



LIKE WATER 2015

MOVEMENT & WELLNESS CONFERENCE

JANUARY 17 & 18TH

The most comprehensive movement and wellness conference of the year,
featuring special guest speakers, live performances, and hands on
classes/workshops.

Program Contents ~ Contributors/Descriptions ~ Schedule/Itinerary ~ Map ~ Workbook

Featuring Movement and Wellness philosophies in Parkour, Yoga, Aerial Arts,
Ayurveda, Wilderness Therapy, Postural Alignment, Martial Arts, Sustainable Living,
Gardening, Functional Fitness, Kung Fu, Nutrition, Dentistry, Play based learning,
Dance, Lifestyle Medicine.

Free Flow Academy - Movement. Creation. Innovation.

Free Flow Academy is the largest Parkour gym on the West Coast, setting its roots in Placer county in March 2012. Our approach is to offer Disciplines of Motion and



Disciplines of Creation in a diverse variety. We offer a holistic approach to the athlete and artist. For general health and longevity, movement and proper nutrition is essential, as well as finding a creative and fulfilling outlet.

Our business model was designed to be a cross between a Beijing Opera School and Hollywood Stunt Gym. Our studies abroad, mainly in China and Europe, and having the chance to work with a variety of talent from all over the world gave us insight into the needs of how fitness and recreation should be addressed in the U.S. During our studies in China, we trained with the Shaolin Monks, as well as the top athletes from various prestigious schools from every province in China. We gathered information from students from various styles of Kung Fu Academies, as well as Beijing Opera Schools. Being huge fans of Jackie Chan, we were particularly intrigued by the students of Beijing Opera Schools. They were very well rounded, and highly sophisticated. We found it interesting that they studied a focus of what we came to know as "the 4 fundamental disciplines", which we recognized as Martial Arts, Dance, Music, and Acting. Those fundamental disciplines, can be broken down even further, which we came to recognize as simply: **Movement and Expression.**

During study in Europe we were able to gain valuable insight into the evolving movement of Parkour. Parkour is what we consider an evolved movement discipline, in that it has taken from a variety of existing movement arts, such as rock climbing, gymnastics, martial arts, and natural movement. This hybrid of movement, fine tuned, and directed towards creating a holistically strong, acrobatic, mobile, and agile athlete captivated our attention, and we highly respect and regard the pioneers in the industry as some of the most considerably talented athletes of our century.

Movement and Expression came to be our approach. We found that we enjoyed the community and flexibility of the Hollywood Stunt Gym vibe. Artists and Athletes from all over the world, from all walks of life, congregate to these gyms and "jam", share talent and moves, and then we see it explode on the big screen. We wanted Parkour to be our showpiece, as it encourages athletes to overcome their obstacles, mentally and physically - which is an important message that should be shared on a daily basis. We wanted to create this type of community and mecca for innovation. So we brought to you Free Flow Academy - where movement, creation, and innovation are intertwined.

Classes Offered in Disciplines of Motion: Parkour, Tumbling, Freerunning, Martial Arts, Aerial Arts, Applied Fitness.

Classes Offered in Disciplines of Creation: Dance, Music, Acting, Art, Performing Arts

Enrichment, Homeschool, PE, Online Classes, & Retreats also available

www.freeflowacademy.com

Yûr Wellness – Your Health. Your Wellness. Your WAY!



Discover how GOOD you really CAN feel!

Yûr is anti-guilt trip, anti-perfectionism, anti-one-size-fits-all but PRO-wellness -> YOUR WAY!

Yûr is a platform which empowers, enlightens and encourages you to take control of your health and wellness through the only website of it's kind.

Truly integrative, providing you information and perspectives from all forms and belief systems relative to our health. Founded and run by an RN who believes that WE are the key to our health and that it is time we stop playing victim and start creating necessary change in order to enjoy our best, most healthy and pain-free lives.

Information is knowledge, knowledge is power and power gains control. Shouldn't YOU be in control of YOUR life?

When we are unwell, there is not one area of our lives that doesn't suffer. Our society wants a pill to cure for every ill because that is how we have been brainwashed and is essentially engrained in our cultural experience. I know you are smarter than that but, perhaps, have not been exposed to the information you need to become healthy. Well, now you will be!

Ally Parker – Founder of Yûr Wellness has co-created this movement conference “Like Water” in order to help the community better understand the resources they have around them. Check out the growing Yûr community and we look forward to meeting you as well - welcome!

www.yurwellness.com

Free Flow Academy and Yûr Wellness are co-creators of the event “Like Water – 2015” To contact the hosts/administrators of the event please contact the following:

Ally Parker - Yûr Wellness - allyp333@gmail.com

Elle Beyer – Free Flow Academy – freeflowacademy@gmail.com

Contributors/Descriptions

Host - Free Flow Academy – See Pg. 2	Host - Yûr Wellness – See Pg. 2
<p data-bbox="191 197 735 260">Special Keynote Speaker/Workshop – Ruben Guzman</p> <div data-bbox="191 296 326 457">  </div> <p data-bbox="347 302 735 972"> Ruben J Guzman, MPH, author of <i>Evolving Health</i> and living proof of what it takes to lose weight, eat healthy and stay fit. Ruben possesses over 30 years of experience in the health field: attended 3 years at the UC Davis School of Medicine, holds a Master’s degree in Public Health from UCLA specializing in behavioral sciences/health promotion. Having gone through his own health challenge and then losing 50+ pounds in 1995, Coach Ruben empowers people to enjoy a lifestyle filled with energy, vitality and productivity. He addresses mindset, sets up a balanced approach for health actions, and empowers you to create support and accountability, so you win at health for a lifetime! </p> <p data-bbox="191 1014 683 1077"> Workshop Description: The Neurology of Health and Food </p> <p data-bbox="191 1119 735 1329"> Are you tired of the confusion caused by so many different “experts” presenting their plan for your health (that serves to make them more of your money)? Are you ready for some straight answers? </p> <p data-bbox="191 1335 724 1472"> In this session, you will learn: The foundation for how ALL human beings function. The five major aspects that shape your health and your life. </p> <p data-bbox="191 1478 735 1650"> An insightful, simple and effective way to look at food. The promise. By attending and using the information presented in this workshop, you will be positively empowered for the rest of your life! Absolutely guaranteed! </p> <p data-bbox="191 1692 724 1719"> For more information, visit CoachRuben.com </p>	<p data-bbox="792 197 1417 224">Special Guest Speaker/Workshop – Ahmed Hassan</p> <div data-bbox="781 260 976 520">  </div> <p data-bbox="997 266 1445 543"> Sustainable living specialist and celebrity landscape designer, Ahmed Hassan vows a great home starts with a solid landscape. Ahmed holds a certificate in ornamental horticulture and maintains a qualified applicator certification for pest control. One of the Bay Area's </p> <p data-bbox="768 550 1438 900"> most sought-after young landscape designers, Ahmed has spent more than 20 years mastering the business of landscaping and home improvement. His forte is residential design, where he leans heavily on his experience and knowledge of plant identification and soils, as well as irrigation and maintenance. He runs his own landscape consulting, installation, maintenance and irrigation business. Ahmed shares his valuable expertise and candid humor on DIY Network as host of <i>Turf War</i> and <i>Yard Crashers</i>. </p> <p data-bbox="768 942 1317 1010"> Workshop Description: Sustainable Living and Gardening as the original CrossFit </p> <p data-bbox="768 1052 1414 1257"> Gardening is sustainable living. Sustainability starts at home. Growing your own food, herbs and physically tending to the earth is where all of mankind has originated from. Our Forefathers didn't have anything called CrossFit. They simply moved, worked and prospered from mother earth. </p> <p data-bbox="768 1264 1445 1365"> Today's CrossFit borrows from the age of tradition of physical labor. Much of what's involved with tending to a small garden at home. </p> <p data-bbox="768 1371 1430 1577"> Ahmed Hassan Celebrity Landscaper is just one of many instructors that will be on hand teaching, hosting workshops and on hand to answer questions on everything from how to begin your own organic garden at home to how you can reap the benefits of today's Crossfit regiment at home. </p> <p data-bbox="768 1583 1422 1650"> You're sure to be enlightened and inspired in ways that you've never even thought of. </p> <p data-bbox="768 1656 1443 1757"> Ahmed will also be raffling off garden products from Dr Earth brands, Monrovia Nurseries, Bushnell garden's and Art of the garden. </p> <p data-bbox="768 1764 1422 1831"> It's going to be fantastic and just in time for your spring garden. http://www.ahmedhassan.tv/ </p>

Special Guest Speaker – Dr. Jon Vongschanphen DDS, LVIF



Dr. Jon is an LVI trained Neuromuscular Dentist with vast knowledge in the area of dentistry, holistic health and how these issues affect us.

He is also quite the avid cyclist!

Dr. Jon is going to educate us on the field of neuromuscular dentistry and how it is related to our overall health.

www.drjonds.com



Special Guest Speaker – Ruthie Bolton – 2x Olympic Gold Medalist, WNBA Hall of Famer

Ruthie Bolton comes to us as one of the most accomplished athletes

in women's competitive sports history. A former Monarch's guard, with a powerful and compelling story of triumph, Ruthie speaks about the power of perseverance, and the attitude it takes to become a champion of life.

http://en.wikipedia.org/wiki/Ruthie_Bolton

<http://www.amazon.com/The-Ride-Lifetime-Ruthie-Bolton/dp/0977728005>



Parkour Move Session/ Workshop

Corey Romines entered the Parkour scene in it's very earlier stages of development. He has been involved with movement arts for over 20 years, but his passion is for none

other than Parkour. Corey is Co-Founder of Free Flow Academy, the largest Parkour gym in California, and has been personally training hundreds of students for the past 5 years. His overall reach within the Parkour community has been literally thousands of students, as he has headed up multiple classes and programs in and around the Greater Sacramento region via gymnastics, parkour, and fitness gyms, as well as parks and rec centers and more.

www.freeflowacademy.com



Ancient Health Secrets with Ayurveda Workshop

Bret Mason is an Ayurveda Health Educator and Ayurvedic CMT (55395) and Yoga Teacher. Bret is inspired to make a change in the world by living and sharing the science of

Ayurveda with everyone.

<http://www.meetup.com/signup/members/75935772/>

Ayurveda/Vegan Cooking Class



Baagan is a delicious, guilt free, and affordable Vegan restaurant featuring

raw, vegan, organic/natural foods and are located in Roseville. They offer a diverse selection on their menu while providing healthy and high quality cuisine.

www.baagan.com



Parkour/Freerunning Workshop

Nate Davies - One of the most hard working, diversified, and talented athletes to step into the parkour/freerunning scene. Not only does he have the skills most people dream of, he is also an inspiring coach/mentor - successfully teaching and coaching hundreds of athletes, head coach of Free Flow Academy's parkour team NeoFlow.

<https://www.facebook.com/nate.davies32>



Prana Vinyasa Flow Session/Live Performance with Shamanic Drumming – Joyful Warrior Yoga

Joyful Warrior offers Four Programs for Growth: Living Yoga, Holistic Healing, Shamanic Wisdom & Inspired Leadership. We

offer Community & Global Pathways to Participate, from Local Yoga Studios to Adventure Retreats & Online Classrooms. Take a walk in our Sacred Garden. We hope you enjoy, The Journey.

www.joyfulwarrior.com

Authentic Games Workshop

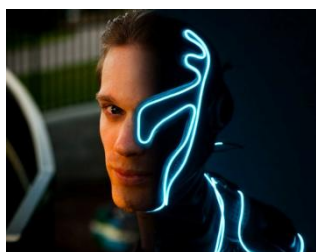


Removing Life's Obstacles through Hypnosis Workshop

Melissa Mango - CCHt, LC, HN, Clinical Hypnotherapist, Holistic Sex Educator + Intimacy + Life Coach

Tap into that Deeper Mind to safely and confidently and Move through blockages and limitations that have keep you from being the person you want to be.

activatewithmelissa.wordpress.com



Urban Dance Workshop

Nikodemus is a co-founder of a worldwide known, and a premier dance group of his generation - Machine Gone Funk. Having credits with Katy Perry, Black Eyed Peas, MIMS, DJ Tiesto/Busta Rhymes, Pussycat Dolls, Lil' Rob, Fingazz, Step Up 3D, Pirates of the Caribbean, LA Philharmonic, and the LXD to name a few.

<http://www.nikodemus.us/>



Brazilian Jiu Jitsu Workshop

Bob Gagnon is a 26 year Army veteran with multiple deployments under his belt while serving with the esteemed 7th infantry division. Bob is a certified MACP Instructor who volunteers his time assisting local Army National Guard units with MACP training on a quarterly basis. Bob is head trainer of TOXIC MMA, the private Fight Team here at the Free Flow Academy. Bob enjoys sharing his knowledge and experience with



Bowen Technique Workshop

Let us introduce you to Jennifer Jackson who will be sharing information about a dynamic bodywork modality called Bowenwork.

Jennifer will be explaining and demonstrating how this holistic, soft tissue technique gently resets the body to promote healing. Bowenwork can address many musculoskeletal conditions, as well as improve respiration, digestion, reproduction, vitality and promote overall wellbeing. She is eager to share this amazing technique because

everyone. Stop by and take in one of his classes. It's a fun, safe, self-paced, no-gi grappling style guaranteed to work both the mind and body.
www.freeflowacademy.com

she feels it offers the world something unique: a noninvasive dynamic way to really improve lives.

www.bowenworkforwellness.com



Lyra Workshop

Katie Nicole performs with CirqueDeliC (based out of Oakland, CA), and has also performed along side the bay area's Vau De Vire Society. Katie has been in several shows around Sacramento and Oakland, bringing her unique style with her to the community. Katie is currently an instructor at Alternative Fitness Studio in Roseville, as well as Aspen Aerials in San Francisco.

www.skyperformer.com

Postural Alignment Workshop

Colton Fuller and Andrew Juntunen

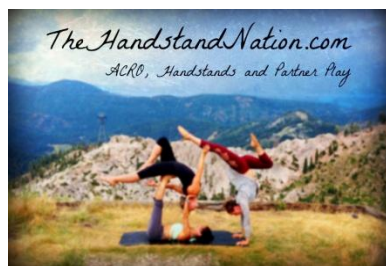
What is Posture? Is it simply positioning your body to look a certain way or is it...something more? What's really going on in our bodies when we are in a 'weak position' vs a 'strong position', and how does this impact our performance and overall health?

Presented by NSCA Certified Strength and Conditioning Specialists Colton Fuller and Andrew Juntunen



Which one best describes your posture?

<http://discoverfullerfitness.com/>



Acro Yoga Workshop

The Handstand Nation loves to help all people flip

their perspective through partner balances with fun tricks and techniques on how to get your feet off the ground. This is a fun practice of partner work, inversions and flying yoga. We will help you find alignment, tightness, balance and skills to practice to get you off the wall and comfortable in the middle of the room. Come play with us!

www.TheHandstandNation.com

www.AcroRevolution.com



Accelerating your Results Workshop

K&A is about supporting individuals and corporations to dramatically increase results both personally and professionally.

Their workshops produce results for corporations and individuals because they explore beliefs around commitment, loyalty, communication, honesty, success, leadership and many other key issues. Once people "see" things differently, they automatically behave differently. This is what distinguishes us from purely "motivational" work which produces a temporary high. People are inspired, but because it is experiential they literally view life differently, and it lasts. Sustainable results are a key to change.

Move Session/WOD

Fitness714 is a Strength and conditioning workout with skilled trainers to get you to your goals. They are a supportive community that prides itself in bonding and friendship, along with fitness and health.



<http://www.fitness714.com>

"Self Love" - prehab/rehab/injury prevention



Bobby Rudl is a movement aficionado, loving all forms of the art of movement and self expression. When he isn't balancing on his hands he is probably reading something related to the human body or health.

Bobby is a certified personal trainer and massage therapist living in the Sacramento, CA area who enjoys spreading his passions of movement, strength, health, and balanced sustainable living. You can connect with him at his website, Facebook, Instagram, Youtube, or via email yinyangbalanced@gmail.com



Composting & Vermiculture Workshop with Master Gardener Richard Huntley

Richard Huntley is a Placer County Master Gardener that specializes in Composting and vermiculture (using worms to compost). He retired from AT&T and got involved in composting at the Placer Nature Center in Auburn where he has been the director of the Compost Education Center since 2009. He has taught many composting workshops at the Roseville Utility Exploration Center for the past three



Bukovina is a Naturopathic Medical Practice dedicated to

providing healthcare as individualized as you are. Getting to the underlying cause of whatever it is that ails you and using natural and effective treatments before jumping to the use of pharmaceuticals. Treating you as a whole person, not just a set of symptoms and making sure you are heard. A BIA- Body Impedance Analysis Measures body fat and muscle mass as well as toxicity levels in the body. This can help determine why you are or are not losing weight.

www.facebook.com/mybukovina
[Naturopathic Medicine at Bukovina](#)



Clay and Crafting Session

John Pryor will lead a Clay Art and Crafting Session for those who would like to

participate in relaxing, holistic, and therapeutic activities. Art awakens the senses, develops hand-eye coordination, teaches problem solving, and fosters a love of learning and creativity, all while supporting and developing Emotional Intelligence.

www.freeflowacademy.com



Intro to Gardening with Master Gardener Marie Salers of Lincoln Community Garden

Marie inherited her gardening gene from her Dad in Buffalo, New York. She spent 35 years in nursing, first as a LVN and then as an RN. She worked in Cardiology at UC Davis Medical Center for 21 years. Before retirement she got her Master Composter Certificate and after retiring and traveling a bit she became a Placer County Master Gardener in 2009. A Master Gardener's role is mainly a liaison between the ongoing horticultural research at UCD and like institutions and the home gardener. As a member of the Speaker's Bureau she has presented many topics to garden groups including winter/ spring prep for your garden, bulbs, propagation, pruning, soil amendments

years and at Rock Creek Elementary in Auburn on Fridays. He has been the guest speaker at many garden clubs and schools.

<http://pcmg.ucanr.org/>

and organic gardening.

She is a coordinator for the City of Lincoln Community Garden. She writes a monthly newsletter to the garden members suggesting and teaching basic gardening techniques.

<https://www.facebook.com/LincolnCaliforniaCommunityGarden01>

Improv/Acting/Games for Kids

Kellee Owens – acting teacher at Free Flow Academy will lead



these sessions to create an environment filled with fun, kid-friendly, and creative moments sure to enhance performance skills, feed the brain and the soul, as well as give participants the opportunity to engage with others through trust games and laughter! Break the ice, make some friends, let go of your inhibitions and have some fun!

www.freeflowacademy.com



Wilderness Therapy & Survival Skills Workshop

Jeff Adorador holds a Master of Science

degree in Counseling Psychology, a Bachelors of Arts degree in Outdoor Experiential Education, and is certified as a Wilderness First Responder in first aid through National Outdoor Leadership School. His survival experience and instruction has included courses taught by Cody Lundin (Aboriginal Living Skill School & Discovery's Dual Survival), Tom Brown Jr. (Tracker School), Search and Rescue, and Military ROTC. Jeff also currently instructs survival courses for the Sheriff's Search and Rescue.

<http://www.earthwalkerllc.com>



Basic Jiu Jitsu Movements in Application (No Gi)

Eliot Kelly is the head

instructor at El Dorado Hills Brazilian Jiu-Jitsu. Eliot Kelly and El Dorado Hills Brazilian Jiu Jitsu teach the significance of a lifestyle approach to training. Eliot is a multiple world medalist in Brazilian Jiu Jitsu and provides a curriculum for beginners all the way to international champions.

www.edhbjj.com



Sami Circuit

Sami Kader is the founder and owner of the popular *Sami's Circuit* which focuses on getting children and their family moving and

excited about a healthy lifestyle.

Sami is a fitness professional and youth motivational speaker who has received local and national media coverage for his work with the youth in our community.

www.samikader.com



Move Session – Kung Fu

Elle and Lon Beyer are co-founders of Free Flow Academy and will be contributing a Kung Fu move session centered around the 3 main components of Kung Fu (Internal Yin for Longevity,

External Yang Warrior for Performance, and Middle Ground which balances the two forces). Kung Fu addresses basic cellular and biological needs of the body through deep breathing and meditation, crossing the center line, as well as incorporates performance workouts focused on Sparring, Acrobatics, Animal Styles, and/or Choreography.

www.freeflowacademy.com

Think Tank w/ Ally Parker and Derek Stroup
Featuring work of Dr. Michael Greger –
Lifestyle Medicine

JOYFUL WARRIOR YOGA & SAC-SIERRA YOGA PRESENTS

YOGA TRANCE DANCE

FEATURING JENNIFER KELLER

FREE
SATURDAY NIGHT
JANUARY 17TH
7:30 PM @LIKE WATER
*PART OF FREE FLOW ACADEMY OF HYBRID ARTS
SPECIAL MOVEMENT & WELLNESS CONFERENCE

JENNIFER KELLER IS A BAY AREA TRANCE DANCE GODDESS & PRANA VINASA YOGA TEACHER. TO HONOR SHIVA REAS VISIT TO SACRAMENTO AT JOYFUL WARRIOR YOGA, JENNIFER WILL BE JOINING US FOR THE WEEKEND AND LEADING A YOGA TRANCE DANCE EVENT FOR ANYONE WHO WANTS TO DISCOVER THE WILD WONDERFULNESS OF TRANCE DANCE.

WITH WORLD RHYTHMS
SPIRIT-SOUND GUIDE
DJ TIM CANNON

YOGA TRANCE DANCE WILL BE FEATURED AT 6 PM AT LIKE WATER.....
FREE FLOW ACADEMY OF HYBRID ARTS STARTS 6 PM SATURDAY
JANUARY 17 & IS MOVEMENT & WELLNESS CONFERENCE.
LOCATED: 1106 Tinker Rd Unit 150, Rocklin, California THIS IS A FREE EVENT!

Joyful Warrior SSI

Think Tank w/ Elle Beyer Featuring work of Tony
Robbins and Jim Rohn – Personal Progress

BOOTHS



Boogie Smoothie – Fresh and Delicious smoothies delivered to your door. Online Smoothie Bar, Special Events, and made Fresh to Order!

Camille's Bakery – Featuring custom ordered baked goods, made with wholesome home baked freshness. Camille's bakery brings handmade energy bars packed with whole grains and mouth watering goodness!



Yûr Wellness - A platform which empowers, enlightens and encourages you to take control of your health and wellness through the only website of it's kind. Truly integrative, providing you information and perspectives from all forms and belief systems relative to our health. Founded and run by an RN who believes that WE are the key to our health and that it is time we stop playing victim and start creating necessary change in order to enjoy our best, most healthy and pain-free lives.



Blownapart Studios & Free Flow Academy present **"Creating Content that Matters"** – We live in an age where the power truly lies with the artist. With today's technology we are empowered to create content that displays our ideas in the manner that we envision. Check out upcoming films and projects being produced and get involved!

Urban Farm Exchange – An online facebook group that brings edible landscape owners together to share/swap/sell their produce

LIVE PERFORMANCES



NeoFlow is Free Flow Academy's Parkour/Freerunning team. They perform at live events as

well as collaborate with artists to bring quality media content to the web. Featuring incredible athlete/artists as young as 6 – their high flying shows are sure to make you fist pump.

<https://www.facebook.com/neoflowdemo>



Katie Nicole dazzles us with the graceful Lyra. Strength, flexibility, and dynamic aerial motion is her forte.

www.skyperformer.com



Anastasia Evergreen mesmerizes audiences with her fire dance display – a true flow artist, she combines dance, movement, and the art of pyro into one unique space.

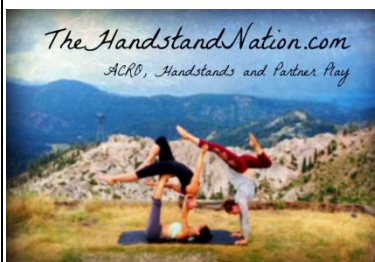
Stephanie Haber inspires many to try new things, reach new heights (literally!) and experience the thrill of performance!

www.freeflowacademy.com



The Way PK Parkour/Freerunning group keeps audiences in absolute awe while showcasing their skills on a world class scale.

<https://www.facebook.com/TheWayPk>



The Handstand nation brings to us the amazing skills of Acro Yoga – featuring feats of strength, flexibility

and garden wares. Check out their locally harvested raw organic honey, and try some delicious samples.



**Free Flow Academy & EarthWalker present -
Adventure Retreat – Exploration Movement**

A truly transformational rite of passage experience, this minimalist retreat is a 2.5 day immersion in movement, nutrition, and personal growth. Start off with a 4 mile night hike/backpacking trip into the wilderness and wake up before the Sunrise to condition your body, your mind, and tap into the higher vibrations of nature. Cleanse your internal organs with hydrating clear water, and an all natural diet of organic goodness. Learn exciting new skills in Parkour, Kung Fu, and Wilderness Training. Return to your abode a new person, revitalized by Nature, but connected to yourself through Movement and Growth.

and muscle control with partners!

www.TheHandstandNation.com



Nikodemus features an unreal experience as he delivers urban funk, robotic movements, and a glow in the dark suit. His dance style is both unique and fascinating to watch, while cleverly engaging and FUN!

<http://www.nikodemus.us/>



Susan Huntzinger veteran Belly Dancer of 15 years brings her unique Belly Dance style influenced from her Bay Area roots. Her performance style is full of charm and be sure to ask about her classes! Her classes are a HIT due to her amazing energy and wonderful teaching style.

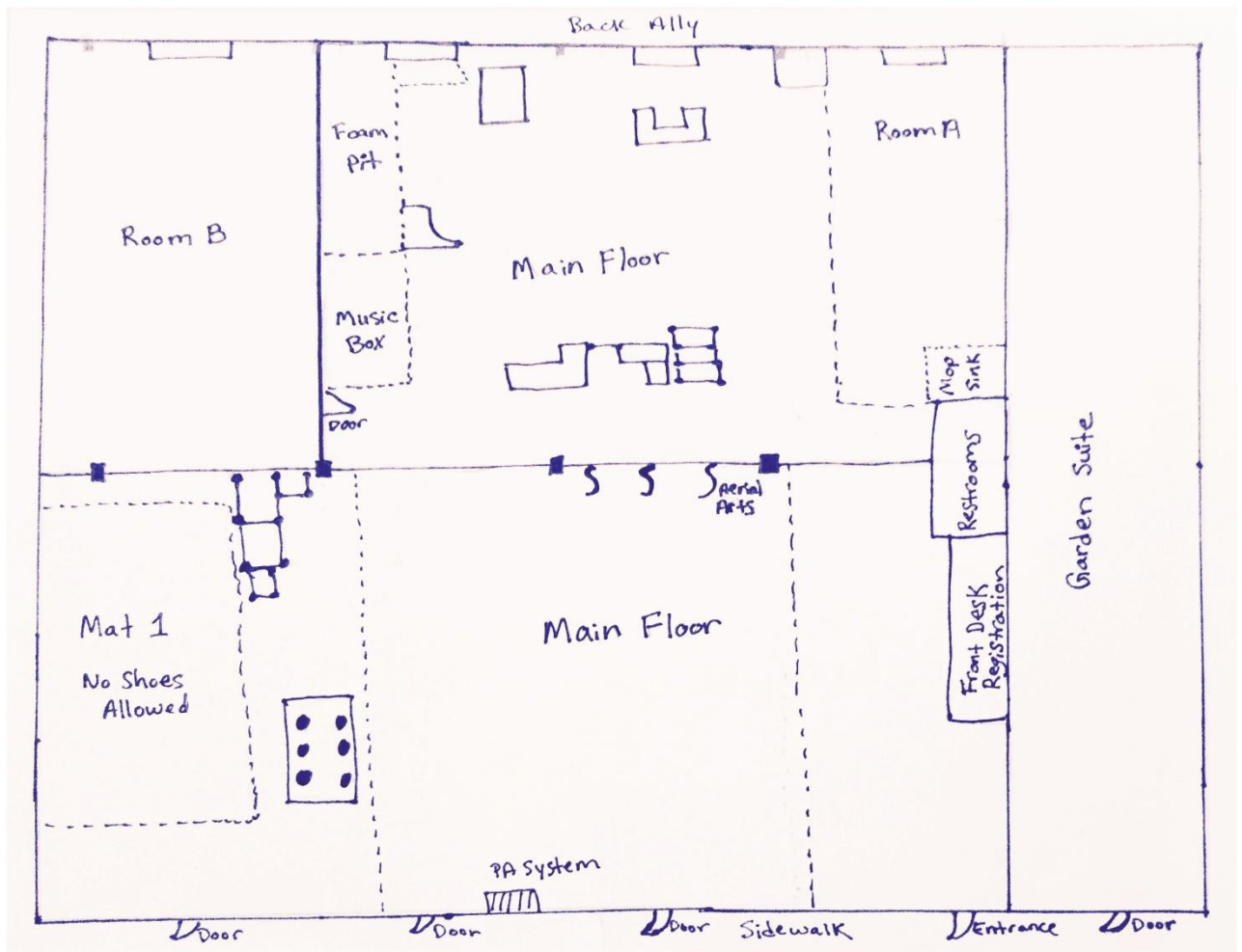
www.freeflowacademy.com



Coach Nate Davies thrills us with the performance of Aerial Straps and follows up with a straps workshop showing some of the skills necessary to train in and master this apparatus. Nate Davies is completely self taught, though his strength and flexibility aids him well in this movement discipline.

<https://www.facebook.com/nate.davies32>

Like Water -2015 Facility Map ~ 1106 Tinker Rd. Suite 150 Rocklin, CA



Saturday Jan. 17th Itinerary/Schedule of Events

9:00am - 10:00am – Arrive/Sign in/Reception/Open Gym

9:00am – **MOVE SESSION** - One Flame: Prana Vinyasa Immersion with Holly Baade of Joyful Warrior Yoga with Special Guest James Kapicka of Sac-Sierra Yoga & Special Musical Guest David Kai (Room B)

10:00am – **LIVE PERFORMANCE** - Shamanic Drumming “Joyful Warrior Yoga Studio” (Main Floor)

10:15am – **LIVE PERFORMANCE** – “NeoFlow” (Parkour/Freerunning) (Main Floor)

10:30am – Special Guest/Keynote Speaker – Ruben Guzman (Main Floor)

11:00am – 12:00pm – **WORKSHOP** - Ruben Guzman - “The Neurology of Health and Food” (Mat 1)

11:00am – 12:00pm – **WORKSHOP** - Bret Mason – “Intro to Ayurveda” (Room A)

11:30 – 12:30pm **WORKSHOP** – Melissa Mango – “Authentic Games” (Room B)

12:00-12:30pm – **WORKSHOP** - Ayurveda/Vegan Cooking Class (Hosted by Baagan Restaurant) (Room A)

12:00 – 12:30pm – **WORKSHOP** – Nate Davies - Parkour/Freerunning (Main Floor)

12:30pm - **LIVE PERFORMANCE** – Katie Nicole (Lyra) (Main Floor)

12:40pm – **LIVE PERFORMANCE** – “The Way PK” (Parkour/Freerunning) (Main Floor)

12:50pm - **LIVE PERFORMANCE** – Stephanie Haber (Aerial Silks) (Main Floor)

1:15pm – Special Guest/Speaker – Ahmed Hassan (Garden Suite)

1:00pm – 3:00pm – Kids Crafting Stations (Room A)

1:45pm – 3:00pm – **WORKSHOP** - Ahmed Hassan – TBA (Garden Suite)

2:00pm – 3:00pm – **WORKSHOP** Brazilian Ju Jitsu/Open Mat – Bob Gagnon (Mat 1)

2:00pm – 2:30pm - **WORKSHOP** – Katie Nicole – Lyra (Main Floor)

2:30pm – 3:15pm – **WORKSHOP** – Colton Fuller/Andrew Juntunen - Postural Alignment (Main Floor)

2:30pm – 3:30pm – **WORKSHOP** Melissa Mango – “Removing Life’s Obstacles through Hypnosis” (Room B)

3:15pm – 3:45pm - Special Guest Speaker – Ruthie Bolton “Perseverance” (Main Floor)

3:45pm - **LIVE PERFORMANCE** – Nate Davies (Aerial Straps) & NeoFlow (Parkour/Freerunning) (Main Floor)

3:50pm - **LIVE PERFORMANCE** – Reno Gorman (Acro Yoga) (Main Floor)

4:00pm – 5:00pm - **WORKSHOP** Corey Romines – Parkour (Main Floor)

4:00pm – 4:30pm – **WORKSHOP** – Nikodemus – Urban Dance/Funk (Mat 1)

4:15pm – 5:00pm – **WORKSHOP** - Jennifer Jackson-Bowen – The Bowen Technique (Room A)

4:30pm – 5:00pm – **WORKSHOP** – Reno Gorman – Acro Yoga (Mat 1)

4:00 – 5:00pm - **MOVE SESSION** – Fitness 714 – WOD (Room B)

5:00pm - **LIVE PERFORMANCE** - Anastasia Evergreen – Fire Dance (Outdoor Garden Area)

5:15pm - **LIVE PERFORMANCE** – Susan Huntzinger – Belly Dance (Main Floor)

5:30pm - **LIVE PERFORMANCE** – Nikodemus (Urban Dance/Funk) (Main Floor)

6:00pm - **OVERNIGHT JAM SESSION BEGINS**

6:00pm – 11:00am - **MOVE SESSION**

7:30 – 9pm – Yoga Trance Dance Move Session – The Joyful Warrior/Sac-Sierra Yoga/DJ Tim Cannon

11:00am – Jackie Chan Movie Showing

1:00am – Lights Out (Minors must be accompanied by a guardian)

****Please be considerate by refraining from talking or noise making after 1:00am to allow travelers to have a restful night sleep and be able to fully participate in Sunday’s activities. “Lights out” is our cue to rest and renew****

****There are no showers on site. Please bring proper/minimalist toiletries to keep yourself clean and comfortable****

Sunday Jan. 18th Itinerary/Schedule of Events

9:00am - 10:00am – Arrive/Sign in/Reception/Open Gym

9:00am - **MOVE SESSION** – Kung Fu with Elle Beyer & Lon Beyer of Free Flow Academy (Mat 1)

10:00am – **WORKSHOP** – Marie Salers of Lincoln Community Garden – “Intro to Gardening” (Garden Suite)

10:00am – 11:00am – **WORKSHOP** - Kathy Fairbanks with Klemmer and Associates “Accelerating your results” – (Room B)

10:30am – Special Guest Speaker - Jon Vonschappen – Neuromuscular Dentistry (Main Floor)

11:00am - 12:00pm – **WORKSHOP** – Richard Huntley Master Gardener – “Composting/Vermiculture” (Garden Suite)

11:00am – 12:00pm – **WORKSHOP** - Bret Mason – “Intro to Ayurveda” (Room A)

12:00-12:30pm – **WORKSHOP** - Ayurveda/Vegan Cooking Class (Hosted by Baagan Restaurant) (Room A)

12:45pm – 1:15pm – **LIVE PERFORMANCE/WORKSHOP** – Nate Davies – Aerial Straps (Main Floor)

1:15pm – Special Guest/Speaker – Ahmed Hassan (Garden Suite)

1:00pm – 3:00pm – Acting/Improv/Games for Kids (Room A)

1:00pm – 1:30pm – **WORKSHOP** – Bobby Rudl – “Self Love” prehab/rehab/injury prevention (Main Floor)

WORKSHOP

WORKSHOP

MOVE SESSION

WORKSHOP

WORKSHOP

THINK TANK

MOVE SESSION

THINK TANK

5:00pm – CLOSING REMARKS/CEREMONY

Workbook/Notes

[illegible]

