

WILD WOMEN NEPA FESTIVAL

2025 WORKSHOP SCHEDULE

SCAN QR CODE FOR BIOS & DESCRIPTIONS



BLUE

RED

TAN

GULLY

GREEN

WATERSIDE

MOM + ME

10 AM	Opening: Unleash the Wild Colors Within						
11 AM	Meditations in eMotion	Lunar Meditation and Clay Pendant	Mindfulness Practices to Maintain Change	Unlocking the Magic of Your Dreams and Intuition	Intro to Foraging	QiGong Summer: The Fire Element and your Heart	Kids Yoga
12 PM	Aloha Vibes	Make and Take: Wooden Watercolor Keepsake	Rooted & Rising: Writing the Wild Self	Release & Receive: Yin Yoga for Mothers	Working with Shadow	Pelvic Floor Health: Empower Your Core	Dare to Wonder Butterfly Workshop
1 PM	Rebekah's Rhythm Dance Lab	Meditative Mandala Coloring	Herbs for Women's Brain Health	Relaxation with Energy Clearing: Unlock Your Vibes	Sister Circle Share & Reiki Restore	Grounding Kundalini: Embodying the Feminine	EM-Powered Yoga
2 PM	Free Spirit Drum Circle						Modern Cloth Diapering 101
3 PM	Coming Home to Yourself	Make and Take: Scented Wax Flower Sachet	Manifesting 101: Creating Your Reality with Intention	Crystal Energy Healing	The Wild Side of AWE!	Inner Resonance: A Sound Journey for Alignment	Circle of Nurturing
4 PM	Opal! Greek Dance	Simple Practices to Nourish your Spirit	New Moon Workshop for Inner Transformation	Women's Empowerment Personal Protection	Shattered		Scavenger Hunt
5 PM	Empowering Yoga Flow for All	SoulCollage®: Intuitive Art to Tap into Your Inner Wisdom	Heart Activation Cacao Ceremony & Ecstatic Dance	Trauma Healing through Emotion Code	EcoSomatic Remembering: Breathing with the Earth	Flowing with the Moon Phases	Calming Jar
6 PM	Closing: Set your Intentions with the Elements						

WORKSHOPS ARE FIRST-COME FIRST-SERVE MAX CAPACITY: UNLIMITED UP TO 50 UP TO 25 BREAK