



Bauman Spring Wellness Weekend

Integrative Wellness March 19-20, 2022

Virtual Workshops & Networking



ZOOM Instructions

Daily sessions begin at **9:30am, 11:00am, 12:30pm, and 2:00pm** Pacific Time (PT).

Please note that all sessions have the same ZOOM ID and Passcode.

For easy one step log-in, click on this **ZOOM link** for all activities.

If the auto log-in does not work, join manually with the following link for all events:

Log in to <https://www.Zoom.us/join>

Enter **ZOOM ID#**: 894 5246 8623 / Enter **Passcode**: spring

ZOOM Guidelines:

- Please mute your microphone until the facilitators open up group discussion
- Please use monitored chat room for any questions, ideas and reflections

Bauman Wellness Membership:

- If you have not already done so, please register for free at <https://www.baumanwellness.co>, to access PDF's, networking and chats with moderators and facilitators

SurveyMonkey Survey:

- Please help us help you by taking 2 minutes to answer 3 questions in our [survey!](#)

Please email us at info@baumanwellness.co for any questions or comments.

Thanks for participating in Bauman Spring Wellness Weekend. - Your team at Bauman Wellness

Bauman Spring Wellness Weekend

Integrative Wellness

Times	Sat-Mar-19	Sun-Mar-20
9:30am-PT	Wellness Practices Overview	Meditation & Expressive Writing
11:00am-PT	Eating for Health & Visual Arts	Relationships & Media Arts
12:30pm-PT	NETWORKING	CELEBRATION OF THE SPRING EQUINOX*
2:00pm-PT	Joyful Movement and Music	Service & Social Justice Arts

*Hybrid event at 1007 University Ave., Berkeley, CA
COVID protocols observed

Calendar of Events - By Days

Saturday, March 19th

9:30am-10:45am PT: Wellness Practices Overview

Overview of wellness practices: incidence of mental, physical, and social dis-ease; research documenting wellness practice to enhance resilience; Bauman Wellness Skills components, assessment to measure program impact and outcome; 4 primary creative therapies

Lead Facilitators:

[Ed Bauman, Ph.D.](#), Founder and Executive Director, Bauman Wellness

[Christina Wright, M.Phil, CPCC](#), Wellness Arts Coach

11:00am-12:15pm PT: Eating for Health & Visual Arts

Eating for Health is an approach to feeding the mind, body and soul that incorporates sound nutrition science information, ecological sensibility, appreciation of culinary quality, taste and aptitude. The Visual Arts are powerful in helping us express our feelings, facilitate verbal communication and cathartic release and reveal unconscious materials and symbols that cannot be expressed through words.

Lead Facilitators:

[Ed Bauman, Ph.D.](#), Founder and Executive Director, Bauman Wellness

[Christina Wright, M.Phil, CPCC](#), Wellness Arts Coach

Guest Facilitator:

[Lauren Bryson, BCHN](#), Holistic Nutritionist and Cooking Instructor

12:30pm-1:30pm: NETWORKING

Join us for a lunch networking session to meet and chat with Spring Wellness Weekend facilitators and fellow participants.

2:00pm-3:15pm PT: Joyful Movement & Music

Movement creates vitality, strength, flexibility, circulation, digestive, and immune well-being. As we experience the joy of movement, we increase our mental, emotional, and natural sense of connectivity. Music helps restore emotional balance and relieve stress and anxiety.

Lead Facilitators:

[Ed Bauman, Ph.D.](#), Founder and Executive Director, Bauman Wellness

[Christina Wright, M.Phil, CPCC](#), Wellness Arts Coach

Guest Facilitator:

[Neeta Merchant](#), Holistic Nutrition Consultant

Sunday, March 20th

9:30am-10:45am PT: Meditation & Expressive Writing

Mindfulness is a state of being in the present moment, noticing thoughts and sensations, suspending judgment, gradually experiencing inner peace and restoring a connection with the natural order. Expressive writing aids to organize our thoughts, release our feelings, and regulate our emotions, helping us to gain a sense of control of whatever we might be weighing in the moment.

Lead Facilitators:

[Ed Bauman, Ph.D.](#), Founder and Executive Director, Bauman Wellness

[Christina Wright, M.Phil, CPCC](#), Wellness Arts Coach

Tranquility Meditation Video presentation by [Thich Nhat Hanh](#)

11:00am-12:15pm PT: Relationships & Media Arts

A common source of stress, suffering and loneliness, is the inability to communicate effectively and relate well to family, friends, and co-workers. We will share practices to support active listening and speaking clearly with integrity, respect, and kindness. Through the use of film and media, we will witness and role play effective relational and collaborative problem-solving practices.

Lead Facilitators:

[Ed Bauman, Ph.D.](#), Founder and Executive Director, Bauman Wellness

[Christina Wright, M.Phil, CPCC](#), Wellness Arts Coach

Guest Facilitator:

[Shalonda Ingram](#), Community Development Strategist

12:30pm-1:30pm: Celebration of the Spring Equinox

Hybrid Event on Zoom and at 1007 University Ave., Berkeley, CA

The spring is the time of renewal. After the darkness, coldness and hardships of our pandemic winter, the expanding light, the blooming of flowers, trees, and plants are a welcoming sign of renewal. The vernal or spring equinox is the balance point between day and night, the balance within us of sorrow, and healing, poignantly experienced by all sentient beings.

We will plant a fruit tree at our Berkeley facility and invite you to plant a seed, put a vegetable start or tree in your yard or garden to nourish us and our loved ones as we aspire to a new year of recovery, resilience and well-being.

2:00pm-3:15pm PT: Service & Social Justice Arts

Service is a key that can unlock the door to restorative justice, harmony, and unity. Service enables us to move away from a self-centered reality to one that supports the well-being of all and of the earth. In offering selfless service, we enhance community vitality, pride, diversity, equity, and inclusion, restore hope and align to address the pressing problems of our day. Social Justice art practices aim to raise critical consciousness, build community, and promote social change.

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[Ed Bauman, Ph.D.](#), Founder and Executive Director, Bauman Wellness

[Christina Wright, M.Phil, CPCC](#), Wellness Arts Coach

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