

# Conscious Family Festival 2016 Break-Out Group Schedule

10 am - 10:30 am

Gathering, Introduction, Invocation and Blessing in Auditorium

All Day

Information tables in second floor hall space

10:30 am - Noon

## **7 Floors to Balance®**

Tammy Lelie Skinner, founder of *7 Floors to Balance*®

[All Ages]

10:30 am-Noon Room 22

## **Family Improv PlaySpace**

Elyse April, Improv student of actor Alan Arkin, and author of multiple books addressing children's issues

[Adults & Kids 6-18]

10:30 am-Noon Auditorium

**Children of Tomorrow: What the Wisdom of Kabbalah Tells Us  
about Raising Happy Children**

**Christopher King, Career Teacher, and Student & Presenter of Kabbalah**  
[Adults]

**10:30 am-Noon Room 21**

## **The Story Realm Movement/Theater for Kids 2 - 5 years old**

**Andrea Doffing**

[Kids 2-5 plus parents]

**10:30 am - 11:30 am Room 25**

## **The Spiritual Child**

**Virginia Matthew, Dancer, Choreographer, and Rinzai Zen practitioner**

**Rob Schmidt, Ph.D., Festival founder & Tayu meditation practitioner**

[Adults]

**10:30 am-Noon Room 20**

## **Reading Room - great books for young children**

**10:30 am - Noon; 1:30 - 3 pm Room 24**

[All Ages]

*Noon - 1:30 pm*

Lunch; Human Keyboard; Information tables upstairs

**Auditorium**

*1:30 pm - 3 pm*

## **Enacting Animal Teaching Stories from Spiritual Traditions**

**Virginia Matthews, Dancer, Choreographer, and Rinzai Zen practitioner**

[Ages 7 and up]

**1:30 pm-3 pm Auditorium**

## **Equalizing Big and Small: Uniting as one family heart**

**Christopher King, Career Teacher, and Student & Presenter of Kabbalah**

**[Children ages 6+ & Adults]**

**1:30 pm-3 pm Room 21**

## **Creating and Tending to a Family Ancestor Shrine**

**Theresa C. Dintino, Author, Diviner, Earth Worker**

**[All Ages]**

**1:30 pm-3 pm Room 22**

## **Dance & Movement for Unblocking Energy - Stress Reduction and Deep Relaxation**

**Noris Binet, Artist, Dancer, Poet, Author, Bi-Lingual Sociologist**

**[Ages 8+ including Adults]**

**1:30 pm-3 pm Room 25**

## **Co-Meditation (two-person meditation) for Family Life**

**Stuart Goodnick, Co-Meditation teacher, Radio Host, Musician, Executive**

**[All Ages]**

**1:30 pm-3 pm Room 20**

## **Reading Room - great books for young children**

**10:30 am - Noon; 1:30 - 3 pm Room 24**

**[All Ages]**

**3pm - 4:30 pm**

## **Stand Up! The Courage to Care: Anti-Bullying Improv Workshop**

Elyse April, Improv student of actor Alan Arkin, and author of *Stand Up! The Courage to Care*

Regina Sara Ryan, Co-Author of *Stand Up! The Courage to Care*, and author of many other titles

[Kids 6+ & Adults]

3 pm-4:30 pm Auditorium

## **Native Feather Meditation**

Trina Vega, Native American (Pomo) Teacher & Healer

[All Ages]

3 pm-4:30 pm Room 20

## **Family Yoga**

Swami Kriyananda Kanda (aka Dr. Calen Daniel), Yoga & Ayurveda Teacher

[All Ages]

3-4:30 pm Room 25

## **Awake, Alive and Engaged**

Michael Changaris, Ph.D., Clinical Psychologist & Zen Practitioner

[All Ages]

3-4:30 pm Room 22

## **Winning Together: Creating a Playground of Connection and Mutual Cooperation**

Elena Lobatsevich, Presenter of Kabbalah

[Children 6+ & Adults]

3 pm-4:30 pm Room 21

4:30 pm - 4:45 pm

Gathering, Blessing and Farewell in Auditorium