



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 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

437 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

We are excited to honor men who have inspired us, Wave and the water protectors and Scott Allegretti for the diversity of community service they provide.

7:30 p.m. – 9 p.m.

Fisherman Hall

12 Winslow Street

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

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.

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

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.

Option 1 - Nature walk

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

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.-3:30 p.m.

The Life Changing Magic of the Mandala

Fisherman Hall

12 Winslow Street

The Spirituality of Self-Care

Fisherman Hall

12 Winslow Street

More information soon!

Journaling From the Heart

3:30 p.m.- 5 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.

Essential Oils and Health

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.

Meredith has been involved in the healing arts since she attended Massage School at 19 years old. Her specialties include Massage Therapy, AromaTherapy, Reiki energy Medicine, and Craniosacral Therapy. "My greatest purpose in life is to educate, inspire and lead others to reach their fullest potential. This includes demystifying Natural Medicine for the everyday person. I love to empower others to care for themselves in a natural way as a first line of defense using the Gifts of the Earth to support body, mind, emotions and spirit". Meredith lives in Provincetown with her beloved wife Julez Weinberg and together they love to travel and bless the lives of others in a kaleidoscope of ways.

On Your Own Dinner

5 p.m. – 7:15 p.m.

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Facilitating Change Main Event

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

7:30 p.m. – 9 p.m.

Fisherman Hall

12 Winslow Street

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, complete with a choir, 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.

Special Screening of a film to be announced!

4 p.m. - 6 p.m.

Waters Edge Cinema

237 Commercial Street