

## What to bring for workshops:

Check the list below for specific items to bring to these workshop.

For all workshops we recommend **comfortable clothing and bring a journal, pen, water**

Bring an open mind and curiosity to explore the gifts these presenters have to offer!

Date/Time	Presenter	What to bring
March 12 Fri, 9:00am	Franca baroni	Space sit at table, and movement
March 12 Fri, 9:00am	Heidi Thompson	None
March 12 Fri, 9:00am	Lisa Espinosa	Space to write, and simple movement, plus cushion, yoga mat, bolster, comfy chair for meditation
March 12 Fri, 9:00am	Vernelle Nelson	Colored pens/pencils, sit table to write or draw
March 12 Fri, 3:00pm	Ashley Looker	Space to write, download workbook Claiming The Wild Woman Within from Ashley's speaker page
March 12 Fri, 3:00pm	Rebecca Gould	A chair with no arms or a stool, and possibly a cushion.
March 12 Fri, 3:00pm	Crysal Byrd Farmer	None
March 12 Fri, 3:00pm	Robin Maynard-Dobbs	None
March 13 Sat, 9:00am	Jan Kinney	Tarot deck if you wish, images will be provided
March 13 Sat, 9:00am	Robyn Gould	Stone or rock for crafting self-care intention.
March 13 Sat, 9:00am	Tara Skubella	Quiet space for meditation
March 13 Sat, 9:00am	Teri Ciacchi and Shelley Koorbatoff	None
March 13 Sat, 3:00pm	Donna DeNomme	Eye pillow or scarf for your eyes, a mirror, and a house plant or access to outdoors.
March 13 Sat, 3:00pm	Marla Durden	None
March 13 Sat, 3:00pm	Rev, Judith Laxer	None
March 13 Sat, 3:00pm	Syd Fredrickson	None
March 14 Sun, 10:00am	Jan Jorgensen	Space to write
March 14 Sun, 10:00am	Janice Eng	None
March 14 Sun, 10:00am	Karen Joy Fletcher	Quiet space to move in, if weather is good, you can go outside
March 14 Sun, 10:00am	Radiance Satterfield	Space to meditate