

SENTIENT: A Four Day Body Justice Camping Retreat August 1st to August 4th 2024

Thursday 8.1.2024

Time	Workshop	Venue	Facilitator	Length	Description
09:00:00 AM	Gates Open	Empire Haven Campground	Empire Haven Staff & Ownership		Those travelling on Thursday are free to arrive anytime after 9 am
1 pm to 2pm	Concert: Elevated Expression	Club Soma (Pavilion)	Sheniqa Trotman	60 minutes	This special opening concert is an invitation to ritual, song and heart sharing while spreading the joy of music through call and response!
2 pm to 2:45 pm	Welcoming	Club Soma (Pavilion)	Bri Leonard & Petra Stone	45 minutes	Introduction to SENTIENT Fest 2024 by the Directors
2:45 pm to 3 pm	Interlude: Stretch & Wiggle	Club Soma (Pavilion)	Christine Walker-McSpadden	10-15 minutes	Christine is a FAT Liberator, Certified Personal Trainer & Nutritionist. Their vision is a world in which ALL people have the opportunity for joyful, playful movement that helps you access your inherent empowerment!
3 pm to 3:45 pm	Community Agreements	Club Soma (Pavilion)	Amanda Rue	45 minutes	Amanda is our Harm Reduction Coordinator. Take an active role in our SENTIENT Community Agreements.
3:45 pm to 4 pm	Interlude: Stretch & Wiggle	Club Soma (Pavilion)	Christine Walker-McSpadden	10-15 minutes	Christine is a FAT Liberator, Certified Personal Trainer & Nutritionist. Their vision is a world in which ALL people have the opportunity for joyful, playful movement that helps you access your inherent empowerment!
4 pm to 4:45 pm	Intentions & Tuning In	Club Soma (Pavilion)	Petra Stone	45 minutes	Share your intentions for the retreat and begin the transition from the hectic world outside to this unique 4 day retreat
5:30 pm to 6:30 pm	WELCOME DINNER & Potluck	Club Soma (Pavilion)	Petra Stone	90 Minutes	Come join us for FREE community dinner with old friends and new. Delectable soups (vegan & non vegan). Bring a dish to pass if you are able!
7 pm to 8:30 pm	Adventures in Community Building	Club Soma (Pavilion)	Pamela Hawkins	90 Minutes	Build community and get to know each other through experiential exercises, teamwork and playfulness!
8:45 pm – 9:30 pm	Water Ceremony	Frog Kick Pond	Bri Leonard	45 minutes	An invitation to share your experience with a favored body of water – the basis of all living organisms! Feel free to bring a vial of water from a favored water destination!
9:45 pm 11 pm	Silent Sentience (Silent Disco)	The Meadow	Tatiana Williams	75 Minutes	Experience a headphone guided ecstatic dance that invites movement for ALL! Walk the enchanted path and receive headset before entering The Meadow. 3 Channels of music and soundscapes to choose from! Register for HEADPHONES!
9:45 pm to 11 pm	Group Mural Painting	Green Shed (GS)	Group	75 Minutes	No painting experience needed! Join us as the community creates a giant mural to be completed for the dance on Saturday evening
At Full Darkness	Son et Lumiere: Lights on the Pond	Frog Kick Pond	Bri Leonard	???	Bring a chair or sit by the shore of Frog Kick Pond for a meditative show of Laser Lights, LCD Projections, Floating Candles and Ambient Music
9:30 pm to 11:30 pm	Community Campfire	Club Soma Rear	Chuck Phillips	2 Hours	Warm up next to a crackling, low-key, old fashioned family campfire. Chairs provided.
11:30 PM to 8 AM	CAMP QUIET TIME	Camp Wide	Brian Leonard	8.5 Hours	OFFICIAL CAMP QUIET TIME! During quiet time, avoid using anything that causes loud noises, such as music devices, loud golf carts, or power tools. Please move loud conversations indoors or utilize the clubhouse, open 24/7 to host any late night activities.

SENTIENT Schedule

Friday 8.2.2024

Time	Workshop	Venue	Facilitator	Length	Description
8 am – 9 am	Breakfast			60 Minutes	
9:00 am to 9:40 am	Community Agreements	Paytra's Coffeehouse (CH)	Amanda Rue	40 Minutes	ALL FESTIVAL GOERS MUST ATTEND ONCE! Meet Amanda from the ShiftWorkShop.com as she takes you on a fun, joyful review of our Community Agreements!
9:45 am – 10:30 am	Stretch & Wiggle	Meadow 1 (M1)	Christine Walker-McSpadden	45 minutes	Christine is a FAT Liberator, Certified Personal Trainer & Nutritionist. Their vision is a world in which ALL people have the opportunity for joyful, playful movement that helps you access your inherent empowerment!
9:45 am – 10:30 am	Firebird Yoga	Meadow 2 (M2)	Sanya "Shakti" Petrucco	45 minutes	Firebird Yoga offers this class to support you as you continue your path and experience this lifetime. Draw from the flame of inspiration and take flight!
9:45 am – 10:30 am	Let's Play	Meadow 3 (M3)	Pamela Hawkins	45 minutes	Pamela is an interfaith Reverend, Reiki Master, energy/light worker, spiritual guide, educator and artist. She is the founder of "Circle of Spirit" and is an active community volunteer.
9:45 am – 10:30 am	Heart Nutrition	Paytra's Coffeehouse (CH)	Bri Leonard	45 minutes	Start your day with some clear space in this guided workshop that integrates an AA like structure but features readings and steps from non AA recovery perspectives.
10:45 am to 12:15 pm	Kaffe Klatsch	Paytra's Coffeehouse (CH)	Beverly Owen	90 minutes	All attendees 18 yrs old or older. The Hows of Reiki, Sister Modalities and What's on Your Mind? Join a conversation with coffee led by a Reiki Master, Shaman Visionary and Intuitive Artist.
10:45 am to 12:15 pm	UFO Workshop	Meadow 1 (M1)	Tom Moore	90 Minutes	A unique discussion and learning experience on UFO's and extra terrestrials.
10:45 am to 12:15 pm	Yoga for Self-Love	Meadow 2 (M2)	Colleen LaGasse	90 Minutes	Vinyasa and Yin Yoga themed in Self-Love
10:45 am to 12:15 pm	Womyn's Circle	Quiet Lawn (Q1)	Belinda Porter, Amanda Wattie and 80	90 minutes	Explore the archetypes of Womynhood and how we embody them in all stages of life! Open to all genders.
10:45 am to 12:15 pm	The Queer Temple	Quiet Lawn (Q2)	Cai Quirk & Kadeliece Meadows	90 Minutes	Welcome! We are sacred space of exploration and connection – a sanctuary that uplifts, cherishes and celebrates queerness. This space reclaims queerness as divine.
10:45 am to 12:15 pm	Exploring the Sacred Masculine	Quiet Lawn (Q3)	Anthony Ragonese & Kevin Jackowski	90 Minutes	Join us as we explore four sacred masculine archetypes: King, Warrior, Magician, Lover. What do they represent, what can they teach us, and how can we apply them to our lives.
10:45 am to 12:15 pm	Kidz Club (ages 4-11)	Club Soma (Pavilion)	Laura Moulton Cain	90 Minutes	For kids ages 4 to 11. Parents must sign their child in and provide their contact info! Guided activities, crafts and games. If no kids show up in first 30 min. - we cancel.
10:45 am to 12:15 pm	Teenz Club (ages 12-17)	Khaki Shack (KS)	Carrie Corby LCSW	90 Minutes	Young adults ages 12-17 are invited for this guided and monitored workshop. The Teenz will be working on an array of engaging topics and activities!
11:15 am to Noon	Water Aerobics	Pool	Jamie D	45 minutes	Join us in the heated pool for a super gentle, super fun and low impact movement experience!

Time	Workshop	Venue	Facilitator	Length	Description
12:30 pm to 1:45 pm		Lunch		75 Minutes	
1:45 pm to 2 pm	Announcements	Club Soma (Pavilion)	Bri Leonard	10 minutes	Get any and all updates on all things SENTIENT related! See the Dry Erase board in the Coffeehouse and Club Soma for any workshop changes or additions!
2 pm to 2:45 pm	Afternoon Concert	Club Soma (Pavilion)	Angela Marion	45 minutes	Let your aural pathways open and your body move to a dynamic set of live looping soundscapes!
2:45 pm to 3 pm	Kidz Club (ages 4-11)	Club Soma (Pavilion)	Laura Moulton Cain	75 minutes	For Kids ages 4-11. Parents must sign their child in and provide their contact info! Guided activities, crafts and games. If no kids show up in first 30 min. - we cancel.
2:45 pm to 3 pm	Teenz Club (ages 12-17)	Khaki Shack (KS)	Carrie Corby LCSW	75 minutes	Young adults ages 12-17 are invited for this guided and monitored workshop. The Teenz will be working on an array of both serious and fun topics. Come to their presentation on Sunday morning in the pavilion!
3 pm to 5 pm	Games by Matt	Paytra's Coffeehouse (CH)	Matt Bollinger	120 Minutes	Game Guru Matt – invites all to an afternoon of group fun, chance and Strategy!
3 pm to 4 pm	Beginnings	Waterside (W1)	Petra Stone	60 – 75 min	Petra's workshops create environments in which depth, connection, growth and learning can happen.
3 pm to 4 pm	Embody: Practices for Body Appreciation	Meadow (M2)	Jenna Weintraub	60 – 75 min	Join this workshop to learn how to establish yourself as the ultimate expert of your body!
3 pm to 4 pm	Sensory Storytelling	Waterside (W1)	Lore McSpadden-Walker	60 – 75 min	Our sensory experiences of the world are always present, and yet are impossible to fully translate to someone else. As a result, the way that we relate to our senses can provide a valuable entryway into creative expression.
4:15 pm to 5:15pm	She Said, He Said	Meadow (M1)	Sexagenarian Sages	60 Minutes	Masculine and feminine styles of communication are different. Learn the key skills to work with those differences.
4:15 pm to 5:15pm	Self Portraiture as Self Discovery	Meadow (M2)	Rachel	60 Minutes	A discussion regarding the emotional benefits and difficulties of self Portraiture.
4:15 pm to 5:15pm	Elevated Expression Singing Circle	Meadow (M3)	Sheniqua Trotman	60 Minutes	A vocal empowerment workshop! Includes: warm-up, vocal techniques, group singing and confidence building.
4:15 pm to 5:15pm	Group Mural Painting	Green Shed (GS)	Clove	60 Minutes	Join Clove for a collaborative mural painting experience (NO EXPERIENCE NECESSARY) Feel free to work on the piece throughout the retreat. Mural will be hung for the Saturday night dance!
5:30 pm – 7 pm		Dinner		90 Minutes	
7 pm – 7:45 pm	Wine Summit	Club Soma (Pavilion)	Richard Keyes & Bill NESK	45 minutes	21 and over only (must have ID). No late arrivals please. Your hosts invite you to taste or bring a wine to share and discuss with the group. ALL GLASS BOTTLES MUST BE DISPOSED OFF AT CLUB SOMA
07:00 PM	Coffee House Opens	Paytra's Coffeehouse (CH)	Petra Stone	75 Minutes	PLAY. RELAX. CONNECT. Complimentary coffee or tea provided (self-service). 7:15 pm Concert, 9:30-11:00pm Documentary Film Presentation
7 pm – 7:15 pm	Announcements	Paytra's Coffeehouse	Bri Leonard	10 Minutes	Get any and all updates on all things SENTIENT related! See the Dry Erase board in the Coffeehouse/Club Soma for any workshop changes or additions!
7:15 pm to 8:15 pm	Coffee House Concert	Paytra's Coffeehouse (CH)	Silver Rein	60 Minutes	Atmospheric Dark Folk music that focuses on complex human emotions in healing atmosphere with the intent to find the commonalities between us. Their first full length CD now available!
At Full Darkness	Son et Lumiere	The Meadow	Group	???	Our version of a Son et lumière (French pronunciation: [sɔ̃ e lymjɛʁ] (French, lit. "sound and light"). Enjoy at your own pace.
At Full Darkness	Lights on the Pond	Frog Kick Pond	Bri Leonard	???	Bring a chair or sit by the shore of Frog Kick Pond for a meditative show of Laser Lights, LCD Projections, Floating Candles and Ambient Music

Time	Workshop	Venue	Facilitator	Length	Description
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At Full Darkness	Meadow Path	Meadow Path	Petra Stone	???	Wonder what awaits you, as you walk the enchanted path to the meadow
At Full Darkness	The Meadow	The Meadow	Group	???	Allow yourself to dream as you lose yourself in the mystical world of sculpture, light and shadow
9:45 pm to 11 pm	Drum Circle	Ceremonial Area	Petra Stone	75 Minutes	Join us for an intensive drumming, singing and dancing celebration around the bonfire in the ceremonial area. Stay tuned for what is playing on the big screen! Our past line up of Intl Documentaries have featured an array of Body centric films from around the world!
9:30 pm to 11 pm	INTL Documentary Film Presentation	Paytra's Coffeehouse (CH)	Alaina Boyet	90 Minutes	
9:00 pm to 11:30pm	Family Campfire	Club Soma (Pavilion rear)	Chuck Phillips	2.5 Hours	Warm up next to a crackling, low-key, old fashioned family campfire. Chairs provided. Rich is the Empire Pool attendant for the later evening hours. His loving presence and good humor allow late evening swimmers, tubbers and sauna folks to fully enjoy safe usage of the the pool area amenities. Thank you Rich!!!
9 pm till...	Monitored Late Night Swim	Heated Pool	Richard Hauver	???	
11:30 PM to 8 AM	CAMP QUIET TIME	Camp Wide	Brian Leonard	8.5 Hours	OFFICIAL CAMP QUIET TIME! During quiet time, avoid using anything that causes loud noises, such as music devices, loud golf carts, or power tools. Please move loud conversations indoors or utilize the clubhouse, open 24/7 to host any late night activities.

SENTIENT Schedule

Saturday 8.3.2024

Time	Workshop	Venue	Facilitator	Length	Description
8 am – 9 am	Breakfast			60 Minutes	
9:15 am to 9:40 am	Community Agreements	Paytra's Coffeehouse (CH)	Amanda Rue	25 Minutes	MANDATORY: Amanda takes you on a fun, joyful review of our Community Agreements!
9:45 am – 10:30 am	Stretch & Wiggle	Meadow (M1)	Christine Walker-McSpadden	45 minutes	FAT Liberator, Certified Personal Trainer & Nutritionist. Their vision is a world in which ALL people have the opportunity for joyful, playful movement that helps you access your inherent empowerment!
9:45 am – 10:30 am	Firebird Yoga	Meadow (M2)	Sanya "Shatki" Petrucco	45 minutes	Firebird Yoga offers this class to support you as you continue your path and experience this lifetime. Draw from the flame of inspiration and take flight!
9:45 am – 10:30 am	The Power of 8	Meadow (M3)	Pamela Hawkins	45 minutes	Pamela is an interfaith Reverend, Reiki Master, energy/light worker, spiritual guide, educator and artist. She is the founder of "Circle of Spirit" and is an active community volunteer
9:45 am – 10:30 am	Heart Nutrition	Paytra's Coffeehouse (CH)	Bri Leonard	45 minutes	Start your day with some clear space in this group workshop that integrates material & structure from a variety of recovery perspectives.
9:45 am to ???	Group Mural Painting	Green Shed (GS)	Group	10 Hours!	No painting experience needed! Join us as the community creates a giant mural to be completed for the dance on Saturday evening
10:45 am to 12:15 pm	Kaffe Klatsch	Paytra's Coffeehouse (CH)	Joe Cutter	60 – 90 min	Join a deeply engaging topic on living with disabilities. Discussion courtesy of Empire Haven site holder Joe Cutter.
10:45 am to 12:15 pm	Beginnings	Meadow (M1)	Petra Stone	90 Minutes	Petra's workshops create environments in which depth, connection, growth and learning can happen.
10:45 am to 12:15 pm	Energetic Alchemization by Breath	Meadow (M2)	Deana Olivella	90 Minutes	Guided breathwork to move and release unwanted energy.

10:45 am to 12:15 pm	Womyn's Circle	Quiet Lawn (Q1)	Belinda Porter, Amanda Wattie,80	90 Minutes	Explore the archetypes of Womynhood and how we embody them in all stages of life! Open to all genders.
10:45 am to 12:15 pm	The Queer Temple	Quiet Lawn (Q2)	Cai Quirk & Kadellece Meadows	90 Minutes	This intensive will dig deep in the world of color and how it relates to understanding and embracing our queer journey.
10:45 am to 12:15 pm	Exploring the Sacred Masculine	Quiet Lawn (Q3)	Anthony Ragonese & Kevin Jackowski	90 Minutes	Join us as we explore four sacred masculine archetypes: King, Warrior, Magician, Lover. What do they represent, what can they teach us, and how can we apply them to our lives?
10:45 am to 12:15 pm	Kidz Club (ages 4-11)	Club Soma (Pavilion)	Laura Moulton Cain	1 Hr 45 minutes	For Kids ages 4-11. Parents must sign their child in and provide their contact info! Guided activities, crafts and games. If no kids show up in first 30 min. - we cancel.
10:45 am to 12:15 pm	Teenz Club (ages 12-17)	Khaki Shack (KS)	Carrie Corby LCSW	1 Hr 45 minutes	Young adults ages 12-17 are invited for this guided and monitored workshop. The Teenz will be working on an array of engaging topics and activities!
11:15 am to Noon	Water Aerobics	Heated Pool	Jamie D	45 minutes	Join us in the heated pool for a super gentle, super fun and low impact movement experience!

12:30 pm to 1:45 pm		Lunch		90 Minutes	
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1:45 pm to 2pm	Announcements	Club Soma (Pavilion)	Bri Leonard	15 minutes	Get any and all updates on all things SENTIENT related! See the Dry Erase board in the Coffeehouse/Club Soma for any workshop changes or additions!
2 pm to 2:45 pm	Afternoon Concert	Club Soma	Cozmic Theo	75 Minutes	On assignment to bring music to the masses! Fresh upon his full length studio album "Sojourn" after 20 years of performing on stages everywhere!
2 pm to 9pm	UV Body Painting Portal Open	Green Shed (GS)	Damaris Vazquez&Myztico Campo	7 Hours	AVOID The LINES! Get painted sooner rather than later for tonight's Shapeshifting Trance Dance! In person UV Body Painting by Visionary Shamanic Artists. TIPPING APPRECIATED!
2:45 pm to 4 pm	Kidz Club (ages 4-11)	Club Soma (Pavilion)	Laura Moulton Cain	75 Minutes	For Kids ages 4-11. Parents must sign their child in and provide their contact info! Guided activities, crafts and games. If no kids show up in first 30 min. - we cancel.
2:45 pm to 4 pm	Teenz Club (ages 12-17)	Khaki Shack (KS)	Carrie Corby LCSW	75 Minutes	Young adults ages 12-17 are invited for this guided and monitored workshop. The Teenz will be working on an array of engaging topics and activities!
3 pm to 5 pm	Games by Matt	Paytra's Coffeehouse (CH)	Matt Bollinger	120 Minutes	Game Guru Matt – invites all to an afternoon of group fun, chance and strategy!
3 pm – 4 pm	Beginnings	Waterside (W1)	Petra Stone	60 Minutes	Petra's workshops create environments in which depth, connection, growth and learning can happen.
3 pm to 4 pm	Speed Friending	Meadow (M2)	Amanda Rue	60 to 75 min	Join us for this experience to meet and connect in a fun & relaxed setting. This will be a playful evening with no added pressure. Just be yourself and bring your open & positive energy!
3 pm to 4 pm	Meeting the Relational Self	Meadow (M3)	Lore McSpadden-Walker	60 to 75 min	This workshop will incorporate somatic mindfulness exercises to meet our relational self (to ourselves, other humans as well as non humans) and serve as an invitation to develop a deepened personal understanding of connection with their relational selves.
3 pm to 4 pm	Womyn's Circle	Quiet Lawn (Q1)	Belinda Porter, Amanda Wattie, 80	60 to 75 min	Explore the archetypes of Womynhood and how we embody them in all stages of life! Open to all genders.
3 pm to 4 pm	The Queer Temple	Quiet Lawn (Q2)	Cai Quirk & Kadellece Meadows	60 to 75 min	This intensive will dig deep in the world of color and how it relates to understanding and embracing our queer journey.
3 pm to 4 pm	Exploring the Sacred Masculine	Quiet Lawn (Q3)	Anthony Ragonese & Kevin Jackowski	60 to 75 min	Join us as we explore four sacred masculine archetypes: King, Warrior, Magician, Lover. What do they represent, what can they teach us, and how can we apply them to our lives
3 pm to 9 pm	UV Body Painting Portal Open	Green Shed (GS)	Myztico Chango & Damaris Vazquez	6 Hours	AVOID The LINES! Get painted sooner rather than later for tonight's Shapeshifting Trance Dance! In person UV Body Painting by Visionary Shamanic Artists. TIPPING APPRECIATED!
4:15 pm to 5:15 pm	Never Too Old for Sex	Meadow (M1)	Sexagenarian Sages	60 Minutes	18 and over only. For couples and singles. Discussion on consent, menopause, ED, and more. Learn tools to keep your sex life vital as you age.

4:15 pm to 5:15 pm	Self Portraiture as Self Discovery	Meadow (M2)	Rachel	60 Minutes	A discussion regarding the emotional benefits and difficulties of self portraiture.
4:15 pm to 5:15pm	Elevated Expression Singing Circle	Meadow (M3)	Sheniqua Trotman	60 Minutes	A vocal empowerment workshop! Includes: warm-up, vocal techniques, groups singing and confidence building. Move, shake, and flow in this circle and engage in group reflection and guided activities. Tatiana will tap into her intuition and utilize spiritual guidance to cultivate the container for healing.
4:15 pm to 5:15 pm	Healing Circle	Waterside (W4)	Tatiana Williams	60 Minutes	Get painted sooner rather than later for tonight's Shapeshifting Trance Dance! In person UV Body Painting by Visionary Shamanic Artists. TIPPING APPRECIATED!
4:15 pm to 9 pm	UV Body Painting Portal Open	Green Shed (GS)	Damaris Vazquez&Myztico Campo	5 Hours	
5:30 pm – 7 pm Dinner 90 Minutes					
6:30 pm until...	Coffee House Opens	Paytra's Coffeehouse (CH)	Petra Stone	???	PLAY. RELAX. CONNECT. Complimentary coffee or tea provided (self-service). 7:15 pm Concert, 9:30-11:00pm Documentary Film Presentation
7pm – 8pm	Art Show: Transcendence: Queer Restoration	Club Soma (Pavilion)	Cai Quirk	60 Minutes	Transcendence: Queer Restoration invites people into a world where distinctions of gender, time, and place become fluid and flexible. Join us for a unique tasting featuring NATURIST a wild, dry, bubbly hard cider from foraged apples on the grounds of Empire Haven. Also featured is NAKED NEIGHBOR from Summerhill Brewing just down the road from SENTIENT and a super array of award winning cheeses from Lively Run Goat Dairy!
7 pm – 8 pm	Regional Cider, Beer and Cheese Tasting	Club Soma (Pavilion)	NY Cider Co and Summerhill Bre	60 Minutes	
8 pm to 8:15 pm	Announcements	Paytra's Coffeehouse (CH)	Bri Leonard	10 Minutes	Get any and all updates on all things SENTIENT related!
8:15 pm to 9:15 pm	Coffee House Concert	Paytra's Coffeehouse (CH)	ruggieri re	60 Minutes	From atmospheric to gritty, hopeful to intense, moody to triumphant, ruggieri re's sound is both timeless and contemporary, captivating listeners with its emotive intensity and authenticity.
At Full Darkness	Son et Lumiere				Our version of a Son et lumière (French pronunciation: [sɔ̃ e lymjɛʁ] (French, lit. "sound and light"). Enjoy at your own pace.
At Full Darkness	Lights on the Pond	Frog Kick Pond	Bri Leonard	???	Bring a chair or sit by the shore of Frog Kick Pond for a meditative show of Laser Lights, LCD Projections, Floating Candles and Ambient Music.
At Full Darkness	Meadow Path	Meadow Path	Petra Stone	???	Wonder what awaits you, as you walk the enchanted path to the Meadow!
At Full Darkness	The Meadow	The Meadow	Group	???	Allow yourself to dream as you lose yourself in the mystical world of sculpture, light and shadow
9:30 pm to 11 pm	UV Trance and Shapeshift Dance	Club Soma (Pavilion)	TBA	90 Minutes	Deep Rhythmic Sounds invite all attendees to free form Movement that can lead to trance states and a feeling of ecstasy WITHOUT the need for chemicals or alcohol. ALL Social Consent rules apply as well as honoring our COMMUNITY AGREEMENTS!
11pm to 12 pm	Meditative Chill Down	Club Soma (Pavilion)	TBA	60 Minutes	Bring a Yoga Pad, Blanket, Pillow or Stuffed Animal for this guided sound journey back to calmness and deeper connection with self and others.
9 pm till...	Monitored Late night Swim	Pool/Sauna/Hot Tubs	Richard	???	Rich is the Empire Pool attendant for the later evening hours. His loving presence and good humor allow late evening swimmers, tubbers and sauna folks to fully enjoy safe usage of the the pool area amenities. Thank you Rich!!!
9:30 pm to 11 pm	International Documentary Film Fest	Paytra's Coffeehouse	Alaina Boyett	90 Minutes	Stay tuned for what is playing on the big screen! Our past line up of Intl Documentaries have featured an array of Body centric films from around the world!
9 pm to 11:30 pm	Family Campfire	Pavilion Rear	Chuck Phillips	2.5 Hours	Warm up next to a crackling, low-key, old fashioned family campfire. Chairs provided.
12 AM to 8 AM	CAMP QUIET TIME	Camp Wide	Brian Leonard	8.5 Hours	OFFICIAL CAMP QUIET TIME! During quiet time, avoid using anything that causes loud noises, such as music devices, loud golf carts, or power tools. Please move loud conversations indoors or utilize the clubhouse, open 24/7 to host any late night activities.

SENTIENT Schedule

Sunday 8.4.2024

Time	Workshop	Venue	Facilitator	Length	Description
8:30 am to 9:30 am Breakfast 60 Minutes					
9:45 am to 10:30 am	Stretch & Wiggle	Meadow (M1)	Christine Walker-McSpadden	60 to 75 min	Christine is a FAT Liberator, Certified Personal Trainer & Nutritionist. Their vision is a world in which ALL people have the opportunity for joyful, playful movement that helps you access your inherent empowerment!
9:45 am to 10:30 am	Firebird Yoga	Meadow (M2)	Sanya "Shakti" Petrucco	45 minutes	Firebird Yoga offers this class to support you as you continue your path and experience this lifetime. Draw from the flame of inspiration and take flight!
9:45 am to 10:30 am	Methods of Meditation	Meadow (M3)	Pamela Hawkins	45 minutes	Pamela is an interfaith Reverend, Reiki Master, energy/light worker, spiritual guide, educator and artist. She is the founder of "Circle of Spirit" and is an active community volunteer.
9:45 am to 10:30 am	Heart Nutrition	Paytra's Coffeehouse (CH)	Bri Leonard	45 minutes	Start your day with some clear space in this group workshop that integrates material & structure from a variety of recovery perspectives. ONLY for those that attended one of the daily Sacred Space Intensives. A coming together of all attendees to celebrate our shared spaces and unique selves.
10:30 am to 11:45 am	Gender Universe Gathering	Large Meadow Tent (LMT)	Team	60 Minutes	A discussion regarding the emotional benefits and difficulties of self portraiture.
10:45 am to 11:45 am	Self Portraiture as Self Discovery	Meadow (M1)	Rachel	60 Minutes	Bonnie has been a key member of the Empire Haven community for many years. Her stories of reclaiming a vital and vibrant life will awe and delight you!
10:45 am to 11:45 am	Kaffee Klatsch	Paytra's Coffeehouse (CH)	Bonnie Crowther McNally	60 Minutes	Listen to the real life experiences of Colleen and Deana as they discuss body building culture which led to a preoccupation with their appearance, excessive thoughts and repetitive behaviors surrounding their bodies. BD is so difficult to control that it can cause major distress or problems in your social life, work, school and relationships.
Noon to 1:00 pm Lunch Club Soma Petra Stone 60 Minutes Free Community Meal for all attendees of SENTIENT!					
Directors offer their observations and gratitude for such a special retreat. Attendees may also offer brief solution based recommendations and best experiences from SENTIENT 24. For those unable to attend or uncomfortable speaking in front of crowds please fill out our FESTIVAL EVALUATION at www.sentientfest.com					
12:30 pm to 1:30 pm	Closing Circle	Club Soma	Bri Leonard & Petra Stone	60 Minutes	