



Bauman Spring Wellness Weekend

Integrative Wellness

Virtual Workshops & Networking

March 19-20, 2022



Virtual Workshops:

- Wellness Practices Overview
- Eating for Health and Visual Arts
- Joyful Movement and Music
- Meditation and Expressive Writing
- Relationships and Media Arts
- Service and Social Justice Arts

Networking, 12:30pm PT Saturday, March 19, 2022:

- Meet fellow participants and moderators to chat and interact with

Celebration of the Spring Equinox

LIVE BROADCAST

Sunday, March 20, 2022
12:30pm PT

Calendar of Events at BaumanWellness.com

Registration at <https://bauman-spring-wellness-week.eventbrite.com>