



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 later today. Additional details will be posted as soon as we have them confirmed.

What is Wellapalooza?

Wellapalooza is the coolest integrative health and wellness conferences (& *retreats*) 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 & Moxie)
- Dr. Deborah Norris (Evidence-based approaches for Mindfulness Approaches to Chronic Pain & The Mindfulness Center)
- Rebecca Snow Nutrition, M.S. (Nutritionist/Herbalist/Chef)

- & 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 Wellapalooza attendees. Reservations required, and are first come, first serve.)
- Aqua Fusion group class for Wellapalooza 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 Wellpalooza 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 Wellpalooza 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 Wellpalooza 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 Wellpalooza 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, 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)

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(ies).******

One of our primary goals for Wellapalooza 2016, was to make sure that we moved more than we did during our one-day Wellapalooza in November 2015. Additionally, we wanted to make sure that we had more comfortable seating options for presentations.

You will also notice that the schedule is not jam packed, nor will you see a ton of speakers listed each day, but that's not the point of a Wellapalooza conference or retreat. You can attend any of the other large learning conferences to hear the largest number of top specialists speak on a given day, or to have the conference schedule packed.

The mission of Wellapalooza is different — we aren't meant to compete with the conferences put on by any of the larger foundations - Wellapalooza is intended to compliment them.

Wellapalooza's mission is to serve as a vehicle to help you establish a solid basis for gaining strength and overall wellness — a retreat (AKA - wellness "vacation") where you can try various integrative therapies in a safe, relaxing, and positive environment. Wellapalooza conferences and retreats will always be held in an area or at a venue that we **think** you will want to visit, even if Wellapalooza was not being held there. For Wellapalooza conferences and retreats that are more than a day, we will plan the daily schedule to allow as much time and freedom to relax, heal, and enjoy the amenities as

possible while also attending the presentations, seminars, and classes that are an integral component of each Wellapalooza retreat or conference.

Questions? Info@Wellapalooza.com

******Please note - Wellapalooza 2016 is scheduled on the heels of the EDS International Symposium; however, the actual number of attendees that we can accommodate will be limited — registering early is important. We do recognize that both the speakers and venue will be big attractions, and we are working to allow for as many people to attend Wellapalooza 2016 as each venue can comfortably accommodate.******