & Dr. Sharon Montes			
5:30 PM	DINNER					
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 between consciousness and unconsciousness.
7:00 PM			Opener - Kayla			
7:30 PM			Tierro Band ft. Bridget Law (PAVILION STAGE)			
10:00 PM			CLOSE			

TIME	GREENRIDGE ROOM MAIN STAGE
	FRIDAY
10:00 AM	Welcome & Healing Chant - David Karchere, Sunrise Ranch Director
10:30 AM	The Art of Creatorship - Gary Goodhue <i>Awaken your role as the alchemist of your own experience, shifting from reactivity to empowered creatorship.</i>
11:00 AM	
11:15 AM	Welcome to VAGUSFEST I: Heal Your Nervous System with Friends - Dr. Sharon Montes & Dr. Christy Thiel <i>A joyful reconnection to safety, presence, and belonging through science, story, and shared breath.</i>
11:30 AM	
12:00 PM	LUNCH
1:00 PM	Power of Attunement - Sece Foster & Jane Anetrini <i>An energy practice of deep presence and resonance, aligning with others through subtle awareness and connection.</i>
1:30 PM	Emotional Freedom Techniques - Dr. Laura Lasater <i>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.</i>
2:00 PM	
2:15 PM	Primal Christianity - David Karchere interviewed by Bexx Biehl <i>A compelling discussion uncovering the truth behind the authorship of <i>Primal Christianity</i> and the deeper wisdom it reveals.</i>
2:30 PM	
2:45 PM	Harnessing Intuition & Intention - Gary Goodhue <i>Align with your highest wisdom and create from a place of clarity and purpose.</i>
3:00 PM	
3:20 PM	Catch the Wave - Debora Joy Elliott <i>Explore the revolutionary role of psychedelics in modern mental health, with cutting-edge insights into ketamine-assisted therapy, brain mapping, and breath-based integration.</i>
3:30 PM	
4:00 PM	Sacred use of Psychedelics - Brigitte Mars <i>Explore how ayahuasca, psilocybin, iboga, and peyote can help release trauma, addiction, emotional blockages as well as enhance love, creativity and purpose in life.</i>
4:30 PM	
5:00 PM	

TIME	GREENRIDGE ROOM MAIN STAGE
	SATURDAY
10:00 AM	Immune Health w/Natural Remedies - Brigitte Mars <i>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.</i>
10:30 AM	
10:45 AM	Heal the Healer - Dr. Sharon Montes <i>Practical tools for medical professionals to restore balance, prevent burnout, and reconnect with purpose—where science meets sustainable self-care.</i>
11:00 AM	
11:15 AM	Whole Brain - Dr. Sharon Montes & Ed Goodman <i>Bridging logic and imagination to unlock innovation, insight, and inspired action.</i>
11:30 AM	
12:00 PM	LUNCH
1:00 PM	Benefits of Microdosing for Longevity - Dr. Christy Thiel <i>Explores the science-backed benefits of micro-dosing to support cognitive function, emotional well-being, and longevity.</i>
1:30 PM	
1:45 PM	Power of Alchemy - Allison Al-khemia <i>Ancient wisdom meets modern insight to ignite inner change and turn life's challenges into catalysts for growth.</i>
2:00 PM	
2:20 PM	Sexual Vitality - Brigitte Mars <i>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.</i>
2:30 PM	
3:00 PM	Intro to the Shamanic Journey - Michael Cutter <i>Learn the practical foundations of shamanic journeying, including how to use rhythm, intention, and visualization to access guidance, insight, and personal transformation.</i>
3:30 PM	History of Sunrise Ranch - Ron Sladek <i>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.</i>
4:00 PM	Bringing Our Best Selves to Our Hurting World - Julia Butterfly Hill <i>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.</i>
4:30 PM	Julia Butterfly Hill in conversation - interviewed by Paul Bassis
5:00 PM	

TIME	GREENRIDGE ROOM MAIN STAGE
	SUNDAY
10:00 AM	The Entheogenic Frontier - Dr. Sharon Montes & Eli Katz <i>Explore the cutting edge of psychedelic science, sacred plant medicine, and consciousness expansion.</i>
10:30 AM	
10:45 AM	Finding the God within Panel - Dr. Sharon Montes, Shawna Filley, Debbi Elliott, Moderated by Eli Katz. <i>The practical use of sacred plant medicine and psychedelics for healing, emotional integration, and accessing deeper states of consciousness.</i>
11:00 AM	
11:15 AM	The 4 Steps to Create Real Change - Lance Dewbre <i>Introduction to a powerful yet simple process for creating lasting internal change —allowing space for emotional clarity, grounding, and integration.</i>
11:30 AM	
12:00 PM	LUNCH
1:00 PM	Hula Performance - Keahi Ewa
1:30 PM	Longevity - Brigitte Mars <i>What are the secrets and techniques of cultures known for long lives and how can you begin using them in your life?</i>
2:00 PM	
2:15 PM	Healing Power of Prayer - Sece Foster <i>Offering insights and personal stories that reveal how intentional, consistent prayer can support emotional, physical, and spiritual well-being.</i>
2:30 PM	
3:00 PM	Holistic Nutrition - Dr Michael Gaeta <i>A practical approach to holistic nutrition, focusing on how food, lifestyle and natural medicine can support long-term vitality, resilience, and disease prevention.</i>
3:30 PM	Longevity & Nutrition - Dr. Michael Gaeta and Brigitte Mars moderated by Allison Al-khemia. <i>An engaging discussion on the role of nutrition in longevity, featuring practical strategies, herbal wisdom, and lifestyle tips for thriving across the lifespan.</i>
4:00 PM	Life Design - Ed Goodman <i>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.</i>
4:30 PM	
5:00 PM	

TIME	RIMROCK ROOM
	FRIDAY
10:00 AM	The Trust Frequency - Connie Baxter Marlow & Andrew Cameron Bailey <i>Move beyond duality and into the Trust Frequency, where relationships illuminate the soul's path to wholeness, shifting from victimhood to beloved.</i>
11:00 AM	
11:15 AM	Hula Dancing from Aloha - Keahi Ewa <i>Movement becomes prayer and dance becomes a path to inner connection and cultural reverence. The dance will be shared in pairs, with each pair learning and embodying a verse and chorus, so rather than everyone learning the full choreography, it will unfold in segments.</i>
12:00 PM	LUNCH
1:00 PM	Power of Play - Emily Glenn <i>Reclaiming joy and energy in a busy world</i>
2:00 PM	Sacred Relating - Paladin Williams <i>A guided, heart-opening journey into authentic connection—where movement, presence, and radical honesty awaken the divine within ourselves and each other.</i>
3:00 PM	High Performance Meets Holistic Wellness - Emily Glenn <i>Strategies for sustainable success</i>
4:00 PM	
5:00 PM	

TIME	RIMROCK ROOM
	SATURDAY
11:00 AM	Fully Alive - Emily Glenn <i>How to align your health, energy, and purpose in life</i>
12:00 PM	LUNCH
1:00 PM	Life Design - Ed Goodman <i>Create a practical map for living with purpose through interactive exercises and tools that align your values, vision, and next steps.</i>
2:00 PM	VAGUSFEST II: The Healing Power Within - Dr. Sharon Montes and Rhonda Duesterberg <i>Experience the science and sacredness of your nervous system through movement, laughter, mindfulness, and connection.</i>
3:00 PM	
3:30 PM	The Untold Story of Modern Medicine - Stephanie Thomas <i>This presentation uncovers how profit-driven narratives have shaped modern medicine and explores integrative approaches to healing rooted in ancestral wisdom and emerging science.</i>
4:00 PM	
5:00 PM	

TIME	RIMROCK ROOM
	SUNDAY
10:00 AM	Crisis to Chrysalis - Julia Butterfly Hill <i>Teachings from the butterfly on how to transform the unknown and fear into courage and capacity.</i>
11:00 AM	
12:00 PM	LUNCH
1:00 PM	Shamanic Journey - Michael Cutter <i>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.</i>
2:00 PM	
2:15 PM	
2:30 PM	Quantum Manifestation What Is It and Why It Matters - Allison Al-Khemia <i>Discover how Quantum Manifestation bridges science and spirituality to empower you to consciously create your reality with clarity, purpose, and energetic alignment.</i>
3:00 PM	
3:30 PM	Unmasking Nutritional Dogma - Stephanie Thomas <i>In an age flooded with expert opinions, conflicting studies, and questionable dietary guidelines, navigating the world of health and nutrition can feel overwhelming.</i>
4:00 PM	
5:00 PM	

TIME	PERMACULTURE GARDEN & LABRYINTH
	FRIDAY
1:30 PM	Honey Ceremony - Labryinth - Eli Katz <i>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.</i>
2:00 PM	
2:30 PM	Plant Spirit Medicine - Lana Roach <i>Discover how the spirit of plants guides us toward healing, balance, and deeper connection on every level of being.</i>

TIME	PERMACULTURE GARDEN & LABRYINTH
	SATURDAY
11:00 AM	Hula Dancing from Aloha - Keahi Ewa <i>Movement becomes prayer and dance becomes a path to inner connection and cultural reverence.</i>
11:30 AM	Plant Walk - Lana Roach <i>Discover the healing properties, uses, and wisdom of the plants growing all around you.</i>
12:00 PM	LUNCH
1:00 PM	
1:30 PM	Being the peace our world needs now - Anastacia Dadashpour <i>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.</i>
2:00 PM	
2:30 PM	

TIME	PERMACULTURE GARDEN SUNDAY
9:00 AM	Hula Dancing from Aloha - Keahi Ewa <i>Movement becomes prayer and dance becomes a path to inner connection and cultural reverence.</i>
10:00 AM	
10:30 AM	History of Herbal Medicine - Brigitte Mars <i>Learn about the beginnings of herbal medicine and how it has evolved in various world cultures.</i>
11:30 AM	
12:00 PM	LUNCH
1:00 PM	VAGUSFEST III: The Winding Path of Divinity - Dr. Sharon Montes & Paladin Williams <i>Walk with the wisdom of the weekend—alone, with friends, and with Source. Restore what's real.</i>
2:00 PM	

TIME	YOGA SANCTUARY
	FRIDAY – Awaken: Enter the Portal Grounding, heart ignition, solar breath, and remembrance of purpose
10:00 AM	Meditation & Movement - Paladin Williams <i>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.</i>
11:00 AM	Hatha - Jordan Knuppel (11:10am - 12:10pm) <i>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.</i>
12:00 PM	LUNCH
1:00 PM	Laugh Yoga - Cleo Buchanan (1:00 - 1:40pm) <i>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!</i>
1:50 PM	Hatha - Maria Dunn (1:50 - 2:50pm) <i>Certified in Hatha Yoga through the Shambhava School, she offers a balanced class focused on mindfulness, alignment, breath, and meditation. The session includes floor and standing poses, gentle inversions, balance work, and concludes with EFT tapping for relaxation.</i>
3:00 PM	Yin - Jordan Knuppel <i>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.</i>
4:00 PM	
4:15 PM	Soundbath - Ann Marie Fiore <i>Meditative Sound Journey with planetary gong and Himalayan singing bowls</i>
5:15 PM	
5:30 PM	DINNER
6:00 PM	
6:30 PM	Nidra - Coco O'Connor <i>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 between consciousness and unconsciousness. This technique helps manage stress, enhance creativity, improve learning, and promote physiological and mental well-being. No previous experience needed. This class is available to all levels as we are encouraged to sit or lie in stillness. If you can breathe, you can do yoga.</i>
7:30 PM	

TIME	YOGA SANCTUARY
	SATURDAY – Ignite: Harness the Moon Fire Activation, divine discipline, lunar expansion, power and purification
10:00 AM	Kriya - Michael RedHawk <i>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.</i>
11:00 AM	Hatha - Jordan Knuppel (11:10am - 12:10pm) <i>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.</i>
12:00 PM	LUNCH
1:00 PM	Sound Healing Journey - Michael Redhawk (1:00 - 1:40pm) <i>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.</i>
1:50 PM	Yin/Vinyasa - Tayah Norris (1:50 - 2:50pm) <i>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.</i>
3:00 PM	Flow - Rachel (3:00 - 4:00pm) <i>Move, breathe, and restore. This all-levels flow is designed to awaken your body and calm your mind through intentional movement, breath awareness, and mindful transitions. Expect creative sequencing, options for all levels, and an emphasis on inner connection. Class concludes with a deeply relaxing crystal bowl sound bath. As you rest in stillness, the healing frequencies of quartz crystal singing bowls will support nervous system regulation, energetic clearing, and a sense of deep peace. Whether you're new to yoga or an experienced practitioner, this class offers a balanced blend of movement and stillness to nourish your whole self.</i>
4:00 PM	
4:15 PM	Awakened Movement - Coco O'Connor <i>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.</i>
5:15 PM	
5:30 PM	DINNER
6:30 PM	Nidra - Coco O'Connor <i>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 between consciousness and unconsciousness. This technique helps manage stress, enhance creativity, improve learning, and promote physiological and mental well-being. No previous experience needed. This class is available to all levels as we are encouraged to sit or lie in stillness. If you can breathe, you can do yoga.</i>
7:30 PM	

TIME	YOGA SANCTUARY
	Sunday – Illuminate: Anchor the Radiance Stillness, soul embodiment, rejuvenation, sacred integration
10:00 AM	Vinyasa - Tayah Norris <i>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.</i>
11:00 AM	Kriya - Michael Redhawk (11:10am - 12:10pm) <i>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.</i>
12:00 PM	LUNCH
1:00 PM	Sound Healing Journey - Michael Redhawk (1:00 - 1:40pm) <i>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.</i>
1:30 PM	
2:00 PM	Yin/Vinyasa - Tayah Norris (1:50 - 2:50pm) <i>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.</i>
3:00 PM	Meditation & Movement - Paladin Williams <i>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.</i>
4:00 PM	
4:30 PM	Awakened Movement - Coco O'Connor <i>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.</i>
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7:30 PM	

TIME	ATTUNEMENT SESSIONS PAVILLION LIVING ROOM FRIDAY & SATURDAY
10:00 AM	Attunement Sessions
11:00 AM	Attunement Sessions
12:00 PM	LUNCH
2:00 PM	Attunement Sessions
3:00 PM	Attunement Sessions
4:00 PM	—
4:30 PM	—
5:00 PM	Meet the Authors