

Time	Saturday 7/17	Sunday 7/18	Monday 7/19
6:10-7:00	---	Do-In with Bob Carr	Do-In with Bob Carr
6:30-8:30	---	Cooking with Susanne Jensen	Cooking with Packy Conway
7:00-8:00	---	Yoga with Karen Garvey	Chi gong with Shirley Tung
8:00-9:00	---	BREAKFAST (Kids Breakfast 7:30-9:00)	BREAKFAST (Kids Breakfast 7:30-9:00)
9:15-9:45	Registration	Chanting with Mike Chen	Chanting with Mike Chen
10:00-11:30	Registration	<b>Healing Properties of Foods</b> Bob Carr	<b>Reconnecting with Nature</b> Melanie Waxman
12:00-1:00	LUNCH	LUNCH	LUNCH
1:00-1:50	Registration	Bookstore and Free Time	Bookstore and Free Time
2:00-2:50 or 2:00-3:20	2:00-3:20 <b>The Seven and the Twelve of George Ohsawa</b> Mike Chen	2:00-2:50 <b>Psychic Healing</b> Lenny Rubin	2:00-3:20 <b>Quick Dishes</b> Melanie Waxman
3:00-3:50 or 3:30-3:50	3:30-3:50 <b>Guided Meditation: Alignment</b> Julia Ferre	3:00-3:50 <b>State of Current Health</b> Sheri DeMaris	3:30-3:50 <b>Guided Meditation</b> Jeanne B.
3:50-4:00	SNACK	SNACK	SNACK
4:00-4:50 or 4:00-5.20	4:00-4:50 <b>Seven Levels of Beauty</b> Bob Carr	4:00-5:20 <b>Shiatsu</b> with Kerry Loeb	4:00-4:50 <b>Food Cravings</b> Meredith McCarty
5:00-5:50 or 5:30-5:50	5:30-5:50 <b>Guided Meditation: Alignment</b> Julia Ferre	5:00-5:50 <b>Stress Busters</b> Jeanne Beveridge	5:30-5:50 <b>Meditation: Rejuvenation</b> Julia Ferre
6:00-7:00	DINNER	DINNER	DINNER
7:00-8:00	Volleyball and Free Time	Volleyball and Free Time	Volleyball and Free Time
8:00-10:00	Opening Campfire	Social Campfire	Music Campfire

Time	Tuesday 7/20	Wednesday 7/21	Thursday 7/22
6:10-7:00	Do-In with Bob Carr	Healing Circle with Julia Ferre	Do-In with Bob Carr
6:30-8:30	Cooking with Packy Conway	Cooking with Susanne Jensen	Cooking with Packy Conway
7:00-8:00	Yoga with Karen Garvey      Chi gong with Shirley Tung	Yoga with Karen Garvey      Chi gong with Shirley Tung	Yoga with Karen Garvey      Chi gong with Shirley Tung
8:00-9:00	BREAKFAST (Kids Breakfast 7:30-9:00)	BREAKFAST (Kids Breakfast 7:30-9:00)	BREAKFAST (Kids Breakfast 7:30-9:00)
9:15-9:45	Chanting with Mike Chen	Chanting with Mike Chen	Chanting with Mike Chen
10:00-11:30	<b>The Magic of Healing</b> Sheri DeMaris	<b>Live in Truth, Walk in Light</b> Bob Ligon	<b>Glycemic Index &amp; Macrobiotics</b> Dr. David Ludwig
12:00-1:00	LUNCH	LUNCH	LUNCH
1:00-1:50	Bookstore and Free Time	Bookstore and Free Time	Bookstore and Free Time
2:00-2:50 or 2:00-3:20	2:00-2:50 <b>GOMF Annual Meeting</b> Carl Ferre	2:00-2:50 <b>Reigniting Creativity</b> Mary Lore	2:00-2:50 <b>Emotions and 5-element Theory</b> Dawn Lugwig
		2:00-3:20 <b>Tempeh Temptations</b> Meredith M.	2:00-3:20 <b>Scentational Sauces</b> Julie Ong
3:00-3:50 or 3:30-3:50	3:00-3:50 <b>Flower Essences</b> Claudia Delman	3:00-3:50 <b>7 Conditions of Health</b> Carl Ferre	3:00-3:50 <b>Heart Teachings</b> Dr. Will Tuttle
	3:00-3:50 <b>5-elements</b> Christy Morgan		3:30-3:50 <b>Meditation: Cell Memory</b> Julia Ferre
3:50-4:00	SNACK	SNACK	SNACK
4:00-4:50 or 4:00-5:20	4:00-4:50 <b>Discovering Inspiration</b> Mary Lore	4:00-4:50 <b>Seven Levels of Judgment</b> Julia Ferre	4:00-4:50 <b>Visual Diagnosis</b> David Jackson
	4:00-5:20 <b>Shiatsu</b> with Kerry Loeb	4:00-5:20 <b>Shiatsu</b> with Kerry Loeb	4:00-5:20 <b>Shiatsu</b> with Bob Carr
5:00-5:50 or 5:30-5:50	5:00-5:50 <b>Yin and Yang</b> Kaare Bursell	5:00-5:50 <b>Positive Preparations</b> Kaare Bursell	5:00-5:50 <b>Aura Massage</b> Bob Ligon
	5:30-5:50 <b>Meditation: Healing</b> Julia Ferre	5:30-5:50 <b>Meditation: Cell Memory</b> Julia Ferre	5:30-5:50 <b>Meditation: Centering</b> Carl Ferre
6:00-7:00	DINNER	DINNER	DINNER
7:00-8:00	Volleyball and Free Time	Volleyball and Free Time	Volleyball and Free Time
8:00-10:00	Variety Show 1	Party Campfire	Social Campfire

Time	Friday 7/23	Saturday 7/24	Sunday 7/25
6:10-7:00	Do-In with Bob Carr	Do-In with Bob Carr	
6:30-8:30	Cooking with Packy Conway	Cooking with Susanne Jensen	
7:00-8:00	Yoga with Karen Garvey      Chi gong with Shirley Tung	Yoga with Karen Garvey      Chi gong with Shirley Tung	
8:00-9:00	BREAKFAST (Kids Breakfast 7:30-9:00)	BREAKFAST (Kids Breakfast 7:30-9:00)	BREAKFAST (Kids Breakfast 7:30-9:00)
9:15-9:45	Chanting with Mike Chen	Chanting with Mike Chen	
10:00-11:30	<b>Choosing Our Macrobiotic Path</b> David Jackson	<b>Creating a Culture of Peace</b> Dr. Will Tuttle	<b>Depart by 11:00</b>
12:00-1:00	LUNCH	LUNCH	
1:00-1:50	Last Bookstore	Food Auction	
2:00-2:50 or 2:00-3:20	2:00-3:20 <b>Baseline: Food Analysis</b> Mike Chen	2:00-3:20 <b>Elegant Cooking</b> Dawn Ludwig	<b>Have a Safe Trip Home</b>
3:00-3:50 or 3:30-3:50	3:30-3:50 <b>Guided Meditation: The Sound of One Hand</b> Dr. Will Tuttle	3:00-3:50 <b>Closing Panel, Part 2 Questions and Answers</b> Carl Ferre, moderator	
3:50-4:00	SNACK	SNACK	
4:00-5:20	4:00-5:20 <b>Opening the Intuitive Gate</b> Dr. Will Tuttle	4:00-5:20 <b>Shiatsu</b> with Bob Carr	<b>See You Next Year!</b>
5:30-5:50	5:30-5:50 <b>Guided Meditation: Integration</b> Julia Ferre	5:30-5:50 <b>Guided Meditation: Four Viharas: Peace</b> Dr. Will Tuttle	
6:00-7:00	DINNER	DINNER	
7:00-8:00	Volleyball and Free Time	Volleyball and Free Time	
8:00-10:00	Variety Show 2	Closing Campfire	