



FRIDAY AGENDA
September 18, 2026
MATTERS OF THE MIND & SPIRIT

TIME	ACTIVATION / SESSION	ROOM
8:00-10:00 AM	Registration	Ballroom
8:00-10:00 AM	Open Deck • Stretch / Meditation (Open Session)	Resort Deck
10:00 AM-12:00 PM	Opening General Session	Rotunda
12:00-12:45 PM	Dr. Dan / Juices Wild • You Actually Are What You Eat	Waterside
12:00-8:00 PM	Exhibiting Partners + Tech Hall	Ballroom
1:00-1:45 PM	Dr. Syleecia • Booked and Busy, But Are You Whole?	Audubon
1:00-1:45 PM	Kate Wagner • VIVOBASE EMF Protection	Lake
1:00-1:45 PM	Arin-Michal • Meditation + Breathwork	Woodland
1:00-5:00 PM	Wellness Room Open	Wellness Room
2:00-2:45 PM	Dr. Sylette • Mindful, or Is Your Mind Full?	Lake
2:00-2:45 PM	Dr. Kima Miller • The Hack: Interactive Lymphatic + Self-Massage	Audubon
2:00-2:45 PM	Joy Lewis • Gut Health & Detox	Woodland
5:00-6:00 PM	Dr. April Love + Coach Carter • Pivot to Purpose: Curate the Life of Your Dreams	Waterside
6:00-7:00 PM	Sunset Movement	Resort Deck
6:00-8:00 PM	Wellness Room Reopens	Wellness Room
8:00-10:00 PM	Partnerships in PJs • John & Ebony • Terrion & Michelle	Rotunda

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SATURDAY ATTENDEE AGENDA | September 19, 2026

BODY & COMMUNITY

TIME	ACTIVATION / SESSION	ROOM
7:00–8:00 AM	Mountaintop Walk	Stone Mountain
8:00–8:30 AM	Arin-Michal • Mindfulness	Resort Deck
8:00–11:00 AM	Wellness Room Open	Wellness Room
8:30–9:00 AM	Darlene • Meditation	Resort Deck
9:30–10:00 AM	Saturday General Session	Willow
10:00–10:45 AM	Samantha • BioFest Beats!	Maple
10:00 AM–12:00 PM	Josh Haney • Functional Strength Training	Weight Room
11:00 AM–1:00 PM	Lunch • The Pep Talk • Authors Corner	Waterside
1:00–8:00 PM	Wellness Room Open	Wellness Room
1:30–2:15 PM	Coach Ramese • Body Transformation	Maple
1:30–2:15 PM	Dr. Rick Mathis • Matters of the Heart	Birch
1:30–2:15 PM	Monica Walker • Nervous System / FlowFit	Gardenia
2:30–3:15 PM	Coach Ramese • Body Transformation	Maple
2:30–3:15 PM	Dr. Kima Miller • The Hack	Birch
2:30–3:15 PM	Joy Lewis • Gut Health & Detox	Gardenia
3:30–4:15 PM	Kate Wagner • VIVOBASE EMF Protection	Maple
3:30–4:15 PM	Joy Lewis • Gut Health & Detox	Birch
3:30–4:15 PM	Monica Walker • Nervous System / FlowFit	Gardenia
4:00–4:45 PM	Arin-Michal • Floating Sound Bath #1	Sound Bath
5:00–8:00 PM	Dinner • Fireside Roundtable • Finish Your Passport	Waterside
5:30–6:15 PM	Arin-Michal • Floating Sound Bath #2	Sound Bath
6:30–7:15 PM	Sunset Yoga	Resort Deck
7:00–7:45 PM	Arin-Michal • Floating Sound Bath #3	Sound Bath
8:00–11:00 PM	BioFest Birthday Bash	Willow

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