



# **First Annual Wellness Fair**

**Saturday May 31<sup>st</sup> 2025**

**10 – 5pm**

**Body Work Sessions Throughout the Day – Sign Up**

Reiki – Rosen Body Work - Acupuncture

## **Panels & Demonstration Schedule**

**10am Greeting from Event Organizers**

**10:15 Gary Singer, NYI Teacher and Therapist - Talk/Practice**

**10:30 Panel: ‘Intersection of Meditation & Mental Health’**

w/Gary Singer, Sanchana Krishnan, Melissa Brenman

**11:00 Join a Demonstration on: Yoga Dance w/Marcus Philips**

11:30 ‘Chanting’ with Michel Pascal (20 min)

**12:00 Panel: “Wellness Through the Arts”**

with John Madera, Sophia Gutchinov, Justine Senense, David Grogan

12:30 Chair Yoga break with Rebecca (20 min)

**1:00 Panel: “Wellness in our Everyday Life”**

with Josh Wexler, Pauline Leung, Jane Riccobono, Jonathan Miller

### **1:30 Circle Sessions & Table Sessions**

**Circle: “Healing Story Telling” with Gala Narezo**

**Circle: “Color Your Emotion” with Jennifer Wortham**

**2:00 Panel: Wellness through Mindful Movement**

**With Pauline Leung, Ann Megyas, Marijke Eliasberg, Marcus Phillips**

**2:30 “Destressing Our Souls” with Justin Senense**

### **Demonstration & Table Sessions**

**3:00 Demonstration: Sound Bathing with Lisa Cooper**

**3:15 Demonstration: Nutritional Food - Tsampa w/Coz Mr. Lobsang**

**3:30 Panel: “Body Work as Wellness Support”**

With Joanna Williams, Rebecca Anguin Cohen, Fia Hatsav

**4:00 Tai Chi with Merijke Eliasberg**

**4:30 Table Sessions 1-1**

**5pm Gratitude**

**Over the Course of the Day visit our Wellness Tables, Resource Table, Vendors  
as well as Tastes of Healthy Food.**

**Lunch Cafe Sold by: Taboonia\* Druze Food Vegan/Vegetarian**

**Take Care of Yourself Today - Join where you feel yourself drawn.**

\*A Journey to Wellness: What started as a healing journey soon transformed into something more: the creation of Taboonia. **We are inspired by this journey, the owner Raif, a surveyor of the October 7<sup>th</sup> attack at the Nova Festival, he shares** “I want to make connections between people, with good, healthy food.” **We have invited Raif to set up shop at our Fair and sell two of his popular dishes. Druze unique Pita sandwiches and Bourekas.**  
The Taboonia shop will be open from 11 – 3pm during our Wellness event.