



FRIDAY, AUGUST 28

Daily talks, activities and Yoga Campus sessions; Keynote speakers, presenters, sessions, and times subject to change. For all Yoga sessions, attendees are encouraged to bring their own mats.

7:30 am – 8:30 am

- 100 OUTDOOR Outdoor Fitness Boot Camp: The Best Way To Get In Shape Fast (*Jeff Larson*)
- 101 YOGA Inspire Your Day With Morning Meditation (*All Levels; Paula Pavanis*)

9:00 am – 10:15 am

- 102 TALK Hormones: The Good, The Bad, & The Confusing (*Sondra Altman, M.D.*)
- 103 TALK Need Surgery? Choose Well: What You Need To Know When You Need An Operation (*Robert Dunham, M.D.*)
- 104 TALK Natural Solutions To Prevent & Treat Back Pain (*K. Giles, D.C., F.I.C.P.A.*)
- 105 TALK The Great Recession: How The Economy Will Force Us To Create A New Sustainable World (*Bob Massaro*)
- 107 TALK An Experiential Look At Relieving Chronic Pain (*Kate Riley*)
- 125 TALK Co-Creation Meditation: Using Intention To Become The Best Version Of Yourself (*Elisabeth Manning*)
- 128 ACTIVITY Pilates For A Balanced Body & Strong Back (*Mat Class; All Levels; Julie Klutinoty*)
- 108 OUTDOOR Self-Myofascial Release: Self Massage For Better Flexibility (*Jeff Larson*)
- 109 YOGA Anusara Yoga: Finding Balance Through Body And Breath (*9am-10am; All Levels; Jodi Earls*)
- 110 ADD ON 9:00 am – 1:00 pm (If you have purchased this Add On Activity, the next time period you can register for begins at 1:30 pm.)
Bike By The Barrel To Silverado Trail (*9am-1pm; Meet At Oxbow Public Market; All Levels; Includes Bike, Helmet, Gourmet Lunch, One Complimentary Wine Tasting, And Guide; Limited Availability; \$129 per person.*)

11:00 am – 12:15 pm

- 111 TALK Keeping the Juices Flowing After Menopause (*Sondra Altman, M.D.*)
- 112 TALK Vitamins: Vital Or Superfluous? (*Donald Abrams, M.D.*)
- 113 TALK The Ayurvedic Science Of Good Health (*Erika Crotta, N.D., Ph.D.*)
- 131 TALK Zen & The Art Of Better Sleep (*Robert de Stefano*)
- 115 TALK Greening Our Everyday Lives (*Patricia Dines*)
- 116 COOK Your Fit Gourmet™: Cooking Secrets For Whole Life Living (*Yvonne Tally*)
- 139 TALK Essential Oils: The Plant Pharmacy For Today's Infections (*Anne Vermilye, M.N.Sh., C.C.H.T., M.AT, C.M.T*)
- 118 OUTDOOR Dynamic Stretching With Elastic Bands (*Jeff Larson*)
- 119 YOGA Tai Chi and Chi Kung: Taoist Six Healing Sounds For Health & Well-Being (*Level One; Paul Reinhertz*)
- 120 ADD ON 11:30 am – 1:00 pm
Lunch With Hog Island Oysters®: Learn And Enjoy The Healthful Benefits Of Sustainably Raised, Local Shellfish (*Meet At Oxbow Public Market; Includes ½ dozen raw oysters, seafood entrée, seasonal market salad and Hog Island Oyster Lover's Cookbook; Limited Seating; \$40 per person*)

1:30 pm – 2:45 pm

- 121 TALK 21st Century SuperHealth (*Steven Pratt, M.D., F.A.C.S., A.B.H.M.*)
- 122 TALK Brain Fitness: Middle Age Is The Time to Begin (*Cathryn Jakobson Ramin*)
- 124 TALK Menopause With Ease (*Jennifer Deir, N.D., China Rose Reid, N.T.P., C.C.H.*)
- 126 TALK Naturopathic Medicine & Acupuncture: Strategies For Good Health (*Chris Henderson, N.D., L.Ac*)
- 127 TALK Stability And Wellness Through Zero Balancing (*Linda Wobesky, M.S. P.T.*)
- 140 COOK In The Kitchen With Chef Peter Pahk: Purchasing & Preparing Locally, Harvested Food (*Peter Pahk*)
- 141 TALK The Aging Male & Better Sexual Health (*James G. Hendricks, M.D.*)
- 129 YOGA Yoga & Alignment: Getting Into The Body & Out Of The Mind (*All Levels; Alan Nett*)

3:30 pm – 4:45 pm

- 313 TALK Integrative Cancer Care: Exploring Complementary Therapies for Best Defense (*Donald Abrams, M.D.*)
114 TALK Against All Odds: A Fit Person's Guide To Having A Heart Attack (*Pamela Contos*)
132 TALK Bad To The Bone: Osteoporosis - The Silent Killer (*Sondra Altman, M.D.*)
134 TALK The Seven Dimensions of Sexuality: What's In It For You (*Lana Holstein, M.D., David Taylor, M.D.*)
135 TALK The Culture of Tea: From Medicinal Herb To Healthy Beverage (*David Campbell*)
142 ACTIVITY Feet First: Reflexology For Greater Health (*Kate Alves, C.M.T.*)
137 YOGA Therapeutic Yoga: Bringing Harmony To Body, Mind, & Spirit (3:30pm-4:30pm; Level One; *Marcy Nielsen-Berruezo*)
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7:30 pm – 9:30 pm

- 138 FILM WHOLE FOODS® Presents FRESH The Movie, in association with The Napa Valley Film Society

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Choose one session or activity per time period.

SATURDAY, AUGUST 29

Daily talks, activities and Yoga Campus sessions; Keynote speakers, presenters, sessions, and times subject to change. For all Yoga sessions, attendees are encouraged to bring their own mats.

7:30 am – 8:30 am

- 200 OUTDOOR Outdoor Fitness Boot Camp: The Best Way To Get In Shape Fast (*Jeff Larson*)
201 YOGA Waking Up To The Sacred: Yogic Breathing & Meditation (*All Levels; Joan Dittrich, Ph.D.*)
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9:00 am – 10:15 am

- 202 TALK 21st Century SuperHealth (*Steven Pratt, M.D., F.A.C.S., A.B.H.M.*)
203 TALK The Science Of Positive Emotion & Stress For The 21st Century (*Elissa Epel, Ph.D., Judith Moskowitz, Ph.D.*)
204 TALK Hormones: The Good, The Bad & The Confusing (*Sondra Altman, M.D.*)
206 TALK Naturopathic Medicine & Acupuncture: Strategies For Good Health (*Chris Henderson, N.D., L.Ac*)
207 TALK Beating Breast Cancer: Your Best Defense (*Gregory Smith, M.D., moderator*)
208 TALK Healthy, Wealthy, & Wise: The Balance Between Enjoying Life & Managing Wealth (*Michael Champion*)
209 TALK Natural Solutions To Prevent & Treat Back Pain (*Kristen Giles, D.C., F.I.C.P.A.*)
240 TALK The Culture of Tea: From Medicinal Herb To Healthy Beverage (*David Campbell*)
210 YOGA Energetic Flow Yoga With Fresh Air Salutations (9:00am-10:30am; Level Two; *Ulrika Engman*)
211 OUTDOOR The Power Of The Kettlebell: A Total Body Workout (*Jeff Larson*)
212 OUTDOOR Chi Running®: A Mindful Practice To Effortless, Injury-Free Running (*Chris Griffin*)
213 ADD ON 9:00 am – 1:00 pm (If you have purchased this Add On Activity, the next time period you can register for begins at 1:30 pm.)
Hike To A Hidden Gem (9am-1pm; Meet At Oxbow Public Market; All Levels; 5 to 8 mile moderate hike; Stunning landscapes; Includes Transportation To Hike, Gourmet Picnic Lunch & Wine Tasting, Water Bottle, and Guide; Limited Availability; \$100 per person)
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11:00 am – 12:15 pm

- 225 TALK Vitamins & Supplements: Vital or Superfluous? (*Donald Abrams, M.D.*)
215 TALK The Role Of Traditional Chinese Medicine In Healthcare (*Beverly Burns, M.S. L.Ac.*)
216 TALK Healthy Hearts, Healthy Lungs: Living Longer, Living Better (*Samar Kanaan, M.D.*)
217 TALK Keeping The Juices Flowing After Menopause (*Sondra Altman, M.D.*)
218 TALK Taking Effective Action For The Earth (*Patricia Dines*)
230 COOK Your Fit Gourmet™: Cooking Secrets For Whole Life Living (*Yvonne Tally*)
221 TALK Skin Deep: How To Reduce Your Exposure To Unhealthy Cosmetics (*Gloria Curry*)
222 TALK Managing Stressful Times Through Balanced Abundance (*Joan Dittrich, Ph.D.*)
223 OUTDOOR Self-Myofascial Release: Self Massage For Better Flexibility (*Jeff Larson*)
224 YOGA Gentle Flow Stretching: Weaving The Yin & Yang Meridians (Level One; *Beverly Davies-Mes, C.M.T.*)
249 ADD ON 11:00 am-1:00 pm
Farm To Table Lunch At The AVIA Hotel With Chef Schuster (11am-1pm; Meet at the AVIA Hotel Outdoor Terrace; Includes four course lunch with wine-pairing; Seating is limited; \$50 per person)

1:30 pm – 2:45 pm

- 214 TALK Living To Be 100: How To Be A Centenarian And Enjoy It! (*Mark Sedwitz, M.D.*)
226 TALK Zen & The Art Of Better Sleep (*Robert de Stefano*)
227 TALK Epigenetics: Enhancing Your Gene Pool For A Healthier Life (*Douglas Wilson, M.D.*)
228 TALK Good Digestion: The Ayurvedic Basis Of Good Health (*Erika Crotta, N.D., Ph.D.*)
231 TALK Yoga And Reiki: The Convergence Of Two Healing Practices (*Joni Dittrich, Ph.D.*)
232 TALK The Seven Dimensions Of Sexuality: What's In It For You (*Lana Holstein, M.D. & David Taylor, M.D.*)
233 TALK Feet First: Reflexology For Greater Health (*Kate Alves, C.M.T.*)
219 COOK Raw Food For Real People (*Brenda Hinton*)
234 YOGA Root To Rise: Creating A Strong Foundation (*Levels Two & Three; Jami Grassi*)

235 ADD ON 1:30-4:30 pm (If you have purchased this Add On Activity, the next time period you can register for begins at 5:00 pm.)

A Kayak Tour: Paddle To The Park With Friends Of The Napa River

(1:30pm – 4:30pm; Meet At Oxbow Public Market; All Levels; Includes Kayak, Paddles, Life Vest, Water Bottle, and Guide; Limited Availability; \$40 per person)

3:30 pm – 4:45 pm

- 236 TALK Mindfulness Meditation As Medicine (*Bob Stahl, Ph.D.*)
237 TALK The Purification Process: Nutrition & Detoxification For Health & Vitality (*Elson Haas, M.D.*)
248 COOK In The Kitchen With Chef Peter Pahk: Purchasing & Preparing Locally, Harvested Food (*Peter Pahk*)
241 TALK Safeguarding Our Water: Making Every Drop Count (*Matthew Heberger*)
242 TALK Transforming Your Space: Household Organizing For A More Meditative Environment (*Angela Hoxsey*)
243 TALK An Experiential Look At Relieving Chronic Pain (*Kate Riley*)
305 TALK Too Much To Remember: How Our Modern World Affects The Midlife Brain (*Cathryn Jakobson Ramin*)
244 ACTIVITY Mind/Body Barefoot Boogie With Nia Dance (*Danielle Woermann*)
245 YOGA Intro To Ashtanga: For A Strong Body & Calm Mind (*All Levels; Paul Hendricks*)

5:00 pm – 7:00 pm

- 246 ADD ON **The Greening Of Wine: A Biodynamic Roundtable** (*Joseph Mora, C.W.P., Moderator*)
(Panel Discussion With Biodynamic Vintners Joseph Phelps Viticulturist, Phillipe Pessereau; Bonny Doon owner Randall Graham; and Elizabeth Candelario, Demeter US Biodynamic Certification Agency. Wine Tasting And Cheese, Fruit And Bread Pairings; Limited Availability; \$60 per person)

8:00 pm – 9:30 pm

- 247 CONCERT **Music For The Soul: Laurence Juber In Concert**

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SUNDAY, AUGUST 30

Daily talks, activities and Yoga Campus sessions; Keynote speakers, presenters, sessions, and times subject to change. For all Yoga sessions, attendees are encouraged to bring their own mats.

7:30 am – 8:30 am

- 300 YOGA Pranayama & Meditation: The Basics of Breath (*All Levels; Paul Hendricks*)

8:45 am – 9:45 am

- 301 TALK The Science Of Positive Emotion & Stress For The 21st Century(*Elissa Epel, Ph.D., Judith Moskowitz, Ph.D.*)
302 TALK The Role Of Traditional Chinese Medicine In Healthcare (*Beverly Burns, M.S. L.Ac.*)
303 TALK The Great Recession: How The Economy Will Force Us To Create A New Sustainable World (*Bob Massaro*)
304 TALK Bad To The Bone: Osteoporosis - The Silent Killer (*Sondra Altman, M.D.*)
306 TALK Joyfully Returning Home To The Earth (*Patricia Dines*)
307 ACTIVITY Yoga And Reiki: The Convergence Of Two Healing Practices (*Joan Dittrich, Ph.D.*)
308 OUTDOOR Dynamic Stretching With Elastic Bands (*Jeff Larsen*)
309 OUTDOOR Chi Walking®: The Five Mindful Steps For Lifelong Health And Energy (*Chris Griffen*)
310 YOGA Sunday Celebration: Exploring Hatha Yoga Sun Salutations (*Levels One & Two; Elizabeth Denison*)

10:00 am – 11:00 am

- 130 TALK Living To Be 100: How To Be A Centenarian & Enjoy It! (*Mark Sedwitz, M.D.*)
 - 311 TALK Mindfulness Meditation As Medicine (*Bob Stahl, Ph.D.*)
 - 312 TALK The Purification Process: Nutrition & Detoxification For Health & Vitality (*Elsin Haas, M.D.*)
 - 314 TALK The Seven Dimensions Of Sexuality: What's In It For You (*Lana Holstein, M.D. & David Taylor, M.D.*)
 - 315 TALK Essential Oils: The Plant Pharmacy For Today's Infections (*Anne Vermilye, M.N.Sh., C.C.H.T., M.AT, C.M.T*)
 - 316 TALK Stability & Wellness Through Zero Balancing (*Linda Wobesky, P.T.*)
 - 318 OUTDOOR The Power Of The Kettlebell: A Total Body Workout (*Jeff Larsen*)
 - 319 YOGA Mind/Body Barefoot Boogie With Nia Dance (*All Levels; Danielle Woermann*)
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11:30 am – 12:45 pm

- 320 KEYNOTE Dan Buettner/The Blue Zones: Unearthing The Secrets Of Healthy Longevity
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2:30 pm – 7:00 pm

- 322 ADD ON **Bike Ride: Trail to Table** (2:30 pm – 7:00 pm; Meet At Oxbow Public Market; All Levels; Includes Oxbow/Gardens/Wine Tour, Private Chef Dinner & Wine, Bike/Helmet, Guide, And Transportation Back To Oxbow; Limited Availability; \$175 per person)

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