



Wellapalooza 2016 - June 10th-12th, 2016

For those who have asked about the Wellapalooza 2016 Retreat schedule, see below. A more detailed conference schedule will be posted on the Wellapalooza website as we get closer to Wella 2016 weekend, including additional details about speakers, seminars and classes.

What is Wellapalooza?

Wellapalooza is the coolest integrative health and wellness conferences —ever! Think vacation, calm, fun, and informative — ***the perfect way to recharge & restore your mind, body, and soul!***

Scheduled Wellapalooza Retreat Dates: June 10th-12th, 2016

Venues: [The Mindfulness Center](#), [Haven on the Lake](#), & [Turf Valley Resort](#)

Website: www.havenonthelake.org, www.havenonthelake.org, & www.turfvalley.com

City/State: Bethesda, MD & Columbia, MD

Registration link: <http://www.wellapalooza.com/events/wellapalooza-2016-retreat-registration/>

Confirmed speakers:

- Dr. Clair Francomano (EDS/Genetics)
- Dr. Larry Afrin (MCAS & Author of Never Bet Against Occam: Mast Cell Activation Disease and the Modern Epidemics of Chronic Illness & Medical Complexity)
- Dr. Christine Mohrhaus Hale (Tenet Healthcare & EDS Athletes)
- Deborah Norris, Ph.D. (Evidence-based approaches for Mindfulness Approaches to Chronic Pain & The Mindfulness Center)
- Rebecca Snow Nutrition (Nutritionist/Herbalist/Chef)

- & more! & more! Details will be announced soon and a final event scheduled will be posted as Wellapalooza 2016 Retreat Weekend gets closer.

Planned seminars & presentations:

- *"Integrative Therapies for Managing Ehlers-Danlos syndrome (EDS)"* seminar/discussion with Dr. Clair Francomano based on newly redesigned integrative healing brochure for EDS (Saturday at Haven on the Lake)
- *"Evidence-based Mindfulness techniques for the management of chronic pain"* seminar/group class with Dr. Deborah Norris (Friday at The Mindfulness Center)
- 2 Casual Q&A's and Book Signings with Dr. Larry Afrin (Friday & Sunday at The Mindfulness Center & Turf Valley Resort)
- *"How to get your life back together — facing the symptoms and issues associated with a downhill spiral due to a chronic illness(es) & the subsequent diagnosis"* presentation/discussion with Dr. Christine Mohrhaus Hale (Sunday at Haven on the Lake)
- *"Nutrition & Food Preparation for those who have dietary restrictions, functional GI disorders & other Chronic Illnesses"* presentation/discussion with Rebecca Snow (Saturday at Whole Foods above Haven on the Lake)
- *"Mast Cell Activation Syndrome & the Modern Epidemics of Chronic Illness & Medical Complexity"* presentation with Dr. Larry Afrin (Saturday evening at Turf Valley Resort)
- Seminar/group class/discussion on Jon Kabat-Zinn's *"Mindfulness Based Stress Reduction."* This seminar will also include discussion on the research study done at NIH by Dr. Clair Francomano & ways to practice yoga safely with joint hypermobility and chronic pain (Saturday at Haven on the Lake)

Planned mind/body group classes:

*****Available to all Wellapalooza attendees depending on registration date(s). May require reservations, or are on a first come, first serve basis*****

- Restorative Yoga for back, hip & neck pain class with Dr. Deborah Norris - 12pm Friday at The Mindfulness Center (10 spots available for Wella attendees. Reservations required, and are first come, first serve.)
- Aqua Fusion group class for Wella attendees at Haven on the Lake (Saturday or Sunday - TBD)

- Tai Chi/Qi Gong class — 5pm Friday at The Mindfulness Center (All levels welcome. Reservations required, and are come, first serve.)
- Barre Fusion class at Haven on the Lake (Saturday or Sunday - TBD)
- Candlelight Yoga class with Jessie Norris - 8pm Friday at The Mindfulness Center (All levels welcome. Reservations required, and are first come, first serve).
- Access to all mind/body classes depending on space availability at Haven on the Lake on Saturday & Sunday. (Reservations required & must be made day of class. Availability of a particular class is not guaranteed.)

Planned activities:

*****Available to all Wellapalooza attendees depending on registration date(s). May require reservations, or are on a first come, first serve basis*****

- 1hr Salt Cave sessions at Haven on the Lake on Saturday & Sunday (Reservations required)
 - AM Group Walk at Turf Valley Saturday or Sunday (TBD)
- Access to the healing environments at Haven on the Lake on Saturday & Sunday
 - AM Group Walk at Haven on the Lake Saturday or Sunday (TBD)
- Specifically for Wellapalooza 2016 - one of our venues, Haven on the Lake, is located on "the lake" in Columbia, MD. The Lake offers paddle boating, a 3-mile walking trail, live music on the weekends, and Haven on the Lake sometimes offers yoga on the lawn.

Additional spa, wellness & childcare appointments & services:

*****Available to all Wellapalooza attendees depending on registration date(s). Haven on the Lake, Turf Valley & The Mindfulness Center have *fantastic spa & wellness services*. Spa, wellness & childcare services require reservations and are based on availability. Please note: Spa, Wellness & childcare appointments are NOT included in your registration, and are the responsibility of each Wellapalooza attendee. We will provide all information necessary for you to make spa & wellness appointments.*****

- Childcare at Haven on the Lake (Saturday & Sunday)
- Wellness appointments at The Mindfulness Center (Friday)

- Spa appointments at The Still Point Spa at Haven on the Lake (Saturday & Sunday)
 - Spa appointments at Turf Valley's Spa (Friday, Saturday & Sunday)
- Wellness appointments at The Still Point Spa at Haven on the Lake (Saturday & Sunday)

Accommodations:

- Turf Valley Resort has graciously offered to hold a small number of rooms at a discounted rate.
- The Wellapalooza room rate is \$144 per night + tax for an executive King room.
 - Cost of accommodations is in addition to your retreat registration.
- Reservations must be made by May 20th (TODAY!!), or the room block rate is not guaranteed, nor is the availability of the executive King rooms.
 - Reservations should be made by calling Turf Valley directly.

Additional speakers/classes/seminars that *may* be added to retreat schedule — to be planned (not confirmed or guaranteed):

- Yoga class/seminar for hypermobility syndromes and chronic illnesses (Friday)
- Natural Movement/Physical therapy presentation/seminar, including discussion on Pilates, Yoga & other way to move "Just 5 Minutes" daily (Friday, Sunday, or both days possible)
 - Yoga Nidra class/seminar (Retreat day TBD)
- Chronic Pelvic Pain & Women's Health presentation/discussion (Sunday)
- Acupuncture for Chronic Illness Presentation/discussion (Retreat day TBD)
 - Thyroid disorders & hormone discussion (Friday or Sunday - TBD)
 - Aquatic Massage seminar/discussion (Saturday or Sunday)
- Natural skin care/hair/make-up seminar & discussion (Retreat day(s) TBD)
 - Plastic Surgery with EDS and/or MCAS (Retreat day TBD)

- Integrative Approaches to Managing Chronic Pain (Retreat day TBD)

*****Please remember all activities, classes, and speakers are subject to change at any time.*****

Additionally, we are hosting a Physician's Learning Lunch with Dr. Larry Afrin on Sunday, June 12th from 11:30-2pm at Turf Valley Resort. Accommodation & golf options are available as well. (Additional fees apply)

Retreat Pricing:

\$75-\$125 per day or \$275 for 3-day registration

*****Meals are not included, other than light snacks and drinks, or food that is part of a seminar, presentation, or book signing event. The reason we are not planning on including food is because it helps keep costs down, and there's a massive Whole Foods one floor above Haven on the Lake. There are a ton of options within walking distance of The Mindfulness Center as well. It's also nearly impossible to provide food that is safe and acceptable to everyone in our very sensitive community.*****

Wellapalooza 2016 Retreat Schedule (per day)

Friday, June 10th, 2016 - The Mindfulness Center (Bethesda, MD)

10:00am-12pm Wellapalooza Welcome (at The Mindfulness Center - Time TBD).

*****May add group class/seminar between 10:30-11:30am*****

12-1pm - Restorative Yoga with Dr. Norris (at The Mindfulness Center. Max 10 Wellapalooza attendees - must sign-up in advance through Kendra)

1:15pm-2pm - "Evidence-based Mindfulness techniques for the management of chronic pain" seminar/group class with Dr. Deborah Norris (Friday at The Mindfulness Center)

2-4pm - Casual Q & A and book signing with Dr. Afrin

4-5pm - Break/prep Tai Chi class

5-6:30pm - Tai Chi/ Qigong Class (Max 25-30 Wellapalooza Attendees. Must sign-up in advance through Kendra)

6:45/7pm-7:45pm - Had idea for yoga with Hypermobility seminar - the do's and don'ts with a mini class for those who may not feel like they can go to Jessie's. I was thinking that I could lead this one and maybe even have it counted as 1/4 community service classes for YTT - thoughts?

8-9:30pm - Candlelight Yoga class with Jessie Norris - Haltha/Vinyasa Flow yoga (All levels welcome. Max 17 Wellapalooza Attendees. Must sign-up in advance through Kendra)

Saturday, June 11th, 2016 - Haven on the Lake, Whole Foods (one floor above Haven) & Turf Valley Resort

******Registered attendees for either Saturday or Sunday, or the 3-day retreat have access to all mind/body classes depending on space availability at Haven on the Lake. (Reservations for classes, salt cave and child care are required ahead of time. Childcare and other additional costs are not included in your daily attendance to Haven on the Lake that is included as part of your registration. Reservations must be made the day of class. Availability of a particular class is not guaranteed. Details will be posted with instructions on how to make class, child care, healing environments, and spa reservations.******

6:30am-7:15am - Group Walk around lake in Columbia, or on Property of Turf Valley (Exact Location TBD)

8am-8:30am - Wellapalooza Welcome (at Haven on the Lake)

8:45am-9:45am - FREE TIME - Take a MindBody class/Enjoy amenities/spa appointment/Rest

******Some of us will be signing up for the barre fusion class at 8:45am. Join us!******

10-11:30 am - "Nutrition & Food Preparation for those who have dietary restrictions, functional GI disorders & other Chronic Illnesses" presentation/discussion with Rebecca Snow (at Whole Foods above Haven on the Lake)

11:30-2pm - FREE TIME - Lunch on own at restaurant near Haven on the Lake, or at Whole Foods one floor above Haven on the Lake/Take a MindBody class/Enjoy amenities/Spa appointments

*****There is are 2 classes at 12:15pm at Haven on the Lake - Rejuvenate Your Spine Yoga Wall Class (60 mins) & Meditation (30mins)*****

*****1-2pm - Possible private group class or seminar for Wellpalooza attendees (optional). Time and class are not confirmed, but we are working to coordinate one per day for our Wellpalooza group*****

2-3pm — *"Integrative Therapies for Managing Ehlers-Danlos syndrome (EDS)"* seminar/discussion with Dr. Clair Francomano based on newly redesigned integrative healing brochure for EDS (at Haven on the Lake)

3-4pm - Seminar/group class/discussion on Jon Kabat-Zinn's *"Mindfulness Based Stress Reduction."* This seminar will also include discussion on the research study done at NIH by Dr. Clair Francomano & ways to practice yoga safely with joint hypermobility and chronic pain (at Haven on the Lake)

4-6pm - FREE TIME - Dinner/snack on own/Enjoy Amenities/Spa appointments/Rest/Travel to Turf Valley Resort for evening presentation by Dr. Larry Afrin

*****Please note: you will need to drive from Haven on the Lake to Turf Valley Resort. There are no shuttles. If you are coming in from out of town, you will probably want to rent a car for your own convenience.*****

******4:30-5:30pm - Alternate time for private group class or seminar for Wellpalooza attendees (optional). Time and class to be confirmed, but we are working to coordinate one for the group on Saturday.*****

6:30pm — 8:30pm — *"Mast Cell Activation Syndrome & the Modern Epidemics of Chronic Illness & Medical Complexity"* — keynote presentation by Dr. Larry Afrin (Saturday evening at Turf Valley Resort)

Sunday, June 12th, 2016 - Haven on the Lake & Turf Valley Resort

6:30am — 7:15am - Group Walk on property of Turf Valley (Exact time TBD)

7:30am — 8:00am - Breakfast on own/Use Turf Valley Resort's amenities and spa, if staying at hotel/Travel to Haven on the Lake for early morning MindBody Classes

9:00-11am - Casual Q&A and book signing with Dr. Larry Afrin at Turf Valley Resort (*for retreat attendees who are attending Sunday only, 3-day attendees who have not seen Dr. Afrin yet, or those who would like to attend one of his sessions again*)

9am — 11:30am (***Alternate option for those who have seen Dr. Afrin already***) - FREE TIME - Use of Turf Valley Resort's Amenities or Spa/Travel to Haven on the Lake for MindBody classes/Haven on the Lake's Healing Environments or spa.

******Alternate time possible for private group class or seminar for Wellapalooza attendees (optional). Time and class to be confirmed, but we are working to coordinate one for our group on Sunday as well ******

******Please note: You will need to drive from Turf Valley Resort to Haven on the Lake. There are no shuttles. If you are coming in from out of town, you will probably want to rent a car for your own convenience. We can also try to work on carpooling with those who are staying at Turf Valley, if needed.******

11:30 - 2pm - FREE TIME - Lunch on own at restaurant near by Haven on the Lake, at Turf Valley, or at Whole Foods one floor above Haven on the Lake/Take a MindBody class/Enjoy amenities/Spa appointments

******There is a Power Hot Yoga class at 11:45am at Haven on the Lake******

******Alternate time possible for private group class or seminar for Wellapalooza attendees (optional). Time and class are not confirmed, but we are working to coordinate one private group class or seminar for Wellapalooza attendees.******

2-3/3:30pm — "*How to get your life back together - Facing the symptoms and issues associated with a downhill spiral due to a chronic illness(es) & the subsequent diagnosis*" presentation/discussion with Dr. Christine Mohrhaus Hale (at Haven on the Lake)

3:30-4pm - Break

4:00-5:00pm - Alternate time for private group class or seminar for Wellapalooza attendees (optional). Time and class are not confirmed, but we are to confirm details.

5/5:30pm - Wrap-up & Good-bye!

