



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; Each participant should bring water and a mat.*)
 In this vigorous outdoor class, you will enjoy exercise techniques that you won't find inside the traditional gym. This session will be interval training at its best utilizing bodyweight, bands, medicine balls, sandbags and more. The average boot camp workout burns an amazing 500 calories and this type of interval training is proven to burn 9 times more fat than traditional 'cardio' or 'aerobic' exercise. And it is all done in the beautiful outdoors.
- 101 YOGA **Inspire Your Day With Morning Meditation** (*All Levels; Paula Pavanis*)
 Working from the outside in, morning meditation and pranayama will begin with simple movements coordinated with deep breathing as a way to awaken the body and prepare the mind to move inward for meditation. Guided breath work and meditation will lead into the spaciousness of a time of wakeful silence. As silence ends, participants will once again use simple movements to re-awaken their body.

9:00 am – 10:15 am

- 102 TALK **Hormones: The Good, The Bad, & The Confusing** (*Sondra Altman, M.D.*)
 Oprah says estrogen is good; the newspaper says it increases cancer risk. What's a woman to believe? In the last ten years, hormones had gone from good to bad, and now may be good again. Learn what the studies actually say and what the latest data is. Estrogen and progesterone have different effects on breast and heart. It makes a difference if the hormones are absorbed orally or through the skin. Understand what bioidentical hormones are and where they come from.
- 103 TALK **Need Surgery? Choose Well: What You Need To Know When You Need An Operation** (*Robert Dunham, M.D.*)
 Sooner or later most of us will need an operation. When you have time to choose, Minimally Invasive Surgery (MIS) should be your first choice. There are significant advantages to MIS when compared to open operations, but not everyone is a candidate for this approach. This session will discuss the rationale for minimally invasive care; how to choose a surgeon; the risk/benefit equation in surgical options; and the economic concerns of such choices. Specific types of surgical cases will be presented showing video of actual operations, and participants will have a chance to use laparoscopic equipment themselves in order to get a feel for the technique.
- 104 TALK **Natural Solutions To Prevent & Treat Back Pain** (*K. Giles, D.C., F.I.C.P.A.*)
 Back pain is the most common chronic pain, with nine out of ten adults suffering from it at some point in their life. This session will teach you how to identify common causes (muscles, discs, arthritis, nerve), solutions to the problem, and ways to prevent back pain for the future with correct lifting, better posture, good sleep habits, and more.
- 105 TALK **The Great Recession: How The Economy Will Force Us To Create A New Sustainable World** (*Bob Massaro*)
 Current economic times are forcing re-evaluation of life styles and goals, changes in the places we live, work and learn, and a repositioning of how we view our fellow man. Bob Massaro will share his perspective as a 28-year member of the sustainable building community, and those of other leaders in sustainability that he interviewed on this topic. These changes will affect how we build, how we operate our businesses, the jobs we pursue, the way our kids are educated, how we move about, how we grow and process our food, and ultimately how our world will be sustained.
- 107 TALK **An Experiential Look At Relieving Chronic Pain** (*Kate Riley*)
 Movement in the body can be restricted or blocked by the mind and/or energy. In this overview class, participants will develop an understanding of Integrated Somatic Bodywork®, a re-awakening of the body's memory of health and balance. Participants will be shown the ways in which the body can block movement and how it can compensate for the blockage. Participants also will be taught to recognize the mind-body-energetic connection to pain and lack of movement, whether it is from trauma, injury, or habit. Hands-on and self-release methods will be demonstrated.

- 125 TALK **Co-Creation Meditation: Using Intention To Become The Best Version Of Yourself** *(Elisabeth Manning)*
In this session, participants will be introduced to a meditation experience with a brief talk about the Law of Attraction and what it means to be "at cause" and to begin embracing the power of the unlimited nature within. Learn relaxation techniques to calm the "mind chatter," and become empowered to take steps toward bringing things you want toward you. Facilitate your spirit's limitless nature by learning how to master your own energy and co-creative abilities in all areas of your life.
- 128 ACTIVITY **Pilates For A Balanced Body & Strong Back** *(Mat Class; All Levels; Julie Klutinoty)*
This Pilates mat class provides a total body workout that flows and will leave you feeling refreshed. You'll connect to your inner-self and simultaneously improve your strength, flexibility, and endurance while balancing your body from head to toe.
- 108 OUTDOOR **Self-Myofascial Release: Self Massage For Better Flexibility** *(Jeff Larson; Each participant should bring water, mat, and a foam roller if they have their own.)*
This session will demonstrate the variety of uses for the foam roller. The focus will be self-massage on the upper and lower back, hips, gluteals, front and back of the upper and lower leg. You will leave this class feeling like a new person. The techniques taught in this session will allow you to have a massage whenever and wherever just by using your foam roller.
- 109 YOGA **Anusara Yoga: Finding Balance Through Body And Breath** *(9am-10am; All Levels; Jodi Earls)*
Anusara Yoga offers an elegant and grace-filled method of yoga that helps participants listen to their own inner wisdom. Come and feel for yourself the magical and radically liberating application of the Universal Principles of Alignment. Find lasting inner peace by reprogramming your body, mind, and heart through your yoga practice.
- 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 p.m.)
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.)*
Explore the world of wine beyond the tasting room with a guided tour taking you into the vineyards and caves of wineries in the famous Oak Knoll and Stags Leap Districts. This exclusive tour begins with a leisurely ride along the pristine Napa River and continues up the Silverado Trail. Visit naturally-sustained wineries; learn what distinguishes sustainable environmentally friendly farming practices; and enjoy a barrel sample along the way with a stop for a gourmet picnic lunch.
- 11:00 am – 12:15 pm**
- 111 TALK **Keeping the Juices Flowing After Menopause** *(Sondra Altman, M.D.)*
Many women complain of a decrease in libido during midlife. There are physiologic, psychological, and relationship changes that impact this. Learn about the role played by menopause and vaginal dryness. Discuss the role of testosterone in desire. Understand what's normal sexual behavior as women age (we're not mini-men!). Lastly, learn ways to recapture the lust and desire you used to have.
- 112 TALK **Vitamins: Vital Or Superfluous?** *(Donald Abrams, M.D.)*
In our "find it, fix it" medical system, we have all become accustomed to being given a pill to solve what ails us. It is little wonder then that the dietary supplement industry continues to thrive despite economic hardship. We continue to want to believe that swallowing a supplement will counteract the deficiencies of our diet, help keep us fit and trim, ward off cancer and possibly extend our lives. Does the scientific evidence support these hopes? Can science really design studies to answer these critical questions? This session will explore these issues.
- 113 TALK **The Ayurvedic Science Of Good Health** *(Erika Crotta, N.D., Ph.D.)*
This session presents a general overview of the meaning of health according to the ancient science of Ayurveda. Spiritual wellness is the ultimate goal of Ayurvedic Medicine. For that purpose it includes all aspects of life, the most subtle and most important aspect being consciousness and awareness, as well as the emotional, mental, physical and environmental health. In this session, participants will learn the aspects that cause wear and tear on our physiology and ultimately destroy health and cause disease; the different ways of improving our body's innate healing ability; and the importance of consciousness as the basis of developing good health.
- 131 TALK **Zen & The Art Of Better Sleep** *(Robert de Stefano)*
Everyone needs 7-9 hours of deep sleep each night. Get less and not only is your health seriously compromised, your personal power is greatly diminished, like a flashlight with worn batteries - dim, not brilliant. Natural sleep pioneer Robert Michael de Stefano believes that 'stress-induced insomnia is an illusion' and that deep sleep will easily come once we learn how to release the "seven sleep negative entrapments". Robert's nationally acclaimed method teaches us how to effectively combine touch, sound and aromatherapy to unlock each of these zones to retrain our body, mind, and spirit for better sleep - for life.

- 115 TALK **Greening Our Everyday Lives** (*Patricia Dines*)
Many of us want to align our daily lives more with the earth's wise ways, to nurture both our individual and shared health and well-being. But where do we start? What are the most important actions we can take? This session will inspire and empower you to find joyful and effective methods for making a difference, both by being a smart green consumer and by creatively shifting your life.
- 116 COOK **Your Fit Gourmet™: Cooking Secrets For Whole Life Living** (*Yvonne Tally*)
Approach each day with a "mindful but not militant" attitude toward what you eat. In this cooking demonstration, participants will learn tips and tweaks on what they can do on a daily basis to improve their physical and mental well-being while enjoying the simple pleasures of whole foods. And just because it's healthy, doesn't mean it has to taste like tree bark. Flavor is almighty, ease of preparation is essential, and the appreciation of feeding your body well is fundamental to [Your Fit Gourmet™](#) approach.
- 139 TALK **Essential Oils: The Plant Pharmacy For Today's Infections** (*Anne Vermilye, M.N.Sh., C.C.H.T., M.A.T., C.M.T*)
Hear simple solutions to protect yourself and loved ones from the spread of "Today" infections as researched by The National Institutes of Health for SARS, and by the University California Irvine, for MRSA, pneumonia, E. Coli, and more. Learn about using specific essential plant oils to effectively address infections and other drug resistant strains. Find out how essential plant oils can be more powerful than standard antibiotics, and can be adjusted for even the youngest or most frail of people. Participants will learn how to effectively and safely use essential oils for many types of infections: viral, bacterial, fungal, and parasitic.
- 118 OUTDOOR **Dynamic Stretching With Elastic Bands** (*Jeff Larson*)
This session will show the benefits of utilizing a band for dynamic warm up and cool down stretching. The techniques in this class will dramatically improve flexibility and performance and help reduce pain due to muscle stiffness, repetitive movement, and over training. This is a great session for athletes, commuters, and desk jockeys.
- 119 YOGA **Tai Chi and Chi Kung: Taoist Six Healing Sounds For Health & Well-Being** (*Level One; Paul Reinhertz*)
This eastern mind/body practice begins with the breath, how it links and harmonizes with Chi (internal energy), and Yi (creative mind). Breath, Chi, and Yi are engaged in the Healing Sound Routine, a classic Chi Kung practice. Participants will learn basic Tai Chi postures and movement elements, leading into the experience of a Tai Chi form. The practices of stillness in motion helps participants to build their immune system, and develop greater mental focus, breath support, and balance.
- 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)
Enjoy a conversational lunch at the Hog Island Oyster® Bar in Napa's Oxbow Public Market. Dine on local, fresh oysters, seasonal salad and select seafood entrée while enjoying a conversation with Hog Island Oyster Co. founder & Co-owner, John Finger, who will discuss the health benefits and environmental benefits of sustainably farmed oysters; oyster varieties, seasons and how to select the best oysters from your neighborhood seafood purveyor; and sustainable seafood choice and options for the home chef.
- 1:30 pm – 2:45 pm**
- 121 TALK **21st Century SuperHealth** (*Steven Pratt, M.D., F.A.C.S., A.B.H.M.*)
In this century, millions of people will become centenarians. To achieve this milestone in the SuperHealth way, a person will want to preserve their senses (eyesight, hearing, cognitive function), their appearance (skin, bones and muscles), and avoid the big six (heart disease, stroke, and cancers of the prostate, breast, lung, and colon). This session will give participants a concise, enjoyable, science-based, easy-to-follow plan designed to let them "flame out at the finish line."
- 122 TALK **Brain Fitness: Middle Age Is The Time to Begin** (*Cathryn Jakobson Ramin*)
Choices you make now determine what kind of brain you'll have in old age. Act now to change your diet, your exercise routine, and your mental workouts and you could take a healthy brain into your eighties and beyond. Learn practical and best applications to keep your brain in shape with Cathryn Jakobson Ramin, author of *Carved In Sand: When Attention Fails and Memory Fades in Midlife*.
- 124 TALK **Menopause With Ease** (*Jennifer Deir, N.D., China Rose Reid, N.T.P., C.C.H.*)
Have you ever wondered how some women can sail through perimenopause and menopause without any hot flashes, night sweats, anxiety, or depression? Are these women just lucky or is there a secret to their fluid transition? Dr. Jennifer Deir, N.D. and China Rose Reid, N.T.P., C.C.H. will demystify what is truly happening in this season of women's lives and help to clarify their options. By learning to listen to their bodies, making wise food choices, and incorporating movement, stress reduction, homeopathy, and herbs, women can feel healthy, strong, and empowered!
- 126 TALK **Naturopathic Medicine & Acupuncture: Strategies For Good Health** (*Chris Henderson, N.D., L.Ac*)

Aging is a fact of life. But, aging can be slowed and reversed to some extent. In this session, understand the aging process and discover natural strategies to slow and reverse tissue aging.

- 127 TALK **Stability And Wellness Through Zero Balancing** (*Linda Wobesky, M.S. P.T.*)
On the cutting edge of therapeutic bodywork, Zero Balancing (ZB) is a hands-on body/mind therapy that bridges Western views of medicine and science and Eastern views of energy and healing. A Zero Balancing session clarifies and coordinates energy fields in the body and balances body energy with body structure. A clear state of balance helps relieve stress, pain and suffering, provides a foundation for health and happiness, and brings a person closer to his or her true nature. In this relaxing and stimulating workshop, you will learn what Zero Balancing is, and how it can help you to feel grounded, stable, and relaxed.
- 140 COOK **In The Kitchen With Chef Peter Pakh: Purchasing & Preparing Locally, Harvested Food** (*Peter Pakh*)
Chef Pakh is committed to purchasing and preparing local, artisanal, and sustainable cuisine. In this cooking demonstration and talk, participants will learn how to purchase, cook, and make menu decisions that will help to produce positive change in our environment, both on land and in the ocean. With a culture used to fast production, shipping, and eating, Chef Pakh's inspiration for his menus comes from using the best in locally, harvested food.
- 141 TALK **The Aging Male & Better Sexual Health** (*James G. Hendricks, M.D.*)
Do you feel as sexually alive at age 50 as you did at age 20? Half of all men over the age of 50 have problems with their sexual health and half have problems urinating because of their prostate. In this session, men (and women) will learn what every man needs to know for better prostate and sexual health. Find out the latest treatment alternatives for both of these concerning topics.
- 129 YOGA **Yoga & Alignment: Getting Into The Body & Out Of The Mind** (*All Levels; Alan Nett*)
Iyengar Yoga is about getting into your body and out of your mind. Through alignment, focus on details (i.e. standing on both feet equally) produces a deeper body experience. Once basic alignment has been achieved, the body's life force circulates easily, producing increased health, and ultimately changing the way we think. Students at any level are invited; your level of flexibility isn't of concern. Conscious movement is the goal.
- 3:30 pm – 4:45 pm**
- 313 TALK **Integrative Cancer Care: Exploring Complementary Therapies for Best Defense** (*Donald Abrams, M.D.*)
People living with and beyond cancer today are turning more and more to incorporate complementary therapies into their treatment programs. Integrating these treatments into their conventional treatment plan allows the person to feel empowered and regain the sense of control that a cancer diagnosis threatens. Many oncologists are leary of their patient's use of complementary therapies, worrying especially that they may somehow interfere with radiation or chemotherapy. The emerging field of integrative cancer care will hopefully allow people to access all of the best tools in their fight against cancer.
- 114 TALK **Against All Odds: A Fit Person's Guide To Having A Heart Attack** (*Pamela Contos*)
Participate in this unique story of an extremely fit, very active, 54-year old young woman who went from riding Napa Valley's Mt. Veeder loop to quintuple bypass surgery in one week. As Programs Manager for Synergy, a Medical Fitness Center, Pamela relied on her seemingly boundless energy to develop and manage programs, while leading classes, and advising members on their personal wellness plans. When the pressure in her chest became more insistent, ignoring the doubts of others, she had to take her own advice and sought medical intervention.
- 132 TALK **Bad To The Bone: Osteoporosis - The Silent Killer** (*Sondra Altman, M.D.*)
This session will address the risks, defining characteristics, and prevention and treatment strategies for osteoporosis. Participants will learn about the role of calcium and new information on oral supplementation, including Vitamin D. The new "Fracture Risk Assessment" model also will be presented that uses bone density information for individual evaluations of fracture risk.
- 134 TALK **The Seven Dimensions of Sexuality: What's In It For You** (*Lana Holstein, M.D., David Taylor, M.D.*)
Sex is not just "doing it!" When you combine the physical, emotional, and spiritual aspects of intimacy, you create a dynamic and satisfying connection. Learn the seven dimensions of lovemaking so that you can create sexual synergy with your lover rather than compromise.
- 135 TALK **The Culture of Tea: From Medicinal Herb To Healthy Beverage** (*David Campbell*)
What is tea? To understand what tea is today, we need to understand where it came from. In this session, attendees will receive a brief overview of the history of tea, including how tea started as a medicinal herb, then becoming a beverage, and how the emphasis on the health benefits of tea has brought it back full circle. Learn how to buy tea; what to look for in leaf shape, color, and smell. Nobody should have to drink stale tea! Participants will learn about tea culture - why there are tea ceremonies and how tea is connected with various Eastern philosophies.

- 142 ACTIVITY **Feet First: Reflexology For Greater Health** (*Kate Alves, C.M.T.*)
Reflexology is a wonderful way to discover caring touch as we explore the reflex points in the feet. Practitioners of reflexology apply pressure to release blockages that inhibit energy flow. This stimulation of around 7,200 nerve endings found in each foot affects all areas of the body as messages are passed along through the spinal cord and brain. Although reflexology is not medically proven, this ancient technique has evolved over the years and has become a common practice. Learn various techniques that you can use everyday for greater health and well-being.
- 137 YOGA **Therapeutic Yoga: Bringing Harmony To Body, Mind, & Spirit** (*3:30pm-4:30pm; Level One; Marcy Nielsen-Berruezo*)
Anusara Yoga can cover a full range of intensity in practice, but because it is always based on adherence to biomechanical alignment, inner body awareness, and celebration of one's own being, it is extremely therapeutic. This session will focus on the small but powerful shifts in alignment which can make all the difference between pain and ease, whether in an asana practice or in everyday living. Basic principles of upper and lower body alignment will be introduced and practiced in a workshop format, and questions will be addressed as time allows. Suitable for anyone with a body!

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; Each participant should bring water and a mat*)
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- 201 YOGA **Waking Up To The Sacred: Yogic Breathing & Meditation** (*All Levels; Joan Dittrich, Ph.D.*)
Learn specific breath (pranayama) techniques which serve to awaken and balance dormant Kundalini life force energy. Pranayam optimizes the physical and subtle bodies so that concentration and silent meditation are more easily practiced. An ancient Tantric mantra will be introduced for the practice of meditation.
- 9:00 am – 10:15 am
- 202 TALK **21st Century SuperHealth** (*Steven Pratt, M.D., F.A.C.S., A.B.H.M.*)
In this century, millions of people will become centenarians. To achieve this milestone in the SuperHealth way, a person will want to preserve their senses (eyesight, hearing, cognitive function), their appearance (skin, bones and muscles), and avoid the big six (heart disease, stroke, and cancers of the prostate, breast, lung, and colon). This session will give participants a concise, enjoyable, science-based, easy-to-follow plan designed to let them "flame out at the finish line."
- 203 TALK **The Science Of Positive Emotion & Stress For The 21st Century** (*Elissa Epel, Ph.D., Judith Moskowitz, Ph.D.*)
Stress is ubiquitous. Not surprisingly, research and practice have focused almost exclusively on the negative emotional and physical sequelae of stress. However, recent work points to the unique importance of positive emotions in coping with stress and reducing the toll stress has on our psychological and physical well being. Drs. Epel and Moskowitz will present research on the beneficial physical and psychological effects of positive emotion in the context of stress and suggest empirically supported ways to increase positive emotion, and, as a result, cope better with the major and minor stressors of life.
- 204 TALK **Hormones: The Good, The Bad & The Confusing** (*Sondra Altman, M.D.*)
Oprah says estrogen is good; the newspaper says it increases cancer risk. What's a woman to believe? In the last ten years, hormones had gone from good to bad, and now may be good again. Learn what the studies actually say and what the latest data is. Estrogen and progesterone have different effects on breast and heart. It makes a difference if the hormones are absorbed orally or through the skin. Understand what bioidentical hormones are and where they come from.
- 206 TALK **Naturopathic Medicine & Acupuncture: Strategies For Good Health** (*Chris Henderson, N.D., L.Ac*)
Aging is a fact of life. But, aging can be slowed and reversed to some extent. In this session, understand the aging process and discover natural strategies to slow and reverse tissue aging.

- 207 TALK **Beating Breast Cancer: Your Best Defense** (*panel discussion; Gregory Smith, M.D., moderator*)
Breast Cancer is the most common cancer in American women, and the second most common cause of death from cancer. In this panel presentation, participants will hear breast health issues and perspectives from an Integrative Oncologist, Traditional Chinese Medicine practitioner and Breast Surgeon. The presentation will focus on scientifically validated causes and risks for developing breast cancer, as well as addressing common myths and misperceptions. Validation of lifestyle choices, such as exercise, diet, and personal habits in reducing a women's risk will be discussed as well as the latest treatment options. Early detection of breast cancer remains the best defense against this disease, and the clinical aspects of screening mammography, diagnostic mammography and breast ultrasound will be presented.
- 208 TALK **Healthy, Wealthy, & Wise: The Balance Between Enjoying Life & Managing Wealth** (*Michael Champion*)
Physical, emotional, and financial health are all interrelated; an imbalance in one will create tension and stress in the others. Unprecedented turmoil in the financial markets over the last 18 months have created a tremendous amount of financial stress and anxiety and forced many individuals to question their financial objectives and reconsider their retirement goals. This session seeks to restore balance in your life and will help you by examining the relationship you have to money by answering a fundamental question, "What is it about money that's important to you?"
- 209 TALK **Natural Solutions To Prevent & Treat Back Pain** (*Kristen Giles, D.C., F.I.C.P.A.*)
Back pain is the most common chronic pain, with nine out of ten adults suffering from it at some point in their life. This session will teach you how to identify common causes (muscles, discs, arthritis, nerve), solutions to the problem, and ways to prevent back pain for the future with correct lifting, better posture, good sleep habits, and more.
- 240 TALK **The Culture of Tea: From Medicinal Herb To Healthy Beverage** (*David Campbell*)
What is tea? To understand what tea is today, we need to understand where it came from. In this session, attendees will receive a brief overview of the history of tea, including how tea started as a medicinal herb, then becoming a beverage, and how the emphasis on the health benefits of tea has brought it back full circle. Learn how to buy tea; what to look for in leaf shape, color, and smell. Nobody should have to drink stale tea! Participants will learn about tea culture - why there are tea ceremonies and how tea is connected with various Eastern philosophies.
- 210 YOGA **Energetic Flow Yoga With Fresh Air Salutations** (*9:00am-10:30am; Level Two; Ulrika Engman*)
In this class, participants will experience an uplifting, life affirming style grounded in eloquent principles of alignment and clear visuals stimulating optimal energy flow. This morning practice will move from gentle to powerful, playful to quiet, exploring a full range of asana strung together by the breath.
- 211 OUTDOOR **The Power Of The Kettlebell: A Total Body Workout** (*Jeff Larson; Each participant should bring water and a mat*)
Kettlebell training has grown in popularity in the USA in recent years. Although it is an ancient training tool of strong men and originated in Russia, it has been re-introduced to our culture by Pavel Tsatsouline. The kettlebell is an all in one tool that can be used anywhere, anytime for the most effective workout ever. Kettlebell training develops all-purpose strength, amps resilience, blends strength and flexibility, and melts the fat off.
- 212 OUTDOOR **Chi Running®: A Mindful Practice To Effortless, Injury-Free Running** (*Chris Griffin*)
ChiRunning® combines the core principles of Yoga, Pilates and T'ai Chi with the laws of physics to transform your running experience. Learn to run using your core muscles while relaxing the rest of your body, allowing gravity to do the work instead of your legs. Eliminate pain, injuries, pounding, reduce effort level, recovery time, and enjoy a smooth, efficient running form for the rest of your life. Practiced by thousands of runners, the ChiRunning® technique is a mind-body approach that is easy to learn and benefits the beginner as well as the competitive runner. Finish your runs with a smile instead of a limp.
- 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)
Enjoy a hike off the beaten path and away from the traffic. On this rustic tour, be prepared to see vineyards, stunning landscapes, and wildlife at Skyline Wilderness Park– all from a local perspective. Learn about farming techniques, vineyard management, and the progression of the Napa Valley from the 1950s to the present.
This is a wilderness area; no dogs area allowed on the trail at any time; glorious 5-8 mile moderate hike.

11:00 am – 12:15 pm

- 225 TALK **Vitamins & Supplements: Vital or Superfluous?** (*Donald Abrams, M.D.*)
In our "find it, fix it" medical system, we have all become accustomed to being given a pill to solve what ails us. It is little wonder then that the dietary supplement industry continues to thrive despite economic hardship. We continue to want to believe that swallowing a supplement will counteract the deficiencies of our diet, help keep

us fit and trim, ward off cancer and possibly extend our lives. Does the scientific evidence support these hopes? Can science really design studies to answer these critical questions? This session will explore these issues.

- 215 TALK **The Role Of Traditional Chinese Medicine In Healthcare** (*Beverly Burns, M.S. L.Ac.*)
In Chinese medicine, health is believed to result from the free flow of energy, called chi, in the body. Illness is attributed to blockages in this energy flow, which can be relieved by the placement of thin needles at various points in the body. In this session, participants will learn the components of Traditional Chinese Medicine and its benefits, as well as the role of acupuncture and herbs in integrative medicine.
- 216 TALK **Healthy Hearts, Healthy Lungs: Living Longer, Living Better** (*Samar Kanaan, M.D.*)
In this session, participants will learn ways to reduce their risk for a heart attack and lung-related disease, as well as the devastating effects that smoking has on the health of our heart and our lungs. For those faced with open heart or lung-related surgery, new minimally-invasive techniques will be presented that make surgery safer and recovery times shorter.
- 217 TALK **Keeping The Juices Flowing After Menopause** (*Sondra Altman, M.D.*)
Many women complain of a decrease in libido during midlife. There are physiologic, psychological, and relationship changes that impact this. Learn about the role played by menopause and vaginal dryness. Discuss the role of testosterone in desire. Understand what's normal sexual behavior as women age (we're not mini-men!). Lastly, learn ways to recapture the lust and desire you used to have.
- 218 TALK **Taking Effective Action For The Earth** (*Patricia Dines*)
How can we help our culture better protect and nurture the earth's vital living systems? The answer includes both making wise personal choices and shifting our community structures to align with our shared well-being. This session will inspire and empower you to participate in these changes in ways that are fun, rewarding, and tangibly make a difference on the issues you care most about. Together, we can create a healthier future.
- 219 COOK **Your Fit Gourmet™: Cooking Secrets For Whole Life Living** (*Yvonne Tally*)
Approach each day with a "mindful but not militant" attitude toward what you eat. In this cooking demonstration, participants will learn tips and tweaks on what they can do on a daily basis to improve their physical and mental well-being while enjoying the simple pleasures of whole foods. And just because its healthy, doesn't mean it has to taste like tree bark. Flavor is almighty, ease of preparation is essential, and the appreciation of feeding your body well is fundamental to [Your Fit Gourmet™](#) approach.
- 221 TALK **Skin Deep: How To Reduce Your Exposure To Unhealthy Cosmetics** (*Gloria Curry*)
Personal care and cosmetic products often contain hazardous chemicals because the government does not require health studies for personal care products. This means that your toothpaste, shampoo or moisturizer may contain chemicals suspected as carcinogenic, mutagenic, and hormone disrupting by the Center for Disease Control. Sorting through the maze of ingredients can be confusing. In this session, participants will learn how to discern good ingredients from the bad effectively; separate fact from fiction; and learn to read labels more carefully and become aware of what you're actually purchasing for your face and body.
- 222 TALK **Managing Stressful Times Through Balanced Abundance** (*Joan Dittrich, Ph.D.*)
Our culture is in recovery from a skewed belief that "abundance" of wealth and material goods is ours simply through the powers of intention and ambition. We are experiencing psychological stress because our social and financial systems are out of balance. In this session, learn how to let go of outdated concepts of abundance and scarcity and embrace "balanced abundance" consciousness, which adjusts our thinking and priorities. Learn how to balance expenditures of natural resources, money, time, and personal energy. As these systems come back into balance, we experience well-being, and focus more on self-worth than material worth.
- 223 OUTDOOR **Self-Myofascial Release: Self Massage For Better Flexibility** (*Jeff Larson; Each participant should bring water, mat, & a foam roller if they have their own*)
This session will demonstrate the variety of uses for the foam roller. The focus will be self-massage on the upper and lower back, hips, gluteals, front and back of the upper and lower leg. You will leave this class feeling like a new person. The techniques taught in this session will allow you to have a massage whenever and wherever just by using your foam roller.
- 224 YOGA **Gentle Flow Stretching: Weaving The Yin & Yang Meridians** (*Level One; Beverly Davies-Mes, C.M.T.*)
Experience gentle movement and timeless ways to bring optimal energy flow immediately to the system. The meridians are energy pathways in the body that hold and move our chi (life force/energy.) This session will help participants move their bodies in ways that target the flow of life-enhancing chi through these meridians while helping to understand our bodies more optimally on an energetic level.
- 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.*)

Few people understand that aging is a biological process and not a chronological one. The new revolution in health is to extend the middle healthy years to that we are as productive at 80 as we were at 40. To achieve quality of life for an energetic group of "boomers," we will devote more of our time, energy, and ingenuity to delaying the aging process and not devoting trillions of dollars to treating end-stage chronic illnesses and performing heroic acts for end of life care. Working toward these goals is unstoppable, and becoming a centenarian is within our reach.

226 TALK

Zen & The Art Of Better Sleep (*Robert de Stefano*)

Everyone needs 7-9 hours of deep sleep each night. Get less and not only is your health seriously compromised, your personal power is greatly diminished, like a flashlight with worn batteries - dim, not brilliant. Natural sleep pioneer Robert Michael deStefano believes that 'stress-induced insomnia is an illusion' and that deep sleep will easily come once we learn how to release the "seven sleep negative entrapments". Robert's nationally acclaimed method teaches us how to effectively combine touch, sound and aromatherapy to unlock each of these zones to retrain our body, mind, and spirit for better sleep - for life.

227 TALK

Epigenetics: Enhancing Your Gene Pool For A Healthier Life (*Douglas Wilson, M.D.*)

If you know your family has a history of heart disease, can you take conscious steps to decrease the risk to yourself and your children? Most diseases are not genetically determined; rather a tendency for that disease is passed from parent to child. The development of the disease is dependent on gene expression. In his talk, Dr. Wilson relates the interesting world of "epigenetics," and how our lifestyle actions not only affect ourselves, but also determine the health of our children and grandchildren – our choices influence Earth's ecology, which in turn influences the health of our families.

228 TALK

Good Digestion: The Ayurvedic Basis Of Good Health (*Erika Crotta, N.D., Ph.D.*)

"We are what we eat" is a common saying. Ayurvedic science extends this saying to "We are what we digest". If we do not digest food properly, we create an imbalance. This session demonstrates how everybody has a different digestive strength, and how to eat according to this digestive strength. It also enumerates the various conditions that can naturally change our digestive strength and those that harm our digestive system.

231 TALK

Yoga And Reiki: The Convergence Of Two Healing Practices (*Joan Dittrich, Ph.D.*)

Ever wonder why YOGA makes you feel *so good*? Because it works beyond the physical body, opening channels into the "subtle body." REIKI energetic healing occurs within the subtle body, radiating out into the physical body. In effect, Yoga heals from the outside in and Reiki heals from the inside out! Just as proper alignment is required for optimal yoga practice, "attunement" to Reiki energy by a master is required for optimal flow of Reiki energy. In this session, learn how to align the body in Yoga postures, which will enhance the flow of healing Reiki energy throughout the subtle body.

232 TALK

The Seven Dimensions Of Sexuality: What's In It For You (*Lana Holstein, M.D. & David Taylor, M.D.*)

Sex is not just "doing it!" When you combine the physical, emotional, and spiritual aspects of intimacy, you create a dynamic and satisfying connection. Learn the seven dimensions of lovemaking so that you can create sexual synergy with your lover rather than compromise.

219 COOK

Raw Food For Real People (*Brenda Hinton*)

Wondering where to begin, what raw foods to include in your daily routine or what foods to save for later in your transition to a more healthy lifestyle? Join Raw Food Chef, Brenda Hinton for an upbeat, informative, casual discussion of *Raw Food for Real People*. She'll share some tips and shortcuts to help you begin your raw food journey and stay on track as you incorporate more raw and living foods into your everyday.

233 TALK

Feet First: Reflexology For Greater Health (*Kate Alves, C.M.T.*)

Reflexology is a wonderful way to discover caring touch as we explore the reflex points in the feet. Practitioners of reflexology apply pressure to release blockages that inhibit energy flow. This stimulation of around 7,200 nerve endings found in each foot affects all areas of the body as messages are passed along through the spinal cord and brain. Although reflexology is not medically proven, this ancient technique has evolved over the years and has become a common practice. Learn various techniques that you can use everyday for greater health and well-being.

234 YOGA

Root To Rise: Creating A Strong Foundation (*Levels Two & Three; Jami Grassi*)

In this Anusara Inspired Yoga class, participants will be introduced to the universal principles of alignment to support the integrity and freedom in the fundamental poses. Building on this foundation, participants will visit the idea of playfully expanding their repertoire and experiencing their own unique potential.

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.*)
This presentation will focus on how mindfulness meditation works with stress, pain or illness. There are over 250 mindfulness-based stress reduction programs (MBSR) in the USA and has spread throughout the world. Mindfulness is being researched and practiced currently in medicine, neuroscience, psychology, and education. Learn some key principles of MBSR and how it promotes health and well-being. This session also will include an introduction to mindfulness meditation practice.
- 237 TALK **The Purification Process: Nutrition & Detoxification For Health & Vitality** (*Elson Haas, M.D.*)
In this session, learn practical ways to help make your life and body healthier and more vital. Nutrition is the basis for good, lifelong health and detoxification is the "missing link in the Western Diet." Learn simple ways from The Detox Doc™ to create better habits that will lead to better health. That includes looking and feeling more youthful, losing weight, having better digestion, and reducing the chronic problems that plague so many people as they age. Learn what nutritional and detoxification programs will work best for you in your life.
- 241 TALK **Safeguarding Our Water: Making Every Drop Count** (*Matthew Heberger*)
Drought, shortages, and pollution dominate recent news coverage about water, while the truth is, we are sitting on a vast reservoir of untapped savings. The water that we waste every day could refill reservoirs, and nourish plants and animals in our rivers, lakes, and estuaries. All of us can be better stewards of our most vital natural resource. Come learn about the latest water-saving technologies and devices, sleuth out hidden sources of water waste in your home, discover efficient landscapes, and find out which small changes can reap big savings.
- 242 TALK **Transforming Your Space: Household Organizing For A More Meditative Environment** (*Angela Hoxsey*)
We are all familiar with the phrase "less is more" and almost all of us know we have too much stuff. This session will help you think about your material possessions (including paper) in a variety of creative ways so that you can go home and purge, sort and contain your way to a more serene and healthy environment. An organized home and office are a wonderful foundation to overall wellness. This session is designed to get you excited about starting an organizing project and also give you the keys to maintain your fresh and peaceful space.
- 243 TALK **An Experiential Look At Relieving Chronic Pain** (*Kate Riley*)
Movement in the body can be restricted or blocked by the mind and/or energy. In this overview class, participants will develop an understanding of Integrated Somatic Bodywork©, a re-awakening of the body's memory of health and balance. Participants will be shown the ways in which the body can block movement and how it can compensate for the blockage. Participants also will be taught to recognize the mind-body-energetic connection to pain and lack of movement, whether it is from trauma, injury, or habit. Hands-on and self-release methods will be demonstrated.
- 248 COOK **In The Kitchen With Chef Peter Pakh: Purchasing & Preparing Locally, Harvested Food** (*Peter Pakh*)
Chef Pakh is committed to purchasing and preparing local, artisanal, and sustainable cuisine. In this cooking demonstration and talk, participants will learn how to purchase, cook, and make menu decisions that will help to produce positive change in our environment, both on land and in the ocean. With a culture used to fast production, shipping, and eating, Chef Pakh's inspiration for his menus comes from using the best in locally, harvested food.
- 305 TALK **Too Much To Remember: How Our Modern World Affects The Midlife Brain** (*Cathryn Jakobson Ramin*)
This session will address the risks, defining characteristics, and prevention and treatment strategies for osteoporosis. Participants will learn about the role of calcium and new information on oral supplementation, including Vitamin D. The new "Fracture Risk Assessment" model also will be presented that uses bone density information for individual evaluations of fracture risk.
- 244 ACTIVITY **Mind/Body Barefoot Boogie With Nia Dance** (*Danielle Woermann*)
Nia is a transformational body-mind-spirit movement practice that integrates Eastern and Western wisdom, including inspiration from the martial arts, dance arts, and healing arts. Combining movements from Tai Chi, Aikido, Tae Kwon Do, Jazz, Modern Dance, as well as Yoga, Nia delivers a balanced cardiovascular, strengthening and toning workout. Practiced barefoot, Nia's eclectic mixture of music and movement offers a magical and joyful atmosphere to develop self-healing and awareness of mind and body.
- 245 YOGA **Intro To Ashtanga: For A Strong Body & Calm Mind** (*All Levels; Paul Hendricks*)
This method of yoga involves synchronizing the breath with a progressive series of postures—a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind.
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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; Includes Wine Tasting And Cheese, Fruit And Bread Pairings; Limited Availability; \$60 per person)

Join several wine industry professionals as they discuss their experiences and methods of farming biodynamic wine. Following the roundtable, there will be a wine and cheese flight presentation and an opportunity to engage the panel presenters in a relaxed atmosphere. If you are interested in Biodynamics and would like to learn more first-hand, this would an excellent opportunity to come and hear some of California's top biodynamic producers and sample some of their wines.

8:00 pm – 9:30 pm

247 CONCERT

Music For The Soul: Laurence Juber In Concert

Laurence Juber is a master of his instrument. His electric and acoustic guitars have been heard in every medium and in just about every style going back to his early days as a session hotshot in London and his three-year stint on lead guitar for Paul McCartney's band, *Wings*. Recent decades found him ensconced as a much sought after Hollywood studio musician, appearing on a staggering number of film and television soundtracks. But it is an acoustic, fingerstyle soloist that he enters the most satisfying milieu for his personal, artistic expression.

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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*)

Pranayama focuses mental energy and calms the nerves, but it can damage the nervous system when done improperly. Learn how to safely and effectively learn the basic practices of pranayama so that you breathe easier. Strengthen your powers of concentration and discover techniques to prepare your mind for practice. Learn how to draw your attention away from the noisy, restless world to quiet the mind and soothe the body.

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.*)

Stress is ubiquitous. Not surprisingly, research and practice have focused almost exclusively on the negative emotional and physical sequelae of stress. However, recent work points to the unique importance of positive emotions in coping with stress and reducing the toll stress has on our psychological and physical well being. Drs. Epel and Moskowitz will present research on the beneficial physical and psychological effects of positive emotion in the context of stress and suggest empirically supported ways to increase positive emotion, and, as a result, cope better with the major and minor stressors of life.

302 TALK

The Role Of Traditional Chinese Medicine In Healthcare (*Beverly Burns, M.S. L.Ac.*)

In Chinese medicine, health is believed to result from the free flow of energy, called chi, in the body. Illness is attributed to blockages in this energy flow, which can be relieved by the placement of thin needles at various points in the body. In this session, participants will learn the components of Traditional Chinese Medicine and its benefits, as well as the role of acupuncture and herbs in integrative medicine.

303 TALK

The Great Recession: How The Economy Will Force Us To Create A New Sustainable World (*Bob Massaro*)

Current economic times are forcing re-evaluation of life styles and goals, changes in the places we live, work and learn, and a repositioning of how we view our fellow man. Bob Massaro will share his perspective as a 28-year member of the sustainable building community, and those of other leaders in sustainability that he interviewed on this topic. These changes will affect how we build, how we operate our businesses, the jobs we pursue, the way our kids are educated, how we move about, how we grow and process our food, and ultimately how our world will be sustained.

304 TALK

Bad To The Bone: Osteoporosis - The Silent Killer (*Sondra Altman, M.D.*)

This session will address the risks, defining characteristics, and prevention and treatment strategies for osteoporosis. Participants will learn about the role of calcium and new information on oral supplementation, including Vitamin D. The new "Fracture Risk Assessment" model also will be presented that uses bone density information for individual evaluations of fracture risk.

- 306 TALK **Joyfully Returning Home To The Earth** (*Patricia Dines*)
With the current call to care for the earth comes an amazing opportunity to bring more aliveness into our daily lives and offer our unique gifts to serve a crucial higher cause. We each truly do make a difference and are all needed. Rather than despair, we can be inspired by the vision of reconnecting with the earth, nurturing our shared survival, and creating more deeply satisfying lives, embraced by the arms of creation.
- 307 ACTIVITY **Yoga And Reiki: The Convergence Of Two Healing Practices** (*Joan Dittrich, Ph.D.*)
Ever wonder why YOGA makes you feel *so good*? Because it works beyond the physical body, opening channels into the "subtle body." REIKI energetic healing occurs within the subtle body, radiating out into the physical body. In effect, Yoga heals from the outside in and Reiki heals from the inside out! Just as proper alignment is required for optimal yoga practice, "attunement" to Reiki energy by a master is required for optimal flow of Reiki energy. In this session, learn how to align the body in Yoga postures, which will enhance the flow of healing Reiki energy throughout the subtle body.
- 308 OUTDOOR **Dynamic Stretching With Elastic Bands** (*Jeff Larson; Each participant should bring water and a mat.*)
This session will show the benefits of utilizing a band for dynamic warm up and cool down stretching. The techniques in this class will dramatically improve flexibility and performance and help reduce pain due to muscle stiffness, repetitive movement, and over training. This is a great session for athletes, commuters, and desk jockeys.)
- 309 OUTDOOR **Chi Walking®: The Five Mindful Steps For Lifelong Health And Energy** (*Chris Griffen*)
ChiWalking® is a revolutionary program that blends the health benefits of walking with the core principles of T'ai Chi, Yoga and Pilates to deliver maximum physical, mental, and spiritual fitness. ChiWalking® is a mind-body approach to walking, transforming it from simply a means of locomotion into an intensely rewarding mindful practice. Learn injury-prevention techniques; core muscle drills and exercises; upper and lower body usage; and how to relax and conserve energy at any walking speed.
- 310 YOGA **Sunday Celebration: Exploring Hatha Yoga Sun Salutations** (*Levels One & Two; Elizabeth Denison*)
Wake up to Sunday with this beginning/intermediate Hatha Yoga class. Surya Namaskar, the Sun Salutation, is a series of 12 postures performed in a single, graceful flow. Each movement is coordinated with the breath to build strength and increase flexibility of the muscles and spinal column; to emphasize core alignment; and to soothe and restore energy, and much more.
- 10:00 am – 11:00 am**
- 130 TALK **Living To Be 100: How To Be A Centenarian & Enjoy It!** (*Mark Sedwitz, M.D.*)
Few people understand that aging is a biological process and not a chronological one. The new revolution in health is to extend the middle healthy years to that we are as productive at 80 as we were at 40. To achieve quality of life for an energetic group of "boomers," we will devote more of our time, energy, and ingenuity to delaying the aging process and not devoting trillions of dollars to treating end-stage chronic illnesses and performing heroic acts for end of life care. Working toward these goals is unstoppable, and becoming a centenarian is within our reach.
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In this session, learn practical ways to help make your life and body healthier and more vital. Nutrition is the basis for good, lifelong health and detoxification is the "missing link in the Western Diet." Learn simple ways from The Detox Doc™ to create better habits that will lead to better health. That includes looking and feeling more youthful, losing weight, having better digestion, and reducing the chronic problems that plague so many people as they age. Learn what nutritional and detoxification programs will work best for you in your life.
- 314 TALK **The Seven Dimensions Of Sexuality: What's In It For You** (*Lana Holstein, M.D. & David Taylor, M.D.*)
Sex is not just "doing it!" When you combine the physical, emotional, and spiritual aspects of intimacy, you create a dynamic and satisfying connection. Learn the seven dimensions of lovemaking so that you can create sexual synergy with your lover rather than compromise.
- 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*)
Hear simple solutions to protect yourself and loved ones from the spread of "Today" infections as researched by The National Institutes of Health for SARS, and by the University California Irvine, for MRSA, pneumonia, E. Coli. and more. Learn about using specific essential plant oils to effectively address infections including drug resistant strains. Find out how essential plant oils can be more powerful than standard antibiotics, and perfect for even the youngest or most frail of people. Participants will learn how to effectively and safely use essential oils for many types of infections: viral, bacterial, fungal, and parasitic.

- 316 TALK **Stability & Wellness Through Zero Balancing** (*Linda Wobeskya, P.T.*)
On the cutting edge of therapeutic bodywork, Zero Balancing (ZB) is a hands-on body/mind therapy that bridges Western views of medicine and science and Eastern views of energy and healing. A Zero Balancing session clarifies and coordinates energy fields in the body and balances body energy with body structure. A clear state of balance helps relieve stress, pain and suffering, provides a foundation for health and happiness, and brings a person closer to his or her true nature. In this relaxing and stimulating workshop, you will learn what Zero Balancing is, and how it can help you to feel grounded, stable, and relaxed.
- 318 OUTDOOR **The Power Of The Kettlebell: A Total Body Workout** (*Jeff Larson*)
Kettlebell training has grown in popularity in the USA in recent years. Although it is an ancient training tool of strong men and originated in Russia, it has been re-introduced to our culture by Pavel Tsatsouline. The kettlebell is an all in one tool that can be used anywhere, anytime for the most effective workout ever. Kettlebell training develops all-purpose strength, amps resilience, blends strength and flexibility, and melts the fat off.
- 319 YOGA **Mind/Body Barefoot Boogie With Nia Dance** (*All Levels; Danielle Woermann*)
Nia is a transformational body-mind-spirit movement practice that integrates Eastern and Western wisdom, including inspiration from the martial arts, dance arts and healing arts. Combining movements from Tai Chi, Aikido, Tae Kwon Do, Jazz, Modern Dance, as well as Yoga, Nia delivers a balanced cardiovascular, strengthening and toning workout. Practiced barefoot, Nia's eclectic mixture of music and movement offers a magical and joyful atmosphere to develop self-healing and awareness of mind and body.

11:30 am – 12:45 pm

- 320 KEYNOTE **Dan Buettner/The Blue Zones: Unearthing The Secrets Of Healthy Longevity**
Author Dan Buettner has scoured the Earth for the key to a happy old age. He spent five years visiting areas of the world where people tend to live longer, healthier lives, areas he calls "Blue Zones." Buettner talks about these hot spots and how he found them in a new book titled *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*.

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)
Food and wine meet adventure with an experience that takes guests from vineyard to farm to kitchen to table. Meet at Oxbow Public Market where participants can review the evening's menu and visit Oxbow's purveyors of fine meats, seafood and cheeses. Bike through the valley selecting ingredients for the evening's dinner from one of Napa Valley's finest and most exclusive organic gardens. Pedal to naturally-sustained wineries, select the wines to pair, and return to a noted winery for a private dinner prepared by a local chef. Enjoy the fruits of your labor and good health with a feast set in the backdrop of picturesque wineries and vineyards.

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