

Six rotating stations in five time slots - You can choose to rotate through any of the sessions, repeating one or two or trying five of the six available. More information will be provided during the welcome/intro

Saturday	
10:30	45 min
11:15	45 min
2:30 PM	45 min
3:15	45 min
4:00	45 min

- **Hike –Barb Brock**
 - Get outside and walk with awareness, mindfulness and spiritual intention. Connect with nature in ways you’ve never connected before.
- **Spiritual Disciplines Station – Brittany Mangelson & Monica English**
 - Spiritual ninja Brittany will lead small groups in exploring spiritual disciplines including a labyrinth.
- **Art / Adult Coloring Books**
 - Get your rainbow on
- **Story Corps/200 year present – Andi Chatburn**
 - Interview a partner in our mobile sound booth and record an inspiring, joyful, sad or wonderful moment that informs who your partner is as a person and how they live their life. Partners will have access to guided (scripted) questions and may record for 5 or 45 minutes or just get to know one another on a deeper level. Learn more here: <https://storycorps.org/participate/>
- **Massage – Shea Rose**
 - 30-90 minute sessions, \$1/minute. Tips welcome.
 - Shea has worked in the healthcare field for over ten years, four of those years as a massage therapist. She is in her element working one on one with individuals and believes massage therapy should be a mind and body experience. Relaxation and easing muscle tension go hand in hand.
 - Professional massage includes expertly locating sheets and blankets to preserve client modesty and assure only professional contact with body tissue and skin. You are welcome to be with or without clothing to the level you feel most comfortable.
- **Time with Lisa Butterworth**
 - Learn more from Lisa during the Welcome and Introduction