



## 2017 Event Schedule

### Friday, September 29, 2017

#### **Registration/Welcome Bag Pick-up**

10 a.m. – 4 p.m.

The Firehouse

Commercial street (next to Town Hall)

*Late registration at Fisherman Hall (former Provincetown High School auditorium)*

*12 Winslow Street: 6 p.m.-7 p.m.*

#### **Meet and Greet Gallery Receptions**

5 p.m. – 6 p.m.

Oils by the Sea

Roccapriore Gallery

William Scott Gallery

437 & 439 Commercial St.

*Meet other attendees and relax over a glass of wine or sparkling water.*

#### **On Your Own Dinner**

5 p.m. – 7:15 p.m.

*Enjoy Provincetown's many dining options on your own. Your welcome packets will include a list of recommended restaurants as well as discount coupons.*

#### **Kickoff Opening Celebration**

7:30 p.m. – 9 p.m.

Fisherman Hall

12 Winslow Street

*We are excited to honor men who have inspired us, Rik Kapler (Wave) and the water protectors and Dr. Scott A. Allegretti DDS, for the diversity of community service they provide.*

*The official kickoff celebration where you'll meet the Inspiration Team and your fellow attendees begin to determine your level of connection to inspiration and your inner life today through music and spoken word.*

## Saturday Sept 30, 2017

### **Saturday Morning Yoga - optional**

8 a.m. – 9 a.m.

Fisherman Hall

12 Winslow Street - downstairs

*Rise and shine for morning yoga to clear your mind and open your body. You do not need to be familiar with yoga to attend this event. All levels are welcome.*

### **Concert and Furious Dancing**

10 a.m. – 11:30 a.m.

Fisherman Hall

12 Winslow Street

**This morning we recognize Dian Hamilton, founder and curator for The Writers Voice Cafe for over a decade.**

**Dance, move, drum, rest, listen, sing with us....whatever moves you.**

*Alice Walker wrote a book called "Hard Times Require Furious Dancing." She and her family rented a hall to dance and shake their significant blues and depression away. It was mighty effective. Her book of poems is about just that.*

*We decided we'd like space and time for furious dancing. Saturday morning will be filled with world music and beats, drumming and percussion, and some popular tunes shared by our Inspiration Team.*

*Joined by guest "Furious Dance" facilitators, Guerda Victor, Maggie Sky, Carolyn Waters and Kat Suwalski, there will be some guided movement and invitation for exploration and dancing furiously. Let's come into our own power, raise the collective vibration, and explore what it is we're choosing to manifest as we move forward.*

*Whether your body wants to move, you'd like to sit or lie down to rest, tap your feet, or grab a drum or shaker, we'll be together in community while diving deep into our own exploratory process. There are plenty of ways to move and be moved.*

### **On Your Own Lunch**

12 p.m. – 2 p.m.

*Explore the delightful culinary creations of Provincetown with lunch on your own.*

### **Saturday Afternoon Options:**

***You'll choose your options when you register. At the door registrations available.***

#### **Option 1 - Nature walk (fun, foraging and beach cleaning)**

*Join local award winning Musician and dear friend Zoe Lewis for this adventure*

2 p.m. – 3:30 p.m.

*Provincetown beaches are part of the National Seashore and renowned for their natural, undeveloped beauty. Join us for this meaningful and appreciated contribution to the Cape and to nature.*

### **Option 2 - "Taize" Type Experience**

*Join members of the Inspiration team for this deep experience (At 3:30 we will have a gentle reminder for anyone who wants to attend a workshop downstairs)*

**2 p.m. – 5 p.m.**

Fisherman Hall  
12 Winslow Street

*A meditation/reflection event designed after the Taize community formed during World War II in France. Enjoy this opportunity to go within. Sing along when your spirit is moved and sit with eyes closed or open as suits your needs. This time is for you to truly awaken your soul.*

### **Option 3 - Community Acupuncture Session - Space Limited**

*Join Jennifer Dimeo for this transformative self care*

**2 p.m. – 5 p.m. (by appointment)**

Fisherman Hall  
12 Winslow Street

*Attend a community acupuncture session where you will be treated together in a collective energetic field which makes the individual treatments more powerful and clinically effective.*

### **Option 4 - Workshops**

**2:00 p.m.-5:00 p.m.**

#### **The Life Changing Magic of the Mandala**

**2:00 - 3:30 p.m.**

Fisherman Hall  
12 Winslow Street

*Join Kathy Rausch, author and artist, for a hands on experience into your own creativity. She wrote "Activating Divine Creativity", the Life Changing Magic of the Mandala to help men and women become mindful and find joy in their everyday lives.*

#### **The Spirituality of Self-Care**

**2:00 - 3:30 p.m.**

Fisherman Hall  
12 Winslow Street

*We all know stress in our lives and the world around us. How do we deal with the impact of our personal stress? How do we care about the world without being overwhelmed by it? How do we live consciously and experience joy in these uncertain times?*

*With Allison and Meg Dwyer and Michele Crone*

#### **Heal Your Body through fitness, nutrition, and Healing Touch**

**2:00 - 3:30 p.m.**

Fisherman Hall  
12 Winslow Street

*Linnet "La Fuerza" Caban will be discussing how to overcome chronic illness with nutrition, fitness, and healing touch. Experience a group healing touch session and learn how to heal your own body holistically! Linnet will be available throughout the weekend for healing sessions at an additional charge.*

### **Essential Oils and Health**

**3:30 - 5:00 p.m.**

Fisherman Hall  
12 Winslow Street

*Discovering Essential Oils – Natures Best Kept Secret! - Join Meredith Kelly LMT for an interactive workshop to Learn all about essential oils, and experience their powerful AromaTherapy. Discover how oils can be used to minimize stress, maintain focus, emotional balance and much more! Also learn about the different grades of essential oils, the safety concerns of synthetic grade oils; and explore modalities where essential oils are used to balance the body naturally. All participants will learn to give and will receive a powerful hand massage technique using their choice of essential oils. This workshop is sure to inspire you.*

### **Journaling From the Heart**

**3:30 - 5:00 p.m.**

Fisherman Hall  
12 Winslow Street

*Join author and screenwriter, Lucy J. Madison for this opportunity to integrate this first part of the weekend using the power of your own words. Bring your favorite writing utensil, your journal, and an open heart.*

### **On Your Own Dinner**

**5 p.m. – 7:15 p.m.**

*Enjoy Provincetown's many dining options on your own. Your welcome packets will include a list of recommended restaurants as well as discount coupons.*

### **Facilitating Change Main Event**

**7:30 p.m. – 9 p.m.**

Fisherman Hall  
12 Winslow Street

***We are excited to honor the legacy and service of Selisse Berry, founder and CEO of Out & Equal Workplace Advocates.***

*Saturday night we come back together to celebrate and reiterate the lessons learned during our breakout events. Facilitated by the Inspiration Team and special guests, you'll center your thoughts on what one change you wish to make in your life.*

# Sunday, October 1, 2017

## **Sunday Morning Yoga - optional**

**8 a.m. – 9 a.m.**

Fisherman Hall

12 Winslow Street

*Rise and shine for morning yoga to clear your mind and open your body. You do not need to be familiar with yoga to attend this event. All levels are welcome.*

## **Closing Ceremony**

**10 a.m. – 11 a.m.**

Fisherman Hall

12 Winslow Street

*This one-hour community service will put an exclamation point on our time together and provide you one last time to open your heart, share and explore, guided by the entire Inspiration Team.*

## **After Party!**

**12:00 - 3:00 p.m.**

Way Down Town

Commercial St. (Across from Town Hall)

*Celebrate and continue the connection with your fellow participants.*