

*\*Please Note: Although we try our best to stay on schedule, it is subject to shift.*

Friday, May 31		
8:00-8:45	Doors Open, Registration	
8:30-9:00	<b>Cynthia Quintanal - Sound Bath</b>	
9:00-9:15	Welcome	
9:15-9:30	<b>Ben Hewitt</b>	
9:30-11:00	<b>Katy Bowman</b>	<b>Move Your DNA: The Difference Between Exercise and Movement (and Why it Matters)</b>
11:15-12:45	<b>Beth Lambert</b>	<b>Documenting Hope: An Innovative Solution for the New Childhood Epidemics</b>
1:00-2:00	LUNCH; Book Signings and Marketplace/Exhibitors	
	<b>Cynthia Quintanal- Sound Bath</b>	
2:00-3:30	<b>Jason Prall</b>	<b>Lifestyle Medicine for Optimal Health in the 21st Century</b>
	<b>Cynthia Quintanal - Sound Bath</b>	
3:30-5:00	<b>Ted Achacoso, MD</b>	<b>Who is Taking Care of your Mitochondria and Microbiota?</b>
Saturday, June 1		
8:00-8:45	Doors Open, Registration	
8:30-9:00	<b>Cynthia Quintanal - Sound Bath</b>	
9:00-9:15	Welcome	
9:15-10:45	<b>Nicolas Pineault</b>	<b>How to Combat Electro-Pollution with Ancestral Practices</b>
	<b>Cynthia Quintanal- Sound Bath</b>	
11-12:30	<b>Mark Schatzker</b>	<b>The Dorito Effect: The Surprising New Truth About Food and Flavor</b>
1:00-2:30	LUNCH; Book Signings and Marketplace/Exhibitors	
2:30-4:00	<b>Zach Bush, MD</b>	<b>The Soil Microbiome, Ground Zero of our Modern Disease Epidemics</b>
Sunday June 2		
8AM-9:30	<b>Katy Bowman</b>	<b>Sustainable Knees and Hips Movement Workshop:</b> Separate Ticket required. Please bring yoga mat, water bottle and wear comfortable clothing.