

canfitpro GLOBAL

Mind Body & Wellness

Friday, August 9

Ses#	Start	End	Session Name	Type	Sponsor	Presenter
1102	8:15AM	9:30AM	Soft Skills for Strong Bodies	L		Nathalie Lacombe
1104	8:15AM	9:30AM	Riding the Wave of "Hormone Toxicity" with Confidence and Grace	L		Kelly Nolan
1118	8:15AM	9:30AM	Prana Energy: A Chakra Journey	W/S		Lisa Greenbaum
1123	8:15AM	9:30AM	TRX Yoga Flow	W/S		Krystal Say
1127	8:15AM	9:30AM	Unlocking Potential: Mastering the Five Methods of Subconscious Training	W/S		Paul Galloro and Claudia Micco
1502	12:15PM	1:00PM	Food Psychology 101	L		Melody Schoenfeld
1141	12:30PM	1:15PM	Ayurveda for Self-Care	W/S		Tracy Jennings-Hill
1205	1:30PM	3:00PM	Brain Fitness 101	L		Jill Hewlett
1218	1:30PM	3:00PM	Introduction to JOGA: Yoga vs JOGA, JOGA in Sport, & Why NOW	W/S		Jana Webb
1318	3:30PM	5:00PM	Living from an Open Heart: Back-bending Practice	W/S		Lisa Greenbaum
1327	3:30PM	5:00PM	Mental Performance Training: How to Master Your Mind for Peak Performance	W/S		Hilary Bennett
1513	4:00PM	5:00PM	Posture, Injury, Emotions: Unraveling the Connection	L		Heather Harvey & Karina Krepp
1515	4:00PM	4:40PM	ABsolutely Burning Butts	W/S		Jen Hamilton
1514	4:15PM	5:15PM	Unlocking Sustainable Fat Loss: The 5 Essential Keys	L		Ken Sylvan

L = Lecture; W/S = Workshop; W/O = Workout; P = Panel, C = Competition

Mind Body & Wellness

Saturday, August 10

Ses#	Start	End	Session Name	Type	Sponsor	Presenter
2104	8:15AM	9:30AM	Unlock Your Full Potential: The Mindful Fighter with George Foreman III	L		George Foreman III
2118	8:15AM	9:30AM	ARISE and Shine: A Morning Practice for a Vibrant Day	W/S		Paul Galloro
2135	8:15AM	9:30AM	SOULfusion	W/S		Michele Park
2218	10:00AM	11:30AM	Exploring the Senses: Elevate Your Teaching with Mindfulness & Sensory Integration	W/S		Aliana Comeau
2235	10:00AM	11:00AM	O2 Fusion	W/S		Gillian Meyers
2502	10:15AM	11:00AM	Male Andropause: Suffering In Silence	L		Kelly Nolan
2503	11:00AM	11:45AM	Let's Get Brain Fit!	L		Jill Hewlett
2504	11:15AM	12:00PM	Artificial Sweeteners – The Good, The Bad and The Ugly	L		Rob Dickson
2237	12:00PM	12:45PM	Yoga in Today's WORLD – Panel to Explore Honouring Yoga's Roots and DEI Initiatives	P		Facilitated by: Lisa Greenbaum with Tracy Jennings Hill, Aliana Comeau, Assata McKenzie, Dr. Shyam Ranganathan
2505	12:00PM	12:45PM	Avoid Burnout by Thinking Like a Champion	L		Yvette Raposo
2507	1:00PM	1:45PM	Brain Fitness Strategies for Cognitive Longevity & Resilience	L		Jill Hewlett
2318	1:00PM	2:30PM	Chair Yoga Revitalized	w/s		Nathalie Lacombe
2335	1:00PM	2:00PM	Freedom Flow	w/s		Gillian Meyers
2336	1:00PM	2:30PM	FIRESTARTER & SILENT VICTORIES	W/S		Jana Webb
2510	2:15 PM	3:00 PM	Why Consistent Exercise Eludes Us: A Psychological Insight	L		Mike Kelly
2413	3:00PM	4:30PM	Self-Sabotage Unmasked: The Key to Effortless Results	L		Corey Formica
2414	3:00PM	4:30PM	Balancing Your MIND BODY SOUL	W/S		Nike Charles
2416	3:00PM	4:30PM	Forever Young: Exercise Prescription for the Older Athlete	W/S		Marcie Lynne
2418	3:00PM	4:30PM	Yin + Restore with Sound Healing	W/S		Lisa Greenbaum with Tracy Jennings Hill
2435	3:00PM	4:30PM	Give Yourself a Natural Facelift with Face Yoga!	W/S		Sophia Ha
2512	3:15PM	4:15PM	Gut-Brain Nutrition and Mental Health	L		Dr. George Makrides

L = Lecture; W/S = Workshop; W/O = Workout; P = Panel, C = Competition