

SCHEDULE FRIDAY, JULY 23 - SUNDAY, JULY 25

FRIDAY

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| 12 - 5pm | Check-in/Badge Pick-up Guests are welcome to explore and take part in the many activities that abound, relaxing by the pools, enjoying Spa Montage, kayaking the May River, biking and walking trails, and so much more! |
| 3 - 5pm | Shankara Mini Treatments Complimentary Shankara Mini Neck and Shoulder Massage offered at Spa Montage. <i>No Reservation Required - first come, first served</i> |
| 5 - 5:15pm | Welcome/Kick-off of Well Living Weekend with Casey Lavin, Montage Palmetto Bluff General Manager and Patrick Huey, Montage International Corporate Spa Director and the Co-Founders of B\YND WELL: Margaret Furniss and Sherri Coates |
| 5:15pm | Opening Speaker: Health & Happiness We welcome Ayurveda expert, certified stress management teacher, and Founding Member of the renowned clean beauty brand, Shankara, Ashish Pandaya as he opens our weekend speaking about health, happiness, and 'swatsha' - the Sanskrit word meaning 'to be established in the Self'. Understand the seven levels of our existence and the role each level plays in improving the quality of our life and the meaning of true health. This interactive talk will include breath work, meditation, and will lead us to an open heart and intention as we begin this weekend-long journey. |
| 6 - 7pm | Social Hour: Join us for plant-based bites, botanically infused or zero proof cocktails, organic wine, and meet some of the other Well Living guests and speakers. |
| 7pm | Dinner on your own Explore the many restaurants at Palmetto Bluff including: Octagon, Buffalo's, Cole's and Canoe Club (<i>reservations recommended</i>) |

SATURDAY

Please join us for the carefully curated Refresh Experiences and Artisan Retail Collective from 10 am - 5:45 pm:

Refresh Experiences provided by HealthyLine, HyperIce, Brain Tap Technologies, and more. Artisan Retail by: Ordinary Magic, Maria White Ceramics, Pure Salt Studios, Bags by Gia, Kelly Clackum Designs, Elizabeth Few Studios, Amanda Norman Studios, and Yuyo Botanics.

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| 8 - 8:30am | Arrival Fair trade coffee, juices, light bites and refreshments provided |
| 8:30 - 8:35am | Welcome to Well Living Weekend Patrick Huey, Montage International Corporate Spa Director and the Co-Founders of B\YND WELL: Margaret Furniss and Sherri Coates |
| 8:35 - 9:05am | Opening Session We start the day with a Group Sound Bath and Meditation led by Tanya Colucci and Holly Ramey so that we may relax our bodies, quiet our minds, set our intentions and open our hearts to receive all the energy, knowledge, and inspiration that we will gain through the Well Living experience. |

SATURDAY *(continued)*

9:05 – 10:05am **Opening Talk: Discovering Your Energy Body to Create Flow with Dr. John Amaral**
Dr. John Amaral DC, creator of the Energy Flow Formula, reveals what your energy body is and how it can both positively and negatively influence your mind, body and emotions. Drawing on over twenty five years of experience working with top performers in sports, entertainment and business, Dr. Amaral shares how and why your energy flow can get blocked reducing your health, vitality and performance, and outlines simple ways to connect to your energy body to move from fight-or-flight to flow, release stored stress, pain and trauma and start feeling and performing your best.

10:05- 10:20am **Well Break** Explore the Refresh Experiences and shop the Artisan Retail Collective

10:20 – 11:20am **Studios – Session One** (Guests choose one at pre-registration)

Studio 1: Fiber Fueled Join Dr. Will Bulsiewicz, Board Certified Gastroenterologist, Gut Health Expert, and NY Times, and USA Today best-selling author for an in-depth discussion on changing your health and wellbeing with one simple act: learning to take better care of your gut health with the power of plants. Instead of covering the problem, he'll explain how to get to the root cause, fix it, and take back control of the way you eat, look, and feel (because yep, your gut health impacts your mental agility and happiness levels too.)

Studio 2: The Works with Sarah Frick The amazing Sarah Frick will lead one of her signature "The Works" classes customized just for our Well Living Weekend guests. The Works is a dynamic blend of powerful vinyasa yoga, meditation, plyometrics, and core work used to tap into our breath and our strength. Guests will use the bodywork to get the heart work- the place where we can find connection body to body, heart to heart, and soul to soul. This will be a movement experience like you've never had before.

Studio 3: Panel Discussion: Food and Farming as the Ultimate Medicine Panelists: Ryland Engelhart, Co-Founder of Cafe Gratitude and Executive Director of Kiss the Ground, Christie Tarleton Co-Founder of Yuyo Botanics, Will Tarleton Founder of Six Boots Farm, and Montage Palmetto Bluff Executive Chef Nathan Beriau, moderated by Jesse Blanco.

They will discuss food as the ultimate medicine and how we can nourish the earth while nourishing our bodies, the benefits of biodynamic farming and regenerative agricultural practices, and how hemp as a crop, has been able to help transform both the body and the earth.

Studio 4: The Plant-Based Palate Join Corporate Executive Chef of Cafe Gratitude, Seizan Dreux Ellis for a plant-based cooking demo where he'll break down some of the methods and ingredients for success, featuring recipes from his newly released book, Love Is Served.

Studio 5: Art Therapy with Amanda Norman Art is healing and life enhancing on many levels. This hands on experience with Nashville based artist, Amanda Norman will allow you to experience the fluidity of water color painting as it relates to life. Learn to let go of the need for 'staying inside the lines' and enjoy where that takes you.

11:20 - 11:30am **Well Break** Explore the Refresh Experiences and shop the Artisan Retail Collective

SATURDAY *(continued)*

11:30am - 12:30pm Studios - Session Two (Guests choose one at pre-registration)

Studio 1: Energetic Flow with Dr. John Amaral In this one hour class, you will discover how to get out of fight-or-flight, an overwhelmed stress-state, and into energetic flow--an elevated state of human experience and performance that comes from being truly connected with your body. Through guided breathing, movement and visualization you'll get more in-sync with your body, feel more open, expressive, creative and at ease. You'll walk away with new tools for mind-body connection, self-care and increased energy flow.

Studio 2: "How We Can Heal Our Planet From the Ground Up" Join Ryland Engelhart, Co-Founder of Cafe Gratitude and Executive Director of Kiss the Ground to learn about the possibilities of regenerative agriculture and how it can heal the soil, revive ecosystems, increase farmer wellbeing, help balance the climate, replenish our vast water supplies, and feed the world.

Studio 3: Art Therapy with Amanda Norman Art is healing and life enhancing on many levels. Join us for this hands-on experience with Nashville based artist, Amanda Norman to experience the fluidity of water color painting as it relates to life. Learn to let go of the need for 'staying inside the lines' and enjoy where that takes you.

Studio 4: Shamanic Meditation and Sound Bath with Tanya Colucci Shamanism is the most ancient spiritual and healing practice known to mankind. From the shamanic perspective, true healing cannot be done on the physical level and must be done on the spiritual level. Join Shaman, Tanya Colucci in this shamanic meditation and sound bath for a heart opening sound and energy experience that will allow you to release negative or stuck energy and invite in positive energy for grounding and overall wellbeing.

Studio 5: Moon Magic with Holly Ramey Interested in seeing how the moon influences more than just the tide? Intuitive and healer, Holly Ramey will guide a moon ritual, meditation activation, and discussion about current astrology and how to work with the energy of the moon. Holly will guide you into a relaxing meditation mixed with energy healing and incorporating breath work and visualization techniques to guide you in setting your intentions for the next lunar cycle.

12:35 - 2pm

Lunch/ Mid-Day Break:

Lunch Features:

- Plant-based picnic baskets by Montage Palmetto Bluff
- Indulge and explore the Refresh Experiences and shop the Artisan Retail Collective

1:15 - 2pm

Dr. Will Bulsiewicz Book Signing

Board Certified Gastroenterologist, Gut Health Expert, and NY Times, and USA Today best-selling author signing his new book, *Fiber Fueled*

1:15 - 2pm

Chef Seizan Dreux Ellis Book Signing

Corporate Executive Chef of Café Gratitude will be available to sign copies of his new book, *Love Is Served*

SATURDAY *(continued)*

2 – 3pm

Studios – Session Three (Guests choose one at pre-registration)

Studio 1: Energetic Flow with Dr. John Amaral In this one hour class, you will discover how to get out of fight-or-flight, an overwhelmed stress-state, and into energetic flow--an elevated state of human experience and performance that comes from being truly connected with your body. Through guided breathing, movement and visualization you'll get more in-sync with your body, feel more open, expressive, creative and at ease. You'll walk away with new tools for mind-body connection, self-care and increased energy flow.

Studio 2: Leaning in to Grief with Sarah Frick Grief is one of the experiences that transcends race, religion, and any socioeconomic component. In this chat Sarah breaks down the very raw and very real nature of grief and how the hurt is as important as the healing.

Studio 3: Tarot Truths with Holly Ramey – Introduction to Tarot It is believed by many that tarot cards can help to guide us to our truth, yet never tell us what we don't already know in our hearts. Readings can help you see your situation from a different perspective, locate and release emotional blocks, and give insight to areas where you feel stuck and need more guidance. Join Intuitive Tarot Reader, Teacher, and Reiki Master, Holly Ramey as she covers the basics of the deck, the four elements, the masculine and feminine energy and how they relate to our journeys.

Studio 4: Shamanic Journey with Cacao led by Tanya Colucci Journeying, like meditation, is a tool for spiritual growth. During this session, participants will tune into their heart by using the powerful plant medicine of cacao to go on a guided Shamanic journey with Shaman Tanya Colucci. Cacao ceremonies date back to the Mayan and Aztec times when cacao (chocolate) beans were used for inner awakening and creativity. This ancient practice and interactive meditation will teach you how to expand and connect to your highest self, your power and truth.

Studio 5: Fiber Fueled Join Dr. Will Bulsiewicz, Board Certified Gastroenterologist, Gut Health Expert, and NY Times, and USA Today best-selling author for an in-depth discussion on changing your health and wellbeing with one simple act: learning to take better care of your gut health with the power of plants. Instead of covering the problem, he'll explain how to get to the root cause, fix it, and take back control of the way you eat, look, and feel (because yep, your gut health impacts your mental agility and happiness levels too.)

3 – 3:15pm

Well Break Explore the Refresh Experiences and shop the Artisan Retail Collective

3:15 – 4:45pm

KEYNOTE: The Nature of Reality with Deepak Chopra There are countless ways we make our intentions come true, and people are constantly looking for the right one. The promise of making our dreams come true remains baffling, however. Some people manifest their deepest dreams, wishes, and desires while countless others do not.

- When you change how you view reality, reality changes.
- Life is a lucid dream, and everything that happens is a dream come true.
- When you know who you really are, you will manifest your dreams at the highest level.

Join *New York Times* bestselling author Deepak Chopra as he addresses these questions as well as practical ways to experience transformation and healing.

4:45pm

Social Hour Join us for plant-based bites, botanically infused or zero proof cocktails, organic wine, and share your biggest breakthroughs from the day!

5:45pm

End of Day –OR–

SATURDAY *(continued)*

ADDITIONAL OPTIONS

4:45pm **Social Hour with Keynote Speaker Deepak Chopra** Join us for an intimate reception after his keynote talk where he will be available to sign additional books and pose for photo opportunities. Enjoy plant-based bites, botanically infused cocktails, and biodynamic wines. *Limited to 75 guests - \$75/guest*

6:30pm **The Future of Wellbeing – Dinner & Deepak Chopra** This intimate, seated, four-course dinner will feature a plant-based menu collaboration between Montage Palmetto Bluff **Executive Chef Nathan Beriau and Cafe Gratitude’s Executive Chef, Dreux Ellis**, along with organic and sustainable wine pairings. Keynote Speaker **Deepak Chopra** will give an exclusive talk to start the evening. *Limited to 50 guests - \$295/guest*

New York Times bestselling author Deepak Chopra will guide you along a roadmap for “higher health,” based on the latest findings in both mainstream and alternative medicine and explores some of the most important and baffling questions about our place in the world.

- How does our understanding of consciousness also enhance our capacity for total wellbeing (physical, emotional, spiritual, social, community, financial and ecological)?

Chopra will address these questions as well as practical ways to experience higher consciousness, transformation and healing.

SUNDAY

9:00 – 9:10am **Welcome** Patrick Huey, Montage International Corporate Spa Director and the Co-Founders of B\YND WELL: Margaret Furniss and Sherri Coates

9:15 – 10:15pm **The Works with Sarah Frick** The amazing Sarah Frick will lead one of her signature “The Works” classes customized just for our Well Living Weekend guests. The Works is a dynamic blend of powerful vinyasa yoga, meditation, plyometrics, and core work used to tap into our breath and our strength. Guests will use the body work to get the heart work - the place where we can find real connection body to body, heart to heart, and soul to soul. This will be a movement experience like you’ve never had before!

10:25am – 11:25pm **Eating to Save the Planet** Join Dr. Will Bulsiewicz, Board Certified Gastroenterologist, Gut Health Expert, and NY Times, and USA Today best-selling author, Ryland Engelhart, Co-Founder Café Gratitude, and Executive Director Kiss the Ground, and Chef Seizan Dreux Ellis, Corporate Executive Chef of Café Gratitude as we discuss the interconnectivity between the planetary ecosystems and our bodies, our broken farming systems and eating habits, and explore how we can shift the way we approach eating to save the planet and find health and balance within and for our world. Moderated by Margaret Furniss and Sherri Coates, Co-Founders B\YND Well.

11:25am – 1pm **Brunch** Enjoy a plant-based brunch by Montage Palmetto Bluff Executive Chef Nathan Beriau at your leisure

1pm **End of day** We hope you enjoyed your weekend of Well Living.

Event programming by:

Margaret Furniss and Sherri Coates, Co-Founders B\YND WELL
byndwell.com