

HOLISTIC WELLNESS PROGRAM					
ACTIVITIES		TIME			
Registration		9:30am			
Collaborative painting		10am -4:00pm			
Yoga		9:45am-10:45am			
6D Fitness		11:00am-11:30am			
Meditation		11:45am-12:30pm			
Dance		12:45am-1:15pm			
Laughter yoga		1:30pm-2:00pm	<i>Workshop hosted by a male instructor</i>		
Pilates		2:00pm-2:45pm			
Sound healing		3:00pm-4:00pm			
TALKS					
SECTION A:			SECTION B:		
TOPIC	FACILITATOR	TIME	TOPIC	FACILITATOR	TIME
GREAT COFFEE at HOME	Nooran Albannay	11-11:30 am	Healthy Environment For The Body and The Brain	Hala Dandachi: SLIM & LITE	11-11:30 am
Face yoga 101	Emma from THE FIT FACE	11:45-12:30 pm	Decoding the Challenge of Habit Change. How to stick to your Healthy Eating New Year's Resolutions this year.	Tatiana Kuvardina: Eating Behaviour	11:45-12:30 pm
Eat Real FOOD	Moni's healthy choice	12:45-1:15 pm	Start the New Year with Confidence	Aliya: Confidence Coach	12:45-1:30 pm
			How to incorporate plant based meals and make it easy	Amanda: Wholly Mama	1:15- 1:30 pm
NETWORKING		1:30-2:30 pm			
Silkor	Skin Care treatment	3:00-4:00 pm	Positive Life (Workshop hosted in Arabic)	By Mouza Humaid	2:30-3:00 pm