

# EARTHWELL FESTIVAL

## SATURDAY

### ORGANIC STAGE

- 11:00am **Intuition & Imagination are EVERYTHING**  
*Don Tolman*
- 12:15pm **Smoothies vs Juicing**  
**Juicing vs Smoothies Which is Best For You?**  
*Jolene Wondergem*
- 1:30pm **Discover the Art of Abundant Living**  
*Charlie Machinski*  
**Keynote**
- 2:30pm **ShapeUp ShowDown Awards**
- 3:00pm **Utah Energy & Climate Change**  
*Green Panel*
- 4:00pm **Memory at the Speed of Sight, Cite, Site**  
*Don Tolman*

### CLASS 1

- 11:00am **Aura Personalities**  
*Staci Sadler*
- Noon **Food Myths - Find Out the Truth**  
*YOUnique Nutrition*
- 3:00pm **6 Keys to a Healthy Marriage**  
*The Business of Marriage*
- 4:00pm **The Capacity to Change in 150, no 59, well today, for you, 3 easy steps!!**  
*Emotion Coachin'*

### GREEN STAGE

- 10:30am **Sound Off - Young Musician Competition**
- 1:30pm **Terence Hansen**
- 3:30pm **High Altitude**
- 5:30pm **The Tribe Of I**

### COUCH 1

- 11:45am **One on One with Staci Sadler**
- 12:45pm **One on One with YOUnique Nutrition**
- 3:45pm **One on One with The Business of Marriage**
- 4:45pm **One on One with Emotion Coachin'**

### COUCH 2

- 11:45am **One on One with Sol-Ice**
- 12:45pm **One on One with Sierra Club**
- 3:45pm **One on One with Garden Coach**
- 4:45pm **One on One with Peaceful Uprising**

### CLASS 2

- 11:00am **No More Ice Dams! Going Green without a Leak**  
*Sol-Ice*
- Noon **Utah's Energy & Climate Looking to the Future**  
*Sierra Club*
- 3:00pm **How Safe Is Your Lawn? The How & Why of Organic Lawn Care**  
*Garden Coach*
- 4:00pm **How to Outlive the Global System**  
*Peaceful Uprising*

### MOVEMENT

- 11:00am **Yoga Basics & Stretch**
- Noon **Hulahoopology**  
*Hula Hoop Demo & Fun*
- 1:00pm **Zumba**
- 1:45pm **Roller & Ball Body Balancing**
- 2:30pm **Yoga Basics & Stretch**
- 3:30pm **Hulahoopology**  
*Hula Hoop Demo & Fun*
- 5:00pm **Zumba**

### HEALERS HOLLOW

- Noon **Intro to Meditation**
- Noon - all day **Highly Intuitive Consultations**
- 1:30pm **Soul Circle & The Living Connected Method**
- 3:00pm **Intro to Meditation**

### VOLLEYBALL

- 10:00am **Basic Skills Clinic**  
*(Passing, Setting, Serving)*
- Noon **Open Court**
- 2:00pm **Splash Volleyball**
- 3:00pm **Advanced Skills Clinic**  
*(Hitting, Blocking)*
- 5:00pm **Open Court**

### KIDZ ZONE

- 10:30am **Living Art Mobiles / Wind Chimes**
- Noon **Bubble Blowing Party**
- 2:00pm **Design your Own Tshirt**
- 4:00pm **Driftwood Art**
- 5:00pm **Song Circle**

### KITE FLYING

- 10:30am **Big Kites & Sport Kites**  
*Demonstration Flying*  
\* All day long as wind permits
- 1:00pm **Kite Building**
- 2:00pm **Bol Races!**
- 3:00pm **Kite Building**
- 4:00pm **Bol Races!**

### SUP

- 10:00am **All Day Demos**
- 11:00am **Channel Challenge**
- 1:00pm **Fitness Class**
- 3:00pm **Yoga Class**
- 6:00pm **Shopkeeper Demos**

## SUNDAY

### ORGANIC STAGE

- 10:45am **Smoothies vs Juicing**  
**Juicing vs Smoothies Which is Best For You?**  
*Jolene Wondergem*
- 12:30pm **Today's 3 Major Revolutions: Self Care, Self Education, Self Government**  
*Don Tolman*  
**Keynote**
- 1:45pm **Building Green**  
*Green Panel*
- 3:00pm **The Lost Alchemy of the Physics of Life, Health and Happiness**  
*Don Tolman*

### CLASS 1

- 11:00am **How to Invite Abundance and Create Balance**  
*Elena Radford*
- 1:00pm **Financial Wellness**  
*Northwestern Mutual*
- 2:30pm **Universal Oneness**  
*Ekankar*
- 3:00pm **Discover and Empower Your Unique and Authentic Life and Purpose**  
*Human Design School*

### GREEN STAGE

- 10:30am **Sound Off Finals**  
*Young Musician Competition*
- 1:00pm **Jeanni Rhettos Logan**
- 2:15pm **Rich Wyman**

### COUCH 1

- 11:45am **One on One with Elena Radford**
- 1:45pm **One on One with Northwestern Mutual**
- 2:45pm **One on One with Ekankar**
- 3:45pm **One on One with Human Design School**

### COUCH 2

- 12:45pm **One on One with AMD Architecture**
- 2:45pm **One on One with East Side Natural Health**
- 3:45pm **One on One with Sol-Ice**

### CLASS 2

- Noon **Green Shape Shifting**  
*AMD Architecture*
- 2:30pm **12 Supplements You Should Know About!**  
*East Side Natural Health*
- 3:00pm **Solar Heating and Cooling**  
*Sol-Ice*

### MOVEMENT

- 10:45am **Yoga Basics & Stretch**
- 11:30am **Hulahoopology**  
*Hula Hoop Demo & Fun*
- Noon **Zumba**
- 1:30pm **Roller & Ball Body Balancing**
- 2:30pm **Hulahoopology**
- 3:15pm **Yoga Basics & Stretch**
- 4:00pm **Zumba**

### HEALERS HOLLOW

- All day **Highly Intuitive Consultations**
- 11:00am **Yoga Is For Everybody**
- Noon **Meditation Made Easy**
- 1:00pm **How To Burn Max Calories in Minutes**
- 1:30pm **Soul Circle & The Living Connected Method**
- 2:00pm **Its Not About Calories In vs. Calories Out**
- 3:00pm **How to Feel Good About Your Body, Now**
- 4:00pm **Happiness = Health**

### VOLLEYBALL

- 10:00am **Open Court**
- 1:00pm **Basic Skills Clinic**  
*(Passing, Setting, Serving)*
- 3:00pm **Open Court**

### KIDZ ZONE

- 10:30am **Naturalist Walk**
- 12:30pm **Recycled Newspaper Swords**
- 2:00pm **Song Circle**
- 3:00pm **Recycled Tshirt Jewelry**
- 4:00pm **Hula Hooping**

### KITE FLYING

- 10:30am **Big Kites & Sport Kites**  
*Demonstration Flying*  
\* All day long as wind permits
- Noon **Kite Building**
- 1:00pm **Bol Races!**
- 2:00pm **Kite Building**
- 3:00pm **Bol Races!**

### SUP

- 10:00am **All Day Demos**
- 11:00am **Parade Of Pups**
- 1:00pm **Competition Classes**
- 3:00pm **Spin Classes**