

SimplyAware Wellness and Training Center - Grand Opening Celebration - October 6, 2018

TIME	INSTRUCTOR	WATER Room	INSTRUCTOR	WOOD Room	INSTRUCTOR	EARTH Room	INSTRUCTOR	METAL Room	FIRE room	
1:00 PM	Gathering and Welcome / Announcements	Main Training Floor		Front Treatment Room		Conference / Classroom		Multipurpose Room	Professional Audio Recording Room	
1:30 PM	Chris	Introduction to Qigong	Fayne	Vibrational Sound Therapy Demo	Bobby	History of Tai Chi	Tiffany	Restorative Yoga		
2:00 PM		Transition Period		Transition Period		Transition Period		Transition Period		
2:15 PM	Fayne	Posture - Intro to Grounding & Rising			Tiffany	Nutrition	Chris	Meditation Buffet		
2:45 PM		Transition Period		Transition Period		Transition Period		Transition Period		
3:00 PM	Bobby	Chen Tai Chi	Fayne	Stand in Big Bertha; Feel the Vibrations	Chris	Introduction to Medical Qigong	Tiffany / Steve	Meditation 101		
3:30 PM		Transition Period		Transition Period		Transition Period		Transition Period		
3:45 PM	Chris	Yang Tai Chi	Fayne	Vibrational Sound Therapy Demo	Bobby	8 Energies of Tai Chi	Tiffany	Restorative Yoga		
4:15 PM		Transition Period		Transition Period		Transition Period		Transition Period		
4:30 PM	Fayne	Explore the Principles with Tiger Pushes Mountain	Chris	Stand in Big Bertha; Feel the Vibrations	Tiffany	Nutrition	Bobby	Introduction to Push Hands		
5:00 PM	Gathering Closing / Announcements									
5:30 PM	DINNER BREAK									
7:00 PM										
7:00 PM										
7:30 PM	PREREGISTERED	New Member Bowl Bath								
8:00 PM		START								
8:30 PM										
9:00 PM		END								