**BREAKOUT SESSIONS: 11:15am – 1:30pm**

**\*\*\*Self-guided tours of the Beyond the Battle Museum are available during all three session times.**

Concourse Room

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| 11:15am | * Mindfulness through Haiku (Carol Chandler) * The Soul of Shakespeare: Using the Sonnets to Unlock the Self (Liz Rebert) |
| 12:00pm | * Mindfulness through Haiku (Carol Chandler) * The Soul of Shakespeare: Using the Sonnets to Unlock the Self (Liz Rebert) |

Seminar Room

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| --- | --- |
| 11:15am | Sound Meditation |
| 12:00pm | Chanting from the Heart |
| 12:45pm | Sound Meditation |

Event Center Room

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| 11:15am | Drumming the Elements and Sacred Sister Songs |
| 12:00pm | Yoga, A Moving Meditation |
| 12:45pm | Yoga, A Moving Meditation |

**Mindfulness through Haiku – led by Carol Chandler**

Haiku is more than a poem... Use all your senses to capture the moment you are in and have a deeper appreciation of moments in everyday life. You will convey your experience to others through a haiku. We will also do a little origami!

**The Soul of Shakespeare: Using the Sonnets to Unlock the Self – led by Liz Rebert**

Pick a Sonnet, Any Sonnet! Participants will choose from an array of Shakespearean Sonnets and mine them for bits of poetic language that resonate with them. They will explore connecting those words/phrases to their body and ultimately voicing them in an authentic and transformative way. This approach to words and language can be useful in one's professional life (public speaking, asking for what you want) or even simply speaking one's own personal truth in a more grounded and effective manner.

**Sound Meditation – led by Julia Hancock**

As the busy Autumn whirls around us, it is the perfect time to lovingly tend our own inner hearth and make opportunities to ground and recharge. Join us for this beautifully nourishing Sound Meditation, as we release that which no longer serves us. Relax into your healing space with Music and Sound, as we calm our nervous systems, balance our energetic bodies, and make space for new intentions. Intuitive Healing Music and Frequency Entrainment highlight this unique style of integrative Music and Sound Therapy with Crystal and Tibetan Singing Bowls, flutes, and vocal harmonies. Bring a mat, blanket, crystals, and anything else to feel comfortable sitting and lying on the floor. Please wear comfortable clothing and we kindly request refraining from wearing perfumes or fragrances due to sensitivities.

**Chanting from the Heart – led by Julie Aha**

Chanting from the Heart is a workshop that will invite you to light up your own heart via simple rhythmic chants. Chanting helps to clear chronic stress and tension, and offer a way to reclaim your sense of self. This is a great way to elevate your energy. Two chants are included—in Sanskrit and English. No experience required.

**Drumming the Elements and Sacred Sister Songs – led by Heather Sheets and Tammy Bray, MS**

Connect with the beat of your internal rhythm in this playful djembe and frame drum workshop. Heather and Tammy will share the drum strokes for each element as well as the element song as shared by Miranda Rondeau. We will then connect with each other by singing, drumming and dancing to some sacred sister songs.

**Yoga, A Moving Meditation – led by Jeremi Dilworth**

Get your "shine" on with veteran yoga teacher Jeremi Dilworth in a 45-minute gentle yoga session. Be aware, participants may experience the following sensations: relaxation, release, calm, and quiet centeredness. This class will be accessible to all movement abilities and no previous yoga experience is necessary.

**INSTRUCTOR BIOS**

**Liz Rebert McCaffrey**

Liz Rebert McCaffrey is an Actor, Director and Teaching Artist who, until recently, worked primarily in New York and Los Angeles. A Pennsylvania native, she is delighted to be back in her home state. She is a graduate of Emerson College in Boston where she studied extensively with renowned voice teacher, Kristin Linklater, author of "Freeing the Natural Voice" and "Freeing Shakespeare's Voice".

**Julie Aha**

Julie has been a bodyworker since 2000, practicing massage, craniosacral and polarity therapies. She also teaches yoga, emphasizing joint stabilization, breath work, chanting, and meditation skills. More recently she has begun practicing Somatic Experiencing®, which focuses on healing trauma via an in-depth understanding of the nervous system. She has been involved in music and dance for decades.

**Carol Chandler**

Carol has been a registered nurse for 43 years, with the last twenty years spent in leadership and professional development of nurses. She holds a degree in health psychology and is certified in emotional intelligence, Ikigai, and executive nursing practice. She retired from her hospital job one year ago and now works as an independent consultant in professional development, emotional intelligence, and Ikigai. Carol has been writing Haiku since she was a teenager.

**Heather Sheets, Seraph Sound Sanctuary, LLC**

Heather is a certified Sound Healing Practitioner having studied with Lana Ryder of Soundwise School of Harmonic Therapy for six months. She has since grown her connection with many instruments, specifically the Native American-style flute and frame drum, and has continued studies with Jonny Lipford and Miranda Rondeau. In addition to being a Sound Practitioner, Heather is also a Usui Reiki Master, Native American-style flute teacher, Medicine Drum Birthing Facilitator and Andean Shaman Practitioner. Heather has found through heart-centered connections, self-reflection, and cultivating love of self, we are capable of reaching states of inner peace. It is within the space of self-acceptance and the love that we are that we are shining our brightest. May we shine our light and send these vibrations of love and peace out to the world around us.

**Tammy Bray, MS**

As I continue to travel my road of Self re-discovery, I have found my deep desires for tranquility and light-heartedness, and with that have been lead to experiences that support and encourage my opening to living Life in those ways. Here in lies my enjoyment of play in my Life through Nature, Qigong, yoga, laughter, gardening, dance, music, cooking, my exploration of various forms of art play and so much more. My experience shows me that we are all called to co-create with Life to bring into being the abundance of Beauty that Life just waits to freely offer to us in uplifting ways. And so, I encourage you to go play with Life…sing, dance, take a nap in a hammock, sit in awe of the ocean, forest, trees, and animals…and so much more! Be Life in its most sparkling, amazing forms! Find YOUR Peace and Joys, and create more of that from within your Heart.

**Jeremi Dilworth**

Jeremi Dilworth is a mother, teacher, learner, dancer, and yogi. Since the mid 90s, she has studied the teachings and technique of BKS Iyengar, BodyMind Centering, and Bonnie Bainbridge Cohen among others. She encourages students to explore and engage in a mindful balance of challenge and ease in their practice. She currently resides in Gettysburg where she leads classes at Gettyoga.

**Julia Hancock**

With Sound Therapist Certification and background studies in Patanjali's Eight Limbs of Yoga, Chakra Energy Work, Light Visualizations, Frequency Entrainment, and Law of Attraction principles, Julia offers an empowering blend of modalities in her unique sound bath meditations. Weaving these tools with the deep resonances of Crystal and Tibetan singing bowls, vocal mantras, Light Language and more, she creates a potent environment of intention and healing, allowing Sound and Frequency to clear energetic blocks, balance chakras, and restore your calm. As a seasoned musician and yoga enthusiast, Julia first began collaborating in 2012 with local yoga studios to bring the rich energy of live music to Vinyasa and Restorative yoga classes. The combined vibrations of new age, world music, and devotional mantras include flutes, hand drum, acoustic guitar, tone drum, dream gong, and original songs written for heart opening experiences. Vision Board Workshops, divination meditations, and other Creativity Sound combinations were soon to follow! Whether co-creating a yoga flow experience, reflective meditation, or providing a deep healing sound experience, a workshop with Julia is sure to leave you refreshed, empowered, and inspired!