

**Sand Sea & Spirit 2010 - BEGINS SUNDAY AT NOON REGISTRATION – ENDS SATURDAY AFTER 9 AM CLOSING CEREMONY**

TIME	Saturday 11-Sep	Sunday 12-Sep	Monday 13-Sep	Tuesday 14-Sep	Wednesday 15-Sep	Thursday 16-Sep	Friday 17-Sep	Saturday 18-Sep
6:00 AM			Movement and Meditation - Indoor Pool lead by Kathy Miles					
			Labyrinth on the Beach- maintained by Dale Sparlin					
7:30 AM			Breakfast served 7:30 to 9:30 am each morning					7:30 - 8:30 am - Breakfast offered in Lobby
8:00 AM			Morning Maya Meditation- Karen Rollins - on the Beach - 15 minutes					
8:00 AM			Belly Dance, Candle Dance and Hoop Classes hosted by Stephanie McNutt and Aneag					
8:30 AM			Yoga therapies with Carolyn Hall -					
9:00 AM			Breathing		"Undercover" Yoga	Quieting your mind	Therapy	9 am Closing Ceremony
10:00 AM			Dottie Asselin "Who are You?"	Christy Snow Living in the Heart; Living in the Now	Diana The Ancient Technique of Ho'Oponopono	Melanie Dailey What's a Seed?	Johanna Hoey Meditation and Awareness	
11:00 AM			Stacey McNamara Expressing Love and Freedom Workshop	Beth Brooks/Karen Rollins Cellular Harmonics - Understanding Who You Are	Becky Druillard/Nicole Kesterson ACCESSorizing the Soul: What's in Your Spiritual Toolbelt?	Cheryl Green Symptoms of Spiritual Awakening	Mark "Thunderbird" Henry Shamanic Journey	
12:00 PM			Lunch Break from noon to 1 pm					
1:00 to 1:30 PM			PRAYERS CIRCLE - UNIVERSAL HEALING THROUGH LOVE AND PEACE Led by Rev. Christy Snow - Join us in person or remotely					
1:45 to 2:15 PM			QIGONG - BREATHWORK led by Mark "Thunderbird" Henry					
2:30 PM		Orientation	Memorial Service led by Dottie	Linda Grimes Let Your Star Light Shine	Dale Sparlin Introduction to Labyrinths	Lauren & Dale Smithandrews Energize Yourself!	Joe Asselin	
3:00 PM			Betty Elliott					
3:30 PM		REGISTRATION	Women's Circle		Mary Maynard DNA -Reformation - A True Story	Kathy Miles Ear Candling 101	Dale Sparlin Introduction to Dousing	
4:30 PM	REGISTRATION	Opening Ceremonies	Stephanie McNutt Make your own Hoop - \$20 fee for materials	Jean Waibel For Better Ascension- Fair Energy Exchange Practices	Justine Marple Masque Decorating	Mark "Thunderbird" Henry Native American Social Songs	Stephanie McNutt Beyond Waist Hooping	
		Blessing						
5:00 PM 5:30 PM		Buffet by SSS						
6:00 PM 7:00 PM	Social Mixer	Dance with Music by Les Linton	Sand Sea and Spirit Community Supper 6 to 7 pm				Buffet by SSS	
				Jack Fowler Concert	Firespinning, Belly Dancing and Drumming	Christy Snow Concert	Costume Party and Let Your Star Light Shine	Movie Night "Eat, Pray, Love" or Indoor Pool Healing
8:00 PM to 10:00 PM	Drumming							

Schedule subject to change. Please check the daily activity board, posted outside of conference room, for the most up-to-date listings.