

Winter



Saturday, January 11  
9AM TO 5PM

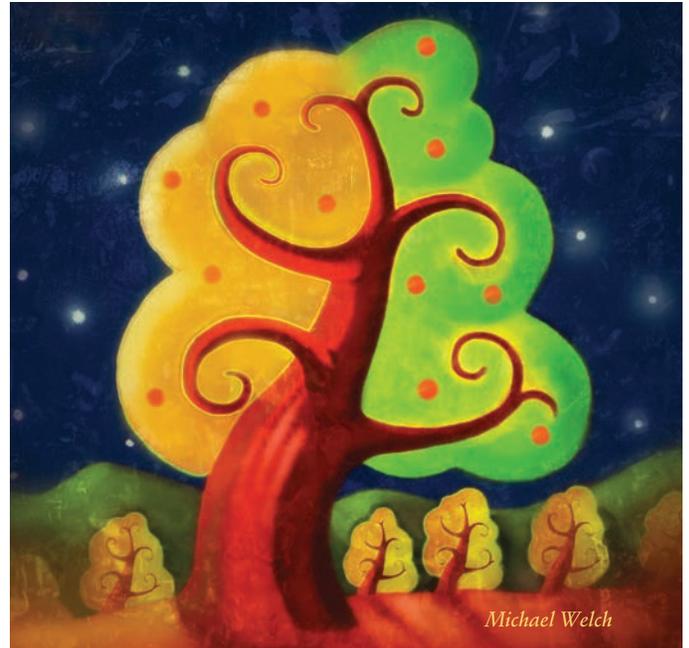
# Wellness Day

urban healing retreat

## Welcome!

Enjoy this day of inspiration, nature, camaraderie and rejuvenation at Soil Born Farms. Our intention is to inspire you with simple, practical tips for making self-care part of every day.

*People look for retreats for themselves, in the country, by the coast or in the hills... There is nowhere that a person can find a more peaceful and trouble-free retreat than her own mind... So constantly give yourself this retreat and renew yourself.*



## Food for Thought

### RELAXATION

*I relax in the moment and just be.*

Taking time to rest and relax is important for my health and well-being, for it renews my mind, body, and spirit. To relax, I may take a day off from work, stroll the neighborhood, read a book, or enjoy time with friends. Whatever I choose, I make well-being a priority.

I let my mind rest and focus on being present in the moment. I breathe in the fresh air feeling it energize me. I notice the blessings around and within me and I adopt an attitude of gratitude.

Relaxing allows me to release physical tension and mental stress. I am conscious of a new vitality and aware of my ability to be more present to what is important in life.

Source: [www.dailyword.com](http://www.dailyword.com)

### MINDFUL MOMENT

*Be here now.*

Today, begin a practice of daily self-care. Start by making a list of the loving things you can do for yourself this week—then set the intention to complete one of the items on your list every day.

Consider posting the list somewhere prominent or maybe schedule a daily reminder on your phone or computer. Here are a few suggestions: write down one quality you love about yourself, remember to pause and take a few deep breaths when you're stressed, take a walk or enjoy a good meal with a friend rather than grabbing a sandwich at your desk. As you give freely to yourself you'll experience the loving awareness that is your natural state.

Source: Deepak Chopra's 21-Day Meditation Challenge

# Schedule

**8:45–9:00am**

Check-in, Hot Beverages & Breakfast  
(Farmhouse Kitchen Patio)

**9:15am** Welcome & Review the Day (Schoolhouse)

## Morning Session

**9:30am** Guided Meditation & Sound Bath

(Schoolhouse) with *Summer Ward & Dana Marie*

**10:00am**

Living with the Circle of the Seasons (Schoolhouse)

with *Rev. Candis Cantin, Integrative Herbalist, Counselor & Teacher, EverGreen School of Integrative Herbology*

Ayurveda proposes three stages in the quest for good health: Routine, daily and seasonal activities to prevent illness, purification and palliative therapy for disease, and rejuvenation of the system to enhance health and quality of life. Ayurveda's preventive medicine is called SVASTHAVRTTA, "establishing oneself in good habits." And its salient principle is that one must reject excess in everything. Harmony and health are possible only when everything in life is enjoyed at the proper moment in the proper amount.

**11:00 to 11:10am** Break

**11:15am** Caring for Your Inner Clock (Schoolhouse)

with *Maxine Barish-Wreden, MD, ABIHM Medical Director, Institute for Health & Healing in Sacramento*

Longevity is affected by many things, including our nutrition, sleep, and exercise. But did you know that the timing of your meals, exercise, and sleep may also have a profound impact on your health and longevity? Dr. Max will explore how the body's natural biological rhythms, also known as circadian rhythms, may be a key contributor to our long-term good health by optimizing our metabolism and ensuring the healthy expression of our genes. There will time for questions.

**12:30–1:30pm** Lunch Served (Barn)

Enjoy organic homemade golden warmth soup with red lentils, winter squash and turmeric, winter greens salad with grilled chicken or quinoa and gluten-free corn bread muffins with honey butter and chocolate chip cookies prepared by our Culinary Arts Team.

**1:00–1:35pm** Self ♥ Care Panel (Schoolhouse)

Facilitated by *Janet Zeller, Founder & Co-Director, Soil Born Farms*

Inspiring conversation about self care with a cook, farmer, activist, educator, herbalist, doctor and yogi.

OR

**1:15–1:35pm** Nature Walk (green tent by Farmstand)

with *Lacey Carlson, SBF Youth Educator & Naturalist*

Take a moment to get grounded and reconnect with yourself and the environment after lunch. Allow the natural world to capture your curiosity, engage all of your senses and inspire gratitude on a peaceful walk around the farm.

## Afternoon Session

**1:45pm** (choose one)

**Herb Walk & Talk** (meet in front of Office)

with *Rev. Candis Cantin; Daylin Wade, Clinical Herbalist & Community Educator & Owner, Taproot Botanicals; Kellan MacKay, SBF Business Manager, Staff Herbalist & Owner, Khela Herbs*

Explore the farm and herb gardens with Candis, Kellan and Daylin. Learn how to wildcraft herbal medicine in your own backyard. They will share tips for growing, harvesting and making herbal remedies. Soil Born Farms, Khela Herbs and Taproot Botanicals will be offering culinary and medicinal herb products for sale.

OR

**Gorgeous Greens 3 Ways**

**Cooking Class & Tasting** (Farmhouse Kitchen Patio)

with *Terese Hollander Esperas, Project Manager, Soil Born Farms; Cooking Instructor & Owner, A Healthy Kitchen*

Learn to make the vibrant and delicious recipes featured during today's breakfast and lunch menus. Frittata filled with goat cheese and sautéed greens, winter squash and red lentil soup with fresh spinach and green goodness smoothies.

OR

**BODY LOVE** (both sessions in Schoolhouse)

**Part I: 1:45pm**

**Breathing, Massage & Movement**

with *Ann Sibbet, Co-Owner, Integrative Therapy & Learning Center*

Selecting aromatic plants begins this class with a brief share about the aromatic properties. We proceed to sit on stools for a self-massage sequence to awaken the senses and prepare the body for movement. Our class continues with gentle spine exercises, connected with breathing, seated and standing. Adapted from GYROKINESIS® (GYROTONIC® Expansion System by Juliu Horvath).

**Part 2: 2:45pm**

**Yin Yoga** with *Summer Ward, Co-Owner, Asha Yoga*

Yin yoga emphasizes tissue within the body that allows for sustained or increased flexibility and mobility and the body ages. It's introspective with minimal movement as gravity aids in the surrender to the deep stretch. A chance to truly feel sensations and relax the resistance of the mind.

**3:45pm** (Farmhouse Kitchen Patio)

**Herbal Tea Tasting • Intention Ritual •**

**Sound Journey** with *Dana Marie, THY NATURE*

Brief talk and experiential demonstration using crystal bowls and other instruments. Write down your self-care intention for winter and release a habit into the campfire. Sample three different Soil Born Farms organic herb tea blends.

**4:30 pm** Closing Circle (Schoolhouse)

