



Storytelling for Instant Connection with Dream Clients and Collaborators

Storytelling is the quickest way to make an instant emotional connection with your dream clients and collaborators. You know you have stories - so how can you use them?

In this workshop, we'll cover:

- The Brain Science behind how Storytelling can build impact, influence, trust and loyalty - and drive decisions
- The best way to tell stories so that you create an instant, emotional response in your reader or listener
- Where you can use your stories for the best effect
- Which stories work best for which formats and areas of your work
- How to get the most bang for your buck, story-wise, in any situation



Marsha Shandur (yesyesmarsha.com) A Storytelling Coach, organizer, host, and story coach for True Stories Told Live (Toronto's biggest storytelling show), Marsha Shandur has coached hundreds of storytellers across the world and has told stories everywhere from The Toronto Storytelling Festival, to a live audience of 3,000 people at World Domination Summit. She is now the WDS official Story Coach. As the founder of YesYesMarsha.com, she shows coaches, creatives and entrepreneurs how to make an INSTANT emotional connection with their dream clients, through storytelling. She has been featured on Forbes, the BBC, Mashable and The Muse.

Giving Your Entire Self: 5-Years of Full-Life Integration

How can we integrate, and capitalize on our seemingly disparate talents and experience? What if our clients have been waiting for us to leverage all we've ever lived? This workshop is for those looking to inventory their "sacred life ingredients" and direct them in 1 unified, undeniable direction—especially if they appear to be in conflict. In 2012, KC outlined a radical framework to living an aligned life:

- 1) Upgrade your lens
- 2) Define your non-negotiables, and
- 3) Pursue + achieve Full-Life Integration™

For the first time since leaving his corporate career (with a family in tow) and starting over as a successful consultant, KC reflects on 5 years of working and living the integrated life. He'll lay out the essential tools and practices, and guide you through exercises to discover your integration points.



Kristoffer "KC" Carter (www.kristoffercarter.org) is a facilitator, resident meditation expert, and Chief Spirit Officer for Camp-GLP. When not ratcheting up those "Big Love Camp Vibes", KC is an advisor for personal + organizational transformation. Last year KC left his corporate career to consult organizations on optimizing workplace culture to drive business performance. He also works with a handful of 1:1 mentorship clients. A Kriyaban yogi, father of 3, and singer/songwriter, KC inspires others to drink joyfully from the firehose of life. You can find his Full-Life Integration™ Manifesto, as well as guided meditations and free tools at KristofferCarter.org.



From Limiting to Limitless: Transforming Your Beliefs to Create More of What you Want in Life

Change doesn't have to be hard. In fact, it doesn't require more willpower or hard work either. By understanding the invisible forces that shape our lives, we can leverage the structures around us to create more of what we want in life...without the struggle. In this workshop, Jeff Riddle shows you:

- How beliefs run your life
- A roadmap to the 6 levels of change
- A simple question for easily uncovering your limiting beliefs
- How to step into the mindset of belief mastery to create what you want without struggle



Jeff Riddle works with high-performing leaders through periods of introspection and evolution. His clients include leaders at companies like Facebook, Sephora, and Chegg, CEOs/founders of venture-backed start-ups through acquisition, and partners at international firms seeking to increase performance and well-being. Jeff has a background in high performance sports, entertainment, and entrepreneurship that informs his interdisciplinary approach to change work. After spending most of his life in Manhattan and San Francisco, Jeff now lives in the midwest where he is happily married and devoted to his two young children. In his spare time, he is an avid chef, musician, and most recently, an amateur fashion designer co-creating tutus and dresses in support of his young daughter's passion.

How to Overcome the 5 Challenges that Keep You From Doing Your Most Meaningful Work

Whether you're growing your business or wanting to do better, more meaningful work in your career, there are five main challenges that come up over and over again. These root-level challenges aren't fixable by the app du jour, ninja secrets, or following someone else's shortcuts because they're tied to your mindsets, habits, and relationships.

In this workshop, Charlie Gilkey shows you:

- How to diagnose which of the five challenges that are most holding you back
- Strategies and routines to overcome the five challenges
- The common places where people get tripped up as they're "burning clean"



Charlie Gilkey (productiveflourishing.com) is a best-selling author, podcaster, professional speaker, and business advisor who helps creative people go from idea to done. Prior to founding Productive Flourishing, he was an Army logistics officer and is a PhD candidate in Philosophy. He believes that we can live in a world where we can love Star Trek AND Star Wars.



Power Your Life With Plants

Learn how to integrate alkalizing plant-based foods into your daily life. Whether you're vegan, paleo, gluten-free or anything else, discover how to source and prepare plants to:

- Nourish your body and maximize your brain power & overall performance
- Transform and de-junk your diet (how to replace processed foods with whole foods)
- Use your blender to add more ease into your day
- Create new healthy habits to fuel your life

Recipes:

- Superfood Soup and Salad
- Dehydrated Mexican Seed Crackers
- Easy Nut Cheeses
- Banana Ice Cream Sundae
- Chocolate Macaroons

All recipes are gluten-free & soy-free



Elaina Love (purejoyplanet.com) Elaina Love is the founder and director of Pure Joy Culinary Academy and the Co-founder of Pure Joy Kitchen, a café in Bend, Oregon. Elaina's teachings show you how to prepare delicious, easy meals that heal and nourish your body, without diet dogma. She the author of 3 raw vegan recipe books and runs a cafe in Bend, Oregon.

Bounce Back Better®: The Science of Resilience

Life can be hard, it can knock us back, down and sideways. No getting around it. Truth is, it's how we respond to these moments - our ability to be resilient and bounce back - that often defines whether we end up derailed and demoralized or determined and triumphant. Question is, how can we "get" resilient? Turns out, it is a trainable skill. In this transformation, yet practical workshop, you will discover the 3 types of skills that enable resilience: mental, emotional and physical, along with 12 basic building blocks of bouncing back better.



Emiliya Zhivotovskaya is a widely sought-after speaker, educator, facilitator and coach. She's the founder of The Flourishing Center, the nationally-acclaimed Certification in Applied Positive Psychology (CAPP) program (theflourishingcenter.com) and she maintains a thriving practice in NYC. Emiliya holds a Master's Degree from UPenn in positive psychology, is currently pursuing her Ph.D. in Mind-Body Medicine from Saybrook University, where she also teaches. She has been on the faculty for the Good Life Project since 2013. In her previously life (career) she was a professional party entertainer and has two fur babies—Buddy the cat and Dora the dog.



Write, Publish, and Launch a Powerful Book FASTER (without Sacrificing Your Sanity or Your Soul)

We all have a book inside of us, but some of us organize paperwork, clean house, and eat pounds of chocolate instead of writing it. Those of us who do write edit ourselves to death, wondering how to get the concepts and words right. Why do we do this, and how do we stop? Join me to discover what it REALLY takes to get your butt in the seat and do this book thing well.

We'll work together to...

- Uncover the 3 items you must have before you get started, if you don't want to lose time, energy, and possibly money
- Practice the 2 skills you're going to need to navigate the journey without losing your sanity or your soul
- Adapt the approach I used to write my book in 3 weeks and launch it as a bestseller less than 2 months later

Let's change your storyline from aspiring author to powerful messenger.



Amanda Johnson (TrueToIntention.com) The inspiration to write a book changed the trajectory of Amanda's storyline forever. Catapulted out of a depressing life, she found herself impacting the world with her message, healing her personal story, growing a successful business (*True to Intention*), and gathering what she needed to eventually write, publish, and launch "*Upside-Down Mommy*" in record time. It's no wonder that she loves helping mindful messengers navigate the often-messy process of sharing their story and owning their message on the page and from the stage.

Make Your Own Mala

We've seen them worn by everyone from yoga teachers to celebs, the mala is a beautiful beaded creation often worn around the neck or wrist. Learn how to make your very own handmade traditional 108 bead mala to take home, in an enjoyable meditative creative making process with your mala making guru Shelley Adelle. You will be able to choose the color of your silk for threading, tassel and which healing beads & guru bead you are drawn to from a selection to make your mala unique to you. You will learn how activate use and care for your mala.



Shelley Adelle (shelleyadelle.com) is a Yoga Teacher, Spiritual Enthusiast, and Experimental Human, who is addicted to cookies, hugs, the creative process and living life in the zone! She lives in Vero Beach, FL where she trains at The LOFTS of Yoga Pagoda. Come to the beach for a VIP weekend and some soothing salt air or get your very own personalized Home Practice Prescription online.



Story Circles: Creating Personal Mandalas

In this workshop, Cassia will guide you through creating your own sacred circular art piece. This mandala exploration blends art making and sacred geometry in a stunning way allowing you to identify and process personal stories through creative expression. A mandala is a circular work of art that symbolizes the world or ourself.



Cassia Cogger (cassiacogger.com)—artist, teacher and author of *Creating Personal Mandalas*—is inspired to create artworks, creative courses and experiences that allow individuals to enter into greater relationships with their surroundings, becoming present to that which is essential. As much as she is excited by color, shape, pattern and beauty, she is more excited by what the creative process reveals. Her work has been featured at the National Academy Museum of Design in NYC, in *Watercolor Artist* magazine as a rising star as well as in a host of other galleries and private collections.

Make Your Mark: Embroidered Mini Hoop Necklace

Embrace your inner crafter as you identify a mark that is symbolic of you then learn some basic embroidery stitches to create a miniature embroidery piece.

In this class you will learn:

- how to connect with yourself through an intentional creative process
- how to distill story into symbol
- The soothing process of embroidery including essential stitches, such as the running stitch, back stitch, split stitch and more.

You will leave with:

- Basic knowledge to continue explorations in embroidery
- An adorable piece of art, a talisman from your time at camp, to wear and share.

Taught by **Cassia Cogger**

Hand-crafting with Indigo Dye

You don't have to be a Deadhead to love tie-dye. It's sort of the ultimate symbol of freewheeling summer fun. And, yes, a staple of hippie-culture. Since it is the 50th anniversary of The Summer of Love, we wanted to add a special craft activity that honored the universal desire to rock tie-dyes, but also add a bit of a fun and blend in a special ancient "resist-dye" technique. So, instead of multi-colored madness, we're stripping it down and exploring a very special type of garment dyeing known as "Shibori." It's a super-cool technique that focuses on indigo dye (deep, rich blue). In this workshop, you'll learn the basic techniques and be able to create your own indigo-dyed item, from a scarf to a t-shirt and beyond.

Taught by **Cassia Cogger**



Your Unfair Advantage: Figure Out Your Powerhouse Mainstream Media Hook

How do you get featured in mainstream media outlets? Online/digital media is great, but truth is, the potential positioning, branding and business opportunities that come from being in the right mainstream media can be tremendous. Question is, how do you get featured? In this fun, informative and engaging workshop, we'll work to figure out your "unfair advantage"—the thing that makes you unique and intriguing in the eyes of major media editors and producers - then explore how to craft a pitch around that unfair advantage.



Chris Winfield (chriswinfield.com) aka "The Super Connector", has worked with people from many of the world's best known companies, including Disney, Virgin, Macy's, Viacom, Conde Nast, Intuit, NBC & many others. Chris has been featured in the Wall Street Journal, New York Times, NBC's Today Show, USA Today, Fast Company, Forbes, and hundreds of other media outlets. He is also a columnist for TIME, Business Insider, Entrepreneur, and Inc Magazine. To put it simply, Chris gives entrepreneurs an "unfair advantage" when it comes to getting more publicity, making connections and taking their marketing to the next level.

Find Your Writing Groove and Get Your Words into the World

Wouldn't it be amazing to consistently get your great ideas out of your head and into writing? You've imagined the success and satisfaction that is possible as a writer - it's time to get your writing groove on! New connections and opportunities come from sharing your ideas in writing, not hoarding them in your head.

Let's make it easy to commit to your writing so you can focus, follow through and finish powerful pieces. Your blogs, newsletters, and course materials can consistently flow out of you.

Writer's coach, author and artist Cynthia Morris shares a process to make sure your writing is a power tool that can guide your enterprise in the right direction.

You'll leave this workshop with an editorial calendar, a writing schedule and a system to finally enjoy being the writer you know you are.



Cynthia Morris (originalimpulse.com) brings playful encouragement to people who want to create on their own terms. A watercolor artist and illustrator, she illustrated Cory Huff's *How to Sell Art Online* (Harper Design, June 2016) and created *Writual Blessings*, an affirmations deck for writers. She is the author of the historical novel *Chasing Sylvia Beach* and *Create Your Writer's Life* as well as several guides to making travel creative, fun and lucrative. Cynthia has been coaching creatives for 18 years through her company Original Impulse, helping people liberate their creative genius.



Bring More Play into Your Day

Do you constantly struggle to fit your exercise into your day? What if you could turn exercise back into play and find a way to love it so much, you'd search for ways to do more of it?

Turns out, as we get older, we slowly move from joyful, mind-body nourishing play to being increasingly sedentary. We try to make up for this by "exercising," the way it's commonly prescribed. Problem is, most modern-day exercise is so boring it leads to crazy-high dropout. And, instead of being joyful and life-giving, it is mind-numbing and unrewarding. Well, that's about to change. It's time to remember how to play, but in a way that develops a stronger, more mobile body and returns greater joy into your life. In this workshop, you will learn:

- How to use play to achieve your exercise goals and improve your health
- How to save time by injecting playful movement into your daily to-dos
- How to reconnect to the strength of your body to improve your confidence
- How movement can change your emotional states
- Games, exercises, and tools to revolutionize your fitness (and life)



Dr. Carla Cupido (carlacupido.com) is a Chiropractor and movement expert who has been featured in numerous media outlets including Oprah Magazine, Running Times, Gaia Online Media and CTV. Carla's on a mission to drive a real change in our awareness of how our physical health directly impacts our game in our personal lives and in business. Carla lives in Vancouver, BC with her two young daughters and her husband where she can be found biking around town balancing herself and her girls on one bicycle.

7 Steps to Organizational Zen

From big projects to everyday tasks, Janie can help you learn how to get stuff done, feel more in control of your time, and bring organizational peace into your life.

We'll have discussions and do exercises that will help you:

- Focus on how to make the best, most joyous use of your time.
- Brainstorm on what you want to accomplish in this lifetime.
- Learn how to plan, prioritize, declutter, and get things done.
- Understand your habits and how habits can help or hinder organizational goals.
- Learn the importance of self-care and the impact of health on organization.

Please bring a pad of paper and something to write with. You're going to be busy!



Janie Downey Maxwell (organizationalhabits.com) believes you have great ideas and projects hidden inside you, and that all you need are a few key organizational skills to help them emerge. Janie developed her organizational insights in the world of direct marketing, and has applied organizational joy in her own life to work as a marketing consultant, run two websites, write a novel, play, and musical, and to work on stage as an actor, prop master, and director. She lives on the rocky coast of Maine with her lovely husband, Bill, in a house she helped design and build.



Wonder Interventions: How to Add Delight, Surprise & Curiosity to Your Work and Life

Wonder is not kid's stuff. It's radical grown-up stuff. The experience of wonder can boost your generosity, fuel your creativity, and deepen what you care about. Sounds nice, but how do you experience wonder amidst your daily punchlist? In this workshop, Jeffrey Davis, shows you how to:

- Learn to switch from worry to delight within minutes
- Experience radical openness and ease in conversation
- Gain tools to awaken your natural "young genius" playfulness
- Watch your mind's wonders with amusement more than anxiety
- Be ready for quiet surprises, indoors and out



Jeffrey Davis (trackingwonder.com) heads up *Tracking Wonder*—a boutique consultancy, academy, & international community that helps creative entrepreneurs and organizations turn their signature ideas into captivating brands & books. A speaker, author of 4 books, and writer for *Psychology Today* online, he doses up on daily wonder with his wife and two little girls in the Hudson Valley of New York where he prefers to get lost in the woods or up in a tree.

The Power of Podcasting: How to Craft a Show that Stands Out

Podcasting is taking off. It's among the fastest growing forms of media, with some 67 million monthly listeners in 2017 and a 24% growth rate, according to Edison Research.

But, along with an explosion of listeners comes an onslaught of new podcasts. With old media and public radio embracing the medium and delivering shows that are produced at the highest level, expectations from listeners have risen and it's become harder and harder to stake your claim in this new realm. It's not too late to get into the action, BUT it's also not enough just to "have" a podcast any more.

This workshop, led by Good Life Project founder and creator of top-ranked GLP podcast, Jonathan Fields, explores what the current podcasting landscape really looks like AND what it really takes to craft and produce a show that rises above the noise in today's audio ecosystem.



Jonathan Fields (goodlifeproject.com) is the Founder of Good Life Project.



Meditative Doodling: The Zentangle® Method of Drawing

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. It increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well-being.

Though Zentangle art may appear intricate and complicated, the method is actually quite simple ... not to mention fun and engrossing. Many people think they can't create art and are astonished by the 3.5" square piece of art they create during their first session. Soon afterward they begin questioning what else might be possible that they thought was impossible.

We'll jump right into our first tangle as soon as class starts. That way you can draw while we go through the basics of the method, the associated vocabulary, and tools. You'll experience how easy it is to focus when a part of your brain is occupied repeating a simple pattern with your pen on paper.



Karen Gordon (gowmm.com) is a reformed corporate executive, entrepreneur, coach, and former hockey cheerleader. She left the corporate world to launch the creative conference center she built so she had an amazing space to bring all her dreams to life. As a bonus, lots of other businesses are finding out how productive meetings can be! Karen has used doodling to help her focus since high school and became a Certified Zentangle Teacher (CZT) in 2016

How to Create Online Masterclasses That Teach and Sell

Online masterclasses can be powerful tools for both teaching and marketing. In this workshop, you will learn a simple MasterClass creation process turn your idea into an experience that will wow your audience. Liz has used a similar approach to teach Cinematography at Dreamworks, lecture at some of the world's most prestigious Art and Design Schools, give workshops and thumbnail online courses and webinars.

You'll learn how to:

- Move your ideal client along the journey towards buying
- Break your idea quickly into sections so they're easily absorbed
- Add special surprises to give extra value to all your training

Once learned you can use this simple Framework to develop a book, podcast, training series or whatever you fancy.



With 20 years in film, Emmy award-winning **Liz Scully** (rethinkcentral.com) now runs Mastermind teams for entrepreneurs that are ridiculously fun and highly effective. With her Mastermind Concierge service, she helps influencers add Mastermind as a massive new revenue stream, ensuring their clients get amazing service without even having to show up to run them themselves. Which frees everyone up to eat more cake, something Liz feels would create a sweeter world all round.



Dance (and Laugh and Play) Like Nobody's Watching

Unleash real laughter, release your playful instincts and move with joy to mobilize your body and free your mind!

What if you allowed your body to guide you? You know the goal is to be authentic, let your freak flag fly and dance like no one's looking but what if you were never taught the skills to move with joy and abandon and never given the permission to let loose without worrying who might judge you. Letting your true self come out to play feels awesome and liberating. We'll create a safe space to explore the way you've always wanted to move your body through laughter, improv games, silly yet challenging exercises and intentionally bad dancing (trust me it's totally fun and anyone can excel at it!).

In this workshop you'll learn:

- An easy actor's trick to create infectious laughter, lift your mood, release endorphins and activate your deepest muscular stability
- Simple exercises that will build deep strength, balance and control
- How to reject the internal critic's voice that keeps you from being fully expressed
- To relish the feeling of being in the moment as you allow yourself to be carried away with fun and free movement

You'll take with you the ability to listen to your intuitive desire for joy and deepest impulses of creative expression, to allow your body the freedom to dance and laugh and play as it pleases. You'll remember or relearn how to move like a kid with curiosity, delight and abandon.



Kristen Iuppenlatz Grech (pilateshomepractice.com) creates an encouraging and playful environment to access and explore the body, mind and spirit through laughter and play. With a lifetime of experience as an actor, director and teacher of improv theatre and Pilates she brings her infectious exuberant love of movement to her workshops and online courses. She is the owner of Pilates Collective in Sebastopol, CA and founder of pilateshomepractice.com. She continues to feel better as she ages while inspiring others to move with ease and joy no matter their limitations. Kristen loves to sing and dance, stand up paddle board and ski.

Transforming Fear & Anxiety: Living Gratefully in the Present

Everyone pursuing their dream must push into discomfort, where we come face-to-face with fear, anxiety, and procrastination. We can either be stopped by it, or we can find joy in the middle of it.

In this workshop, we learn to:

- Be present with whatever we're facing, and work with it
- Find gratitude, joy and openness
- Become more comfortable with discomfort and fear



Leo Babauta (zenhabits.net) is the creator of Zen Habits, one of the largest single-author blogs, and has helped thousands of people simplify their lives, change their habits, and develop mindfulness. He is a vegan, husband, father of six children, and on a mission to help people transform struggle into openness and joy.



Dynamic, Purpose-driven Social Media

Do you want to use your social media platforms to build and engage your audience but aren't sure how to do it in a way that feels authentic? Do you aspire to use social media in an inspiring and meaningful way for your business but need some help getting started? This workshop will focus on creating a dynamic, engaging, purpose-driven social media plan for your small business. Participants will explore the ways to strategically use the core values of their business to grow a community and increase their impact.

Participants will learn:

- What distinguishes "purpose-driven" social media and why this approach makes a difference
- The principles of purpose-driven social media, including generosity, transparency, vulnerability, modeling courage, truth-telling, fundraising, inspiring change & calls to action
- Examples of exemplary purpose-driven social media
- Tools and a framework for creating intentional, purpose driven social media



Illustrator and writer **Lisa Congdon** (lisacongdon.com) is best known for her colorful paintings, intricate line drawings, pattern design & hand lettering. Over the past 10 years she has successfully built a business using her blog and social media to share work and inspire people with her ideas about life and entrepreneurship. She's the author of seven books, including best-selling *Whatever You Are Be a Good One*, and works for clients around the world including MoMA, Harvard University, Chronicle Books, and Random House Publishing, among many others. She was named one of 40 Women Over 40 to Watch in 2015. She lives and works in Portland, Oregon.

7 Easy Steps to Get Legally Covered (That Are Also Good for Your Soul)

The law can feel scary, confusing and intimidating and keep you playing small because you don't feel safe and secure enough to step up and play big. What if I told you that there are easy legal steps that help you go from stuck and scared to confident and empowered as a business owner?

In this talk, you'll learn:

- 7 easy legal steps that most entrepreneurs need as they grow in business
- How each step aligns with one of the 7 chakras - the energy centers of the body – and why that's important
- What legal steps to take and in what order so you don't have to worry about doing something wrong or getting in trouble

When you know the right legal steps to take, you can create whatever you want, because you know how to keep your income, content and brand safe.



Lisa Fraley (lisafraley.com), JD is an Attorney, Legal Coach®, Speaker & #1 Best Selling Author of *Easy Legal Steps...That Are Also Good For Your Soul*. With her unique blend of life coaching, legal expertise and spirituality, Lisa has supported thousands of heart-centered entrepreneurs and small business owners to protect themselves, their businesses and their brands through DIY legal templates, online legal courses and one-on-one services, and help them understand that the law can be accessible, empowering, loving, and yes—even spiritual.



The Spiritual Practices of Creating Income for Entrepreneurs, Intrapreneurs and Solopreneurs

What if there was an easier and more sustainable way to create the business prosperity and success that you have always dreamed of.

Well there is and it is not action plans, sales funnels and budgets, those are important, but they are not the most important. The path to this type of business success dwells within you and yes, it's spiritual. We are all spirits living in our human form, so doesn't it make sense, that our work is a spiritual endeavor?

Whether you are an entrepreneur, intrapreneur or solopreneur these spiritual practices are essential and yes, they create more income.

In this workshop you will learn:

- The four entrepreneurial consciousness' Creative, Competitive, Critical and Can't which one you are and what that means for your business - Yes, It's a get to know yourself quiz!
- The Three Chambers of the Business Heart - Your business' secret weapon
- The Prosperity Pyramid - A snapshot of spiritual alignment for your values, boundaries and revenues.

You will learn principles to put into place every day to infuse the work you do with soul, joy and abundance. When that becomes the energy of your workplace, you will succeed at a completely different level than ever before.

You will leave this workshop with your very own Spiritual Badassery Tool Kit, because every single one of us is a Spiritual Badass!



Susan Lustenberger (susanlustenberger.com) was born clairvoyant and claircognisant and through her work as a medium, she has been lucky enough to work with an array of clients from guiding pro athletes, movie executives, C.E.O's on various projects to working privately with individuals seeking happiness, answers and authenticity in their personal lives. Susan has created business frameworks such as the Corporate Chakra System and personal development programs such as The I AM Technique and Self Realization for Leaders. Susan lives on a beautiful little ranch in Marin County, CA. with her three children.



DECIDE to THRIVE: Play Your Way to YOUR Courageous Thriving Life

You learn more about yourself in an hour of play than a year of conversation. Join Tanis for this unique camaraderie filled workshop where, through paint, you will explore the power of play, community, and courageously deciding to thrive. For artists and non-artists alike, you will discover a new way to create something as remarkable as you are, while you uncover powerful insights into what cultivates thriving in YOUR life and what gets in the way.

In this playshop you will:

- Laugh, connect and get lost in play
- Create something brilliantly beautiful (it's impossible to screw this up!)
- Explore where science, soul, and creative play come together in human flourishing
- Find your way home to yourself
- Leave with some powerful insight into what's been getting in your way, and how to cultivate thriving in your life as you let that go



Tanis Frame (tanisframe.com) is the powerhouse behind the Decide to Thrive Revolution: playing in the sweet spot where science meets soul and inspiring us all to decide to thrive and live life in full colour. Tanis is a thrive-catalyst, play-evangelist, science-geek, soul-sister, mom of two fierce young girls, and wife to her best friend of over 20 years who she met playing frisbee. With her contagious energy and compassionate personality, Tanis can be found leading groups in person and online, speaking, hosting playshops or retreats, and reminding us that we truly are in this together as she shares her own daily inspired choices to play and thrive.

The Art of Essential Oils

Head over to the kitchen to engage your sense of smell and concoct your very own aromatherapy product to take home! Join Stacey Orr, Founder/CEO of Stinky Yogi, for a hands on exploration of essential oils. In this workshop, you will experience and learn:

- The benefits of aromatherapy
- A breakdown of Stacey's "top ten" essential oils
- Guided breathing and meditation with aromatherapy
- Fun and easy formulas for making your own DIY products
- Take home your own custom blend



Stacey Orr (stinkyyogi.com) is a Yoga Teacher, Former Social Worker, Essential Oils Guru and the Founder/CEO of Stinky Yogi, a yoga-inspired aromatherapy line that started at her kitchen table five years ago. She is currently on a year long tour with Wanderlust in a Subaru with her two pugs. Born in Los Angeles, Stacey now lives in upstate New York ... that is, when not staying at pet friendly Airbnbs across the country.

WORKSHOP



DESCRIPTIONS

Make Your Own String Art

It's been one of the visual centerpieces at Camp GLP—the ginormous, outdoor string-art installations. They're not only super-fun to look at (and pose in front of), but they're also a lot of fun to create.

So, while we've got all new installations this year, we wanted to show you how we've created our string art projects and help you create your very own mini string art piece. It's a chance to do something creative, meditative, and take it home with you. Come hang out, listen to some tunes, work with your hands, and make some art. You don't have to be Picasso to play with us, I promise.



Evan La Ruffa (evanlaruffa.com) *I'm a writer, curator, poet, artist, strategist, consultant, and macchiato fiend. I love learning, travel, food, big ideas & open hearts, and as long as I'm being creative, I'm the happiest man alive. I'm the Founder, Executive Director & Lead Curator of IPaintMyMind, a nonprofit arts organization whose mission is to make art accessible to everyone. I'm dedicated to the arts, rethinking nonprofit development, & making the world a more connected & communicative place. Whether editorial, copywriting, art or strategic thinking around entrepreneurship & the nonprofit sector, I have a blast collaborating with people & organizations that have ambitious visions.*

MOVEMENT



SESSIONS

Morning Yoga

Camp GLP Yoga classes are all levels and will have the whole yoga team present for adjustments and questions throughout. All the classes incorporate breathing, mindfulness to start, leading into a gentle warming of the body, progress through moderate levels of challenge before longer gentle holds and a yummy savasana.

Friday: The fabulous Shelley Adele will teach an all levels class incorporating: Qi Gong, Chakra work and more

Saturday: You get the wonderful Krissy Shields who will teach an all levels Vinyasa/Hatha blend

Sunday: Awesome Erin Moon who will teach an all levels gentle flowing Vinyasa

Group Guided Meditation: Fade-in Your Day

Yes, we realize it's crazy early... But, this is where The Magic begins each morning! Whether you're brand new to meditation or have an established practice, don't miss the precious opportunity to get centered, and bond with your fellow campers—in silence as the sun rises. KC has led our group guided meditations since our first morning together at Camp GLP 2014. Many first-time campers have left these sessions inspired to create their own daily meditation habit, and succeeded. Starting each morning with pockets of silence, deep breath work, and guided visualizations deepens our connection to ourselves and to one another, and creates a blank canvas to paint an extraordinary day on. Just wait until you experience our collective OMMMMM! It's quite The Vibe.

May want to bring: a blanket.



Kristoffer Carter ("KC") is a facilitator, resident meditation expert, and Chief Spirit Officer for Camp-GLP. A kriyaban yogi with Self-Realization Fellowship, KC is a disciple of guru Paramahansa Yogananda, author of the spiritual classic *Autobiography of a Yogi*. KC is passionate about creating the transformative habit of meditation through daily practice, and has helped thousands do exactly that.

MOVEMENT



SESSIONS

These sessions will be offered either in the morning or afternoon (4:00–5:00pm).

A Taste of MELT

Come experience lasting changes in how your body looks and feels. Experience all of the techniques in the New York Times bestselling book *The MELT Method* in an interactive environment. This all-levels session will use specialized soft rollers and small MELT Hand and Foot Treatment Balls to simulate the results of manual therapy.

Learn how to:

- identify where you have stuck stress in your body, a major cause of chronic aches and pains
- use the MELT Hand and Foot Treatment, a unique indirect treatment for your whole body
- improve your Body Sense and notice the changes as your body effortlessly finds greater alignment and balance
- activate your own core strength and stability
- use the MELT Soft Body Roller to rehydrate the tissues of your body for greater mobility and ease of motion
- safely and effectively decompress your own neck and low back
- relieve common issues like headaches, insomnia, bloating, weight gain, cellulite and more!



Nancy Mink (meltmethod.com) is a MELT Master Trainer who has been helping people to lead a healthy, active, and pain free lifestyle since 2008. With knowledge, patience and intuition she guides her clients through simple MELT sequences to help them eliminate chronic pain, erase the signs of aging, and feel fantastic! Nancy's certifications include Pilates, bodyART, Massage, Foot Reflexology, Cranial Sacral Therapy and Reiki.

Lioness

Get out of the exercise zone and into the play zone! When is the last time you actually ran around, moved with freedom and joy and even ferocious playful abandon? You know, that thing that kids do? Prowling, rolling, running, leaping and playing like a lioness! In this joyful approach to freestyle, exhilarating movement, from balancing, running and jumping to stone throwing and sword fights, you will rediscover why acting like you are five is so awesome. Gear up to move in ways you haven't in years - to laugh - to sweat - to feel strong and even to breathe deeply again. It's time to find that part of you that has been gone for way too long!

Side Effects Include: Laughter, increased confidence, connection to nature, sensation of feeling whole again, plus learn tools to increase strength, mobility and improve neuromotor training, tissue health & lots of FUN!



Through *Lioness*, **Dr. Carla Cupido** brings together women to combine physical challenges, nature and community to radically impact fitness, self-belief and leadership using an unlikely and simple concept: group play. *Lioness* reconnects women with who they were before life got "too busy" and empowers them to reclaim their bodies, their confidence, and realign with what really matters in life.



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Restorative Yoga

Rest and restore your energy with this beautifully deep practice. Unlike other forms of Yoga Asana (postures) this is not a practice of strengthening and stretching the body. Restorative yoga meets your body at the point before “stretch” and says “you are safe, you are supported, now lets hang out for a bit and soften into who you already are.”

In this class, Erin Moon will guide you in:

- A short breathing and mindfulness practice
- 4 long held postures supported by pillows and blankets (get cozy time)
- Provide hands on healing touch/ Reiki (to those who want it)
- Guide you through visualizations to help anchor the mind



Erin Moon (ERYT 500, 800 Therapeutics IAYT, moonyogatherapeutics.com) is an international teacher of Yoga Instructors and has been teaching yoga since 2005 (Jonathan Fields trained her in one of his fabulous past lives). She is the co-creator of World Spine Care Yoga Project, an international NGO training Yoga instructors as an active/preventative self care and pain management tool. Erin is focused on providing tools and experiences that help others live with greater health, grace and vibrancy. She now lives in gorgeous Vancouver. When not in yoga studios, the mountains, the ocean or hoping on a plane somewhere, she is award winning audiobooks narrator.

Intro to Mindfulness Meditation

You’ve heard about, seen people do it, read about it in the news. Seems like the magic elixir for life. You’d love to try it, but something in you says, “I can’t meditate, heck, I can’t clear my mind for second, let alone minutes.” Great news! You don’t HAVE to clear anything. Mindfulness isn’t about dropping into a blissed-out, thought-free (and largely impossible to reach) state, it’s simply about learning to notice, allow and gently direct your attention. ANYONE can do it. So, if you’ve been “mindfulness-curious,” this is the perfect workshop for you!



Krissy Shields (krissyshieldsyoga.com) With nearly a decade of experience, yoga teacher, Krissy Shields, has taught thousands of students and training teachers. Along the way, she has cultivated a broad set of expertise in Hatha, Vinyasa and Kundalini yoga and pre/post natal yoga as well as becoming certified in Applied Positive Psychology. She is also the founder of women’s empowerment brand, Maha Mama, the mama of two spunky girls being raised in Hell’s Kitchen, wife of a talented Iranian immigrant, sister to many and an artist as a citizen.

MOVEMENT



SESSIONS

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IntenSati

IntenSati is a unique workout experience. It combines cardio, strength-training, dance and yoga, with positive affirmations. Use your body to reinforce the change you want to see in your life. Join us for this high energy way to start your day: sweat, chant and leave inspired!



Emiliya Zhivotovskaya is a widely sought-after speaker, educator, facilitator and coach. She's the founder of The Flourishing Center, the nationally-acclaimed Certification in Applied Positive Psychology (CAPP) program (www.theflourishingcenter.com) and she maintains a thriving practice in NYC. Emiliya holds a Master's Degree from UPenn in positive psychology, is currently pursuing her Ph.D. in Mind-Body Medicine from Saybrook University, where she also teaches.

SUP (Stand Up Paddleboard) Yoga

This class promotes bold expression based on quiet connections. In the studio, at the beach or on the paddle board, be prepared to move, groove, explore and reflect on the symmetries that bob within and abound each and every one of us. Shelley teaches yoga on the SUP in layers. She treads lightly, builds from a foundation and tops with an incorporation of the elements by the sea or the human nature of the soul. Be prepared to be transformed. First time SUP Yoga is only for those who have at least 6 mos. land yoga experience.



Shelley Adelle (shelleyadelle.com) is a Yoga Teacher, Spiritual Enthusiast, and Experimental Human, who is addicted to cookies, hugs, the creative process and living life in the zone! She lives in Vero Beach, FL where she trains at The LOFTS of Yoga Pagoda. Come to the beach for a VIP weekend and some soothing salt air or get your very own personalized Home Practice Prescription online.