

## WELLNESS FESTIVAL SCHEDULE 2025

### Lava Hot Springs, Idaho

**Friday, June 13, 2025**

**Location:** North Side of Lava Hotel @ 196 E Main St.

**6:00 P.M. – 7:30 P.M.**

**Sunset Yoga Class at the Labyrinth** with Hailey Martinez  
And **Walk the Labyrinth** with Midge Woods

**Saturday, June 14, 2025**

**Location:** 150 N Center Street/Lava Hot Springs

**9:00 a.m.**

**Registration and Check In**  
Early morning refreshments provided

**10:00 a.m.**

**Welcome** (Lori Head)

**10:15 a.m.**

**Gyrokinesis** (Lori Head)  
A playful technique of movement that addresses flexibility and rhythm.

**11:15 a.m.**

**Break**

**11:30 a.m.**

**Vitamins** (Staci Clark)

**11:50 a.m.**

**Basic Salves with Herbs, Oils, Water** (Becki Parks)

**12:15 p.m.**

**Lunch Break with Maggie Harris**  
Nutritional Information Provided  
**Menu:** Rice Bowls with all the Toppings and a Treat

**1:15 p.m.**

**The Medical Trends of Weight Loss Drugs** (Jodi Brown)

**1:50 p.m.**

**Wake up Exercises** (Lori Head)

**2:00 p.m.**

**Herbal Education and Therapeutic Practices**  
(Melanie Bice and Faith Lemon) Presenters

**2:30 p.m.**

**Aroma Therapy for Emotional Support** (Phil Shepherd)  
The Safe and Effective Use of Essential Oils

**2:50 p.m.**

**Caribou Medical Center**

**3:15 p.m.**

**Energy Healing** (Midge Woods)

**3:30 p.m.**

**Walk the Labyrinth with Healing Music**  
(Midge Woods and Melanie Bice)