Day One

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

11:15-11:45am - Wellapalooza Welcome

12-1pm - Restorative Yoga with Dr. Norris

1:15pm-2pm - Evidence-based Mindfulness techniques for the management of chronic pain Seminar/group class w/ Dr. Deborah Norris

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

7pm-7:45pm - Yoga for hypermobility seminar & discussion

8-9:30pm - Candlelight Yoga class with Jessie Norris - Haltha/Vinyasa Flow Yoga

Day Two

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

7:30am-8:00am - Group Walk around lake in Columbia, for those interested

8am-8:30am - Wellapalooza Welcome

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

10-11:30am - Nutrition & Cooking for Chronic Illness with Rebecca Snow

11:30-2pm - FREE TIME - Lunch/Take a MindBody Class/Enjoy amenities/Spa appointments

1:15-2:15pm - Wellapalooz Group Seminar - Watsu Aquatic Massage

2-3pm - Integrative Therapies for Managing Ehlers-Danlos syndrome (EDS) with Dr. Clair Francomano

3-4pm - Seminar/discussion on Jon Kabat-Zinn's - Mindfulness Based Stress Reduction, and other Movement for Hypermobility Approaches

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

4:30-5:30pm - Wellapalooza Group Class - Aquatic Fusion

6:30pm - 8:30pm - Mast Cell Activation Syndrome & the Modern Epidemics of Chronic Illness & Medical Complexity

Day Three

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

6:30am -7:15am - Group Walk on property of Turf Valley (To be Confirmed)

7:30am-8:00am - Breakfast on own/Use Turf Valley Resort’s amenities and spa

9:00-11am - Casual Q&A and book signing with Dr. Larry Afrin

9am-11:30am (Alternate option for those who have seen Dr. Afrin already) - FREE TIME

11:30 - 2pm - FREE TIME - Lunch/Take a MindBody class/Enjoy amenities/Spa appointments

1:15-1:45pm - Wellapalooza Group Seminar - Acupuncture

2-3:30pm - How to get your life back together - Dr. Christine Mohrhaus Hale

3:30-4pm - Break

4:30-5:30 - Wellapalooza Group Class - Barre Fusion

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

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)