

THE GREEN WITHIN ROOM'S MINI-WORKSHOP SCHEDULE

SATURDAY'S FREE MINI-WORKSHOPS	
Time	Description
10:30 am	The Tao of Health & Well-Being <i>Presented by Paul Seronko</i>
11:00am	Electromagnetic Frequency <i>Presented by Christine McCormick</i>
12:00 pm	Breath Therapy and Pranayama <i>Presented by Brandie Redinger</i>
12:30pm	Meditation <i>Presented by Brandie Redinger</i>
2:30pm	Allergy Elimination (NAET) Demonstration <i>Presented by Emily Penney, ND</i>
4:00pm	Reiki Introduction <i>Presented by Premdaya Mathieu</i>
4:30	Art of Living – Kriya Yoga <i>Presented by Leslye Moore</i>
5:00	Yoga for Personal and Global Transformation <i>Presented by Marisa Smith, MA</i>

SUNDAY'S FREE MINI-WORKSHOPS	
Time	Description
11:00am	Intro To Green Within <i>Presented by Brent Mathieu, ND</i>
11:30pm	Pilates <i>Presented by Audrey Millstein</i>
12:00pm	Wholistic Nutrition - Seasonal Eating <i>Presented by Wellspring School for Healing Arts</i>
12:30pm	Emotional Freedom Technique <i>Presented by Shawn Socia</i>
2:30pm	Health, Wellness and the Environment <i>Presented by Janice Lung, EdD</i>
3:00pm	Healthy Heart--Naturally <i>Presented by Karen Benton, ND</i>
4:00 pm	Dynamics of Eating <i>Presented by Jen Pascoe</i>
4:30	Closing Remarks on "Green Within" <i>Presented by Brent Mathieu, ND</i>

