

Admission

Ticket Prices

CASH ONLY AT THE DOOR*

- \$14.50 General Admission
 - \$12.50 Seniors 65+ / Students with valid ID
 - \$6.00 Children (5 and under free)
 - \$30.00 Three day pass
 - \$25.00 Family Pack – 2 adults + 2 children
- Not valid with any other ticket promotion.*

DISCOUNT TICKETS AVAILABLE ONLINE*

PayPal at www.thewellnessshow.com/tickets

FOR GROUP TICKET/CORPORATE GIFT PACKS

Call the show office to book 604-983-2794

**All prices include GST. All seminars, demos and workshops are included in the price of admission.*



Hours

Friday, March 3, 2017

12 noon to 7 pm

Saturday, March 4, 2017

10 am to 7 pm

Sunday, March 5, 2017

10 am to 6 pm

Location | Parking

Vancouver Convention Centre, West Building Exhibit Hall B

1055 Canada Place Vancouver, BC

www.vancouverconventioncentre.com



THE WELLNESS SHOW

"All your healthy lifestyle needs for body, mind + spirit under one roof"



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www.thewellnessshow.com

EVENT INFORMATION 604-983-2794



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"All your healthy lifestyle needs for body, mind + spirit under one roof"



March 3, 4, 5, 2017



www.thewellnessshow.com

EVENT INFORMATION 604-983-2794

Helping you find balance.

Welcome to The Wellness Show... 2017 is our 25th anniversary and we are more committed than ever to helping you create your happier and healthier life!

The Nesters Market Organic Section

The Nesters Market Organic Section highlights quality organic and natural products and offers free samples of some of the delicious healthy foods found at Nesters Market stores.

The Celebrity Cooking Stage

Watch as celebrity chefs and award-winning cookbook authors share their healthy recipes made with BC's best and most sustainable ingredients. Afterwards, sample their creations and see why Vancouver is considered the best food city in Canada.

Women's Power Panel- A Fresh Conversation About Life

Join Award-Winning TV Host Kristina Maticic, Women's Health Expert Lorna Vanderhaeghe and Business Coach Heather White for a fresh conversation about life as industry leaders on Saturday at 2pm on the Women & Wellness Stage. Sponsored by Fresh Vancouver Magazine.

Active Dad Panel- Balancing Fame, Fitness and Family

Join Award-Winning Fitness Coach Tommy Europe, Lifestyle Mentor Dai Manuel, CTV Weather Anchor Marke Driesschen and 2017 BC Liberals Candidate Steve Darling as they open up about fame, family and fitness on Sunday at 4:15pm on the Living Well Stage.

Special Features for 2017!

Celebrate our 25th

Take your best shot at the selfie station and share photos, healthy facts and wellness trend predictions on the 25th anniversary memory wall.

BC MarketPlace

Meet local artisans, crafters, makers and bakers in this shopping area dedicated to small businesses with big hearts.

The Healthy Families Zone

Get active with your kids at the BOKS Obstacle Course, learn about urban beekeeping with Vancouver Honeybees and watch how-to demos on the Healthy Families Stage.

Traditional Medicinals Fresh Lounge

Enjoy a cup of hot, healthy Traditional Medicinals tea in our cool, custom-designed lounge.

Bodhi Meditation Garden

Visit this quiet oasis in the middle of the show and experience the many forms of meditation taught by Bodhi Meditation.

Don't miss a thing. Visit www.thewellnessshow.com for a full list of everything awesome to see and do at the show.



Enter to win!

All included in your price of admission



Grand Prizes

Function Health Club Wow! Wellness Package



Chopra Addiction & Wellness Center Healing Experience



Float House 10-Pack Float



Stage Prizes

Celebrity Cooking Stage - Kingfisher Oceanside Resort & Spa One Night Stay with Hydropath



Healthy Families Stage - Vancouver's Pediatric & Family Wellness Chiropractic Gift Pack



Living Well Stage - Genuine Health Gift Basket



Women & Wellness Stage - Genuine Health Gift Basket



Zen Fitness Stage - Flaman Fitness Bowflex Uppercut

Seminar Prizes

Cookbooks, restaurant gift cards, goodie bags and more available to be won at individual seminars.

Plus, Wellness Show Swag Bags!



2017 Exhibitors List

📍 exhibitors offering special show prices on products and services

After Image 📍
Apothecary Labs 📍
Arbonne International 📍
ARCH Canada 📍
Artisans Way Organics 📍
Avicenna Aromatherapeutics Ltd.
BC Association of Kinesiologists 📍
BC Buzz Honey 📍
BC Lymphedema Assn.
BC Nurses' Union Van Metro
BC Responsible & Problem Gambling Program
Beanfields Snacks 📍
Beauty Control Group, The
Beland Organic Foods 📍
Biomedical International Products
BG Health Group 📍
Blended Spirt 📍
Bluebird Provisions Inc.
Bodhi Meditation (Canada Bodhi Dharma Society) 📍
Body Energy Club 📍
Body Plus
BOKS (Build Our Kids' Success)
Botanica
Botanical Bliss Products Ltd.
Bremner Foods Ltd. 📍
Brew Dr.
Califa Farms
Canada Running Series
Canadian Association of Occupational Therapists (CAOT)
Canada Bread
Canadian College of Shiatsu Therapy
Canadian Diabetes Association
Canadian In-Home Care Assistance
Chopra Addiction and Wellness Center
Christian Science Reading Room
Crafts of Tibet 📍
Crystal Hearing Centre
Danone Inc.
Datzchem Inc. 📍
doTERRA Wellness Advocates

Earthbound Farms
Eatmore Sprouts & Greens Ltd.
Eckankar Canada
Ecoideas Innovations Inc.
Ecotrend Ecologics Ltd.
Ed Core Marketing Ltd.
EnerChanges Optimal Aging Clinic
Enerex Botanicals Ltd.
Fantan Enterprise Ltd.
F.I.L.E.S.
FIRMA Energywear & TAB Custom-Fitted Bras 📍
Flaman Fitness 📍
Float House 📍
Flora Manufacturing & Distributing
Fresh Vancouver Magazine
Fruit d'Or
Function Health Club 📍
Gab Innovations/Natures Aid/Prosante
Gabriel's Light Holistic Health Inc.
Garden of Life Canada
General Mills
Genuine Health Inc.
Giddy Yoyo Chocolate 📍
GoodLife Fitness
Gojoy 📍
Granys Rice Cooker
Green Beaver Company, The
Green Remedy 📍
Hanes Hummus 📍
Harmonic Arts Botanical Dispensary Inc.
Healingscents 📍
Health Canada
Health Canada
HepCBC Hepatitis C Education and Prevention Society
Inner Circle 📍
Inner Voice Counselling
Innotech Nutrition 📍
Institute of Holistic Nutrition, The
Integrative Health Coaching 📍
International College of Medical Intuition 📍
In-Touch Chiropractic 📍

IQ Balance Gourmet/Hot Arusha 📍
Isagenix
IT Works 📍
J. Massage Tools 📍
Jassal Chiropractic
Jeunesse Global
Juice PLUS+ Tower Garden 📍
Jusu Bar
K9 Kelp 📍
Kalawna Cosmetic
Kaslo Sourdough Bakery 📍
Kellogg Canada Inc.
KIND Healthy Snacks
Kingfisher Oceanside Resort & Spa
Kingsway Naturopathic Clinic 📍
Koko Monk Chocolates 📍
Lakanto
La Maison Orphee Inc.
Land Art 📍
LC Lifestyle Enterprise Ltd.
Light Alkemi
Lorna Vanderhaeghe Health Solutions 📍
Mabelle Style
Mandala Blooms Creative Inc. 📍
Manitoba Harvest Hemp Foods
Marie's Guilt Free Bakery 📍
Maureen's Food World
Medexo Canada Inc. 📍
Mediterra Soaps and Body Care 📍
Monat Global 📍
Moonshine Mama
Moving the Human Spirit
Mumm's Sprouting Seeds
My Matcha Life Products Inc. 📍
Naked Coconuts 📍
Nanton Nutraceuticals
NatriHealth
Nerium International 📍
Nesters Market
Niyama Canada Inc. 📍

Nordic Naturals
North American Dynamic Trading
North Shore Naturopathic
Norwex 📍
Nude & True
Nu Skin 📍
Nutiva
Okanagan Pink Salt
Organika Health Products Inc.
Original Energy Sales Inc. (IQ Massager) 📍
Osim Canada
Outside The Box Distributors Inc. 📍
Oxylift 📍
Paris Orthotics 📍
Planet Hemp
Pomme Natural Market 📍
Prana Biovegan Inc. 📍
Pranin Organic Inc. 📍
Pruvit
Pure Bone Broth 📍
Purica
Quantumwave 📍
Quejos Ancient Foods Inc. 📍
Rad Roller 📍
Reflexology Assn. of BC 📍
RISE Kombucha 📍
Salt Spring Coffee
Saputo Dairy Products
Saraya Canada Co. Ltd.
Scottiabank 📍
Sky Studio Incorporated 📍
Societe de Developpement Economique
SomaLife 📍
Sonray Sales Ltd. 📍
Soul Comfort Sheepskin, Sheep's Wool & Hemp 📍
Spinalis Canada 📍
Steve Nash Fitness World & Sports Club 📍
Suede Hills Organic Farm 📍
Supplements AromAtik Inc. 📍
Swerve Sweetener

Synergy of Nature Aromatherapy & Herbs 📍
Teagosa Incorporated
teapigs
Tetley Ayurvedic Balance Teas
The New Agora
Thermomix Canada 📍
Thirsty Whale Elixirs 📍
Traditional Medicinals 📍
Training in Power Academy 📍
Trans-Herbe Inc.
Trillium Soaps and Candles 📍
True Earth Paper Corporation
Truehope Canada
Tupperware 📍
Ultimate Mobile Spa 📍
Universal Soul Service Corp.
USA Pear Bureau
Valentus 📍
Vancouver Honeybees
Vancouver's Pediatric & Family Wellness Chiropractor 📍
Vega
Victoria's Health 📍
Vidadih Fit Portions Inc.
Vita Coco
Vitamix
Vita Pro 21
Vossity Beauty
Weeds n Seeds
West 1st Chiropractic Wellness Centre 📍
Whisk Premium Matcha 📍
Wise Bites
Whitewave
WN Pharmaceuticals/Webber Naturals
Works Wonders Herbal Care Company
You In Focus Products 📍
Young Living Essential Oils 📍
Zen Organics 📍

2017 Stage Information

Please visit www.thewellnessshow.com for complete descriptions and live updates

Celebrity Cooking

► Friday, March 3

- 2:00 PM Poached Steelhead with Quinoa Salad** with Chef Sheldon Maloff, Chef de Cuisine, Provence Marinaside. *Sponsored by: Provence Marinaside*
- 3:15 PM Dungeness Crab Causa** with Chef Ricardo Valverde, Executive Chef, Ancora. *Sponsored by: Ancora Waterfront Dining and Patio*
- 4:15 PM Local Flavors with Global Influences** with Chef Michael Winning, Executive Chef, Beach Bay Café. *Sponsored by: Beach Bay Café and Patio*
- 5:15 PM Wild BC Mushroom Hummus Kawarma** with Chef Karan Suri, Executive Chef, Fairmont Waterfront. *Sponsored by: Fairmont Waterfront. Product Sponsor: Mushrooms Canada*
- 6:15 PM Moroccan Crusted Lamb with Blueberry Compote** with Chef Victor Bongo, Executive Chef & Author. *Sponsored by: www.victorbongo.com. Product Sponsor: BC Blueberry Council*

► Saturday, March 4

- 11:30 AM Thai Red Chicken Curry** with Chef Curtis Luk, Executive Chef/Owner, Mission Restaurant. *Sponsored by: Mission Restaurant*
- 12:30 PM Mushroom and Beef Cheek Buckwheat Perogies** with Chef Sarah Stewart, Executive Chef, Juniper Restaurant. *Sponsored by: Juniper Restaurant. Product Sponsor: Mushrooms Canada*
- 1:30 PM A Tojo Specialty** with Chef Hidekazu Tojo, Executive Chef/Owner, Tojo's Restaurant. *Sponsored by: Tojo's Restaurant*
- 3:00 PM Farm Fresh Recipe from the New Araxi Cookbook** with Chef James Walt, Executive Chef, Araxi Restaurant. *Sponsored by: Toptable Group*
- 4:00 PM Zucchini, Squash & Potato Sauté** with Chef Meeru Dhalwala, Chef/Co-Owner, Vij's Restaurant. *Sponsored by: Vij's Restaurant*
- 5:00 PM Traditional Italian Dish with Seasonal West Coast Flavors** with Chef Andrew Richardson, Executive Chef, CinCin Ristorante. *Sponsored by: Toptable Group*
- 6:00 PM Stinging Nettle Gnocchi with Blueberry Hazelnut Mustarda** with Chef Brian Luptak, Head Chef, The Acorn. *Sponsored by: The Acorn Restaurant. Product Sponsor: BC Blueberry Council*

► Sunday, March 5

- 10:30 AM Vegan Waffles with Pulled Jackfruit in Blueberry Bourbon BBQ Sauce** with Rebecca Coleman, Author & Food Blogger. *Sponsored by: Cooking By Laptop. Product Sponsor: BC Blueberry Council*
- 11:30 AM 3 Types of Sushi Rolls** with Chef Clement Chan, Executive Chef/Owner, Torafuku. *Sponsored by: Torafuku*
- 12:30 PM Cured Meats and Organic Grain Wild Yeast Fermented Bread** with Baker Cliff Leir, Owner, Fol Epi. *Sponsored by: Fol Epi Organic Bread and Pastry*
- 2:00 PM Baked Portobello Mushrooms with Truffle Caramelized Onions** with Chef Bill Jones, Author. *Sponsored by: Touchwood Editions*
- 3:00 PM Padtay Pong Karee with Simply Thai Fried Rice** with Chef Grace-Siriwan Rerkuttisiriwach, Executive Chef/Owner, Simply Thai. *Sponsored by: Simply Thai Restaurant*
- 4:00 PM Healthy & Flavorful Uplifting Caribbean Eats** with Chef Cullin David, Executive Chef/ Co-Owner, Calabash Bistro. *Sponsored by: Calabash Bistro*

Healthy Families

► Friday, March 3

- 2:30 PM Holy Crap- This Tastes Amazing!** with Corin Mullins and Claudia Howard, Authors, The Holy Crap Cookbook. *Sponsored by: Harbour Publishing Co.*
- 3:30 PM Seasonal and Local Eating** with Chef Trevor Bird, Executive Chef, Fable. *Sponsored by: Kin's Farm Market*
- 4:30 PM Simple Anti-Inflammatory Lunchbox Recipes** with Sonja Bruner, HN & Author *Sponsored by: www.sondibruner.com*
- 5:30 PM Fit Families- Daily Habits that Will Help You Live Longer (and Happier!)** with Dai Manuel, Lifestyle Mentor. *Sponsored by: www.DaiManuel.com*

► Saturday, March 4

- 10:45 AM Healing From Addiction** with Nirmala Raniga, Founder. *Sponsored by: Chopra Addiction & Wellness Center*
- 11:45 AM Taking Action Against Elder Abuse of Older Adults** with Mary McLaughlin, Director of Community Relations. *Sponsored by: Canadian In Home Care Assistance*
- 12:45 PM Healthy Homemade Snacks** with Skylar Sinow, Co-Founder, Kids Can Cook Gourmet. *Sponsored by: Kin's Farm Market*
- 1:45 PM Creative & Healthy Cooking with Thermomix** with Irma Jerusa, CRM, Monica Hanser, Red Seal Chef and Jenny Wijesinghe, Cordon Bleu Chef. *Sponsored by: Thermomix Canada*
- 2:45 PM NatriHealth- Specializing in Traditional Chinese Medicines** with Henry Gallwitz, Sales Manager and Special Guests. *Sponsored by: NatriHealth*
- 3:45 PM Traditional Medicinals Teas- A Natural Health Product** with Brian White, Sales Manager. *Sponsored by: Traditional Medicinals Inc.*
- 4:45 PM Growing Sprouts & Microgreens in Your Kitchen** with Maggie Mumm, Organic Farmer. *Sponsored by: Mumm's Sprouting Seeds*
- 5:45 PM Raw Chocolate- Tasting and Decoding** with Paul Dincer, Pastry Chef & Founder. *Sponsored by: Koko Monk Chocolates*

► Sunday, March 5

- 10:45 AM Let's Talk About Fat** with Nathalie Plamondon-Thomas, Life Coach & Author. *Sponsored by: La Maison Orphee Inc.*
- 11:45 AM Hummus Beirut Reinvented with Mushrooms** with Chef Ashley Dolbec, Kitchen Manager, Jamjar. *Sponsored by: Mushrooms Canada*
- 12:45 PM Active Kids = Active Minds** with Shannon MacMillan, BOKS Regional Coordinator. *Sponsored by: BOKS (Build Our Kids' Success)*
- 1:45 PM Life is Like an Onion** with Dr. Sabrina Chen-See, DC. *Sponsored by: Vancouver's Pediatric & Family Wellness Chiropractor*
- 2:45 PM Pasta Primavera the Entire Family Will Love** with Chef Alex Tung, Corporate Chef, La Grotta Del Formaggio. *Sponsored by: Kin's Farm Market*
- 3:45 PM 7 Powerful Foods that You Must Have On Your Dining Table** with Dr. Albert Kim, ND. *Sponsored by: Kingsway Naturopathic Clinic*
- 4:45 PM Chemical-Free Cleaning for the Whole Family** with Loretta Rogoschewsky, VP Sales Lead. *Sponsored by: Norwex*

Living Well

► Friday, March 3

- 2:15 PM Brain Mapping & Brain Health** with Dr. Saeid Mushtagh, ND. *Sponsored by: Northshore Naturopathic Clinic*
- 3:15 PM Eating Alive Program and Head Injuries** with Dr. Jonn Matsen, ND, Author. *Sponsored by: Northshore Naturopathic Clinic*
- 4:15 PM Master Your Metabolism- Look and Feel Vibrant at Any Stage of Life** with Dr. David Wang, ND. *Sponsored by: Pranin Organic Inc.*
- 5:15 PM Your Spiritual Toolkit for Challenging Times** with Amy Mraze, Speaker & Workshop Facilitator, Eckankar Canada. *Sponsored by: Eckankar Canada*
- 6:15 PM The Power of Testosterone and Human Growth Hormone (HGH)- Repair, Build and Return Your Body Back To Health** with Dr. Brian Martin, BSc., ND. *Sponsored by: EnerChanges Optimal Aging Clinic*

► Saturday, March 4

- 10:30 AM Disease Recovery and Anti-Aging through the Alkaline-Acid Balance** with Stephan Wilmes, The Alkaline Diet Guy. *Sponsored by: You In Focus Products*
- 11:30 AM Joint Pain- Its Cause and What You Can Do About It** with Dr. Albert Kim, ND. *Sponsored by: Kingsway Naturopathic Clinic*
- 12:30 PM Diet Does Not Equal Nutrition-Why Your Healthy Diet is Causing You Stress** with Dr. Jason Marr, BScH., ND. *Sponsored by: The Institute of Holistic Nutrition*
- 1:30 PM Achieving Brain Health - Improving Life Substantially** with David Stephan, Mental Health Advocate. *Sponsored by: Truehope Canada*
- 2:30 PM Master Your Metabolism- Look and Feel Vibrant at Any Stage of Life** with Dr. David Wang, ND. *Sponsored by: Pranin Organic Inc.*
- 3:30 PM Brain Mapping & Brain Health** with Dr. Saeid Mushtagh, ND. *Sponsored by: Northshore Naturopathic Clinic*
- 4:30 PM Eating Alive Program and Head Injuries** with Dr. Jonn Matsen, ND, Author. *Sponsored by: Northshore Naturopathic Clinic*
- 5:30 PM Healing Holistically via the Endocannabinoid System** with Gabriele Jerousek, Co-Founder, Apothecary Labs. *Sponsored by: Apothecary Labs*

► Sunday, March 5

- 10:15 AM Thyroid Health - Increase Your Energy, Metabolism and Vitality for Life** with David Stephan, Mental Health Advocate. *Sponsored by: Truehope Canada*
- 11:15 AM Gut Troubles - Food, Inflammation, Gut Problems and Food Allergies** with Dr. Kelly Farnsworth, DC, ND. *Sponsored by: EnerChanges Optimal Aging Clinic*
- 12:15 PM Herbal Tonic Drinks** with Yarrow Willard, Cl. H. *Sponsored by: Harmonic Arts Botanical Dispensary*
- 1:15 PM Real Fast Food- Shortcuts to Ensure Your Family has Health Food On Hand** with Dr. Miranda Wiley, BSc, ND. *Sponsored by: Botanica*
- 2:15 PM Your Health- An Evolutionary Perspective** with Dr. Jason Marr, BScH., ND. *Sponsored by: Genuine Health*
- 3:15 PM How Mineral Balances Affect Your Health and Energy** with Rick Fischer, Holistic Health Coach. *Sponsored by: Integrative Health Coaching*

- 4:15 PM Active Dad Panel- Balancing Fame, Fitness and Family** with Dai Manuel, Lifestyle Mentor, Steve Darling, 2017 BC Liberals Candidate, CTV Weather Anchor Marke Driesschen and Tommy Europe, Award-Winning Fitness Coach. *Sponsored by: The Wellness Show*

Women & Wellness

► Friday, March 3

- 1:45 PM Low Thyroid - Have You Been Told Your Thyroid is Normal?** with Dr. Kelly Farnsworth, DC, ND. *Sponsored by: EnerChanges Optimal Aging Clinic*
- 2:45 PM Perspective Changes Everything** with Steely Springham, Confidence Coach. *Sponsored by: Fresh Vancouver Magazine*
- 3:45 PM Rhythmic Cycle of Women's Health** with Angela Willard, Cl.H. *Sponsored by: Harmonic Arts Botanical Dispensary*
- 4:45 PM How to Naturally Boost Your Energy** with Ariana Fotinakis, PT, Nadya Pecherskaya, HN and Kimmy Xiao, Founder, Whisk Premium Matcha. *Sponsored by: Whisk Premium Matcha*
- 5:45 PM Women and Burnout- A Soul Mind Body Solution** with Dr. Peter Hudoba, MD and Dr. Monique Giard, PhD. *Sponsored by: Universal Soul Service*

► Saturday, March 4

- 11:00 AM How Living Your Dream Affects Your Health and Wellness** with Dr. Marilyn Parkin, Ph.D. *Sponsored by: International College of Medical Intuition*
- 12:00 PM Everything You Need to Know About Hormones** with Lorna Vanderhaeghe, MS. *Sponsored by: Lorna Vanderhaeghe Health Solutions*
- 1:00 PM Reprogram Your Brain to Lose Weight** with Nathalie Plamondon-Thomas, Life Coach & Author. *Sponsored by: DNA Life Coaching*
- 2:00 PM Power Panel- A Fresh Conversation About Life** with Lorna Vanderhaeghe, MS, Heather White, Business Coach and Kristina Maticic, PR Expert. *Sponsored by: Fresh Vancouver Magazine*
- 3:15 PM Introduction to Ayurveda and Mind-Body Constitution** with Nirmala Raniga, Founder. *Sponsored by: Chopra Addiction & Wellness Center*
- 4:15 PM Me, Myself, and My Self-Esteem** with Sarah Arnold, RTC. *Sponsored by: Inner Voice Counselling*
- 5:15 PM 5 Simple Steps to Eliminating Cravings, Losing Weight and Feeling Energetic** with Mandy King, CNP, Bcom, HN. *Sponsored by: Genuine Health*
- 6:15 PM Running May Save Your Life** with Ashley Wiles, Sole Girls CEO. *Sponsored by: Fresh Vancouver Magazine*
- Sunday, March 5**
- 11:00 AM Toxic Free Living with Essential Oils** with Sarah Williams, Essential Oils Educator. *Sponsored by: Young Living Essential Oils*
- 12:00 PM Sustainable Weight Loss, The Alkaline Way** with Stephan Wilmes, The Alkaline Diet Guy. *Sponsored by: You In Focus Products*
- 1:00 PM Omega-3 and Astaxanthin- How Good Fats and Antioxidants Can Change Your Health** with Karlene Karst, RD. *Sponsored by: Fresh Vancouver Magazine*
- 2:00 PM Women and Burnout- A Soul Mind Body Solution** with Dr. Peter Hudoba, MD and Dr. Monique Giard, PhD. *Sponsored by: Universal Soul Service*

- 3:00 PM Getting Your Sexy Back- The Power of Bio-Identical Hormones for Men and Women** with Dr. Kelly Farnsworth, DC, ND. *Sponsored by: EnerChanges Optimal Aging Clinic*
- 4:00 PM How To Live Your Very Best Life!** with Sacha DeVoretz, Lifestyle Blogger. *Sponsored by: www.sachad.com*

Zen Fitness

► Friday, March 3

- 12:00 PM to 6:00 PM Rocks & Rings Indoor Curling Games** with Curl BC. *Sponsored by: Curling Canada & Egg Farmers*
- 6:15 PM Experience Energy Bagua** with the Bodhi Meditation Team. *Sponsored by: Bodhi Meditation*

► Saturday, March 4

- 10:30 AM Mandala Meditation Workshop** with Carolyn Trotter, Founder. *Sponsored by: Mandala Blooms Creative*
- 11:15 AM Experience Energy Bagua** with the Bodhi Meditation Team. *Sponsored by: Bodhi Meditation*
- 12:00 PM Mobility 101- How to Move With More Ease and Less Pain** with Kevin Hendry, Director of Education. *Sponsored by: RAD Roller*
- 12:45 PM LMAO (Lunge My A\$\$ Off)** with Jonathan Head, PT. *Sponsored by: Function Health Club*
- 1:30 PM FIRMA Energywear- What's the Secret Below the Surface?** with Yvonne Hogenes, Founder. *Sponsored by: FIRMA Energywear*
- 2:15 PM Chair Yoga** with Aleeta Grant, Chopra Certified Yoga Instructor. *Sponsored by: Chopra Addiction & Wellness Center*
- 3:00 PM Experience Energy Bagua** with the Bodhi Meditation Team. *Sponsored by: Bodhi Meditation*
- 4:30 PM Intuition & The Body- How to Recognize the Voice of the Soul in Everyday Life** with Shana Lee Gibson, Medium and Spiritual Mentor *Sponsored by: Shana Lee Gibson Productions*
- 6:00 PM Experience Energy Bagua** with the Bodhi Meditation Team. *Sponsored by: Bodhi Meditation*

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- 2:15 PM FIRMA Energywear- What's the Secret Below the Surface?** with Yvonne Hogenes, Founder. *Sponsored by: FIRMA Energywear*
- 3:00 PM Which Exercises Are Best for Health and Longevity?** with Morgan Hodge, PT, and Sean Seale, PT. *Sponsored by: Function Health Club*
- 3:45 PM Gentle Flow Yoga** with Celeste Thibodeau, Certified Yoga Teacher. *Sponsored by: Chopra Addiction & Wellness Center*
- 4:30 PM Mobility 101- How to Move With More Ease and Less Pain** with Kevin Hendry, Director of Education. *Sponsored by: Rad Roller*
- 5:15 PM Experience Energy Bagua** with the Bodhi Meditation Team. *Sponsored by: Bodhi Meditation*