

# WILD WOMEN NEPA WORKSHOP SCHEDULE

## FESTIVAL

SCAN QR CODE FOR BIOS & DESCRIPTIONS



BLUE

RED

TAN

GREEN

GULLY

WATERSIDE

10:00	Healing Harmony: Sound Healing & Reiki	Empower Your Health: Self-Healing Workshop	Rebuilding our Foundation	Faith in the Forest: Connecting to the Divine	Awaken your Inner Warrior	Divine You Women's Circle
11:15	Embracing The Goddess Within: Belly Dancing Basics	Astrology in Tarot	Kundalini Yoga: Master your Intuition	Forgaging Wild Edible Plants	Activating the Priestess Archetype	There is Strength in Stillness Yoga
12:30	Meditations in eMotion	Naturally Radiant: A Holistic Approach to Skincare	Pelvic Floor and Core Strengthening	Mushroom ID & Mycelium Meditation	Cycle-Syncing With the Goddess	Inner Alchemy: QiGong Practice
1:45	Embodying Emotion: Journey of Movement & Self-Expression	Healing Energy Connection & Community Circle	Parton my Vinyasa!	Take a Forest Shower!	The Healing Power of Play	Flow Arts with Samantha Lenza
3:00	The Jenny Party: Paint & Dance Like It's Your Last Day!	Finding Joy Through Budgeting	Hatha Yoga For Self Care	Shattered	Crystal Healing Meditation	You are Worthy Sister Circle
4:15	Break	Herbs for Hormonal Health	Somatic Yoga: Moving Meditation	Take a Forest Shower!	Reparenting the Wounded Inner Child	Singing Ourselves Home
5:30	Sacred Sound Bath: Goddess Frequency	Cultivating Wellness: Using Holistic Practices	Find Your Purpose Vinyasa Flow	Mushroom ID & Mycelium Meditation	Ceremony: Ignite Your Inner Goddess	Illumination Circle for Wild Women

WORKSHOPS ARE FIRST-COME FIRST-SERVE

MAX CAPACITY:

 UNLIMITED

 UP TO 50

 UP TO 35