

2025 Vegan Wellness Retreat Itinerary

WIFI PASSWORD dixonlake.

Experience a holistic approach to wellness at the 2025 Vegan Wellness Retreat. Our schedule is designed to nourish your mind, body, and soul, offering a transformative journey towards optimal health and well-being.

Childcare information

Childcare Hours

3pm-9:30pm Sunday 8/10

6:30am-9:30pm Monday-Wednesday / 6:30am-11am Thursday 8/14

Sunday 8/10/25

3pm-5pm Check in for guests at the front of the property entrance. At check-in guests will have access to:

-Radiation free In Body Scan for a whole-body analysis measuring body hydration, muscle mass, body fat, and other metrics.

-Meet and Greet with All Speakers

-Ability to Shop merch, Vendor products, and enjoy appetizers.

Games at the open field (Tug of war, pickle ball, disk golf, Frisbie and more)

4pm-5:30pm Guests check into rooms, set up tents and relax before dinner.

5:30pm-6pm- Group Picture- Meet at Top of the hill next to the childcare building.

6pm-7:30pm Dinner

8pm-9pm Welcome ceremony in the GREAT HALL

9:15-10:15 pm 4 OPTIONS

-Talk in GREAT HALL- The rise of diabetes, SOS, and low vs high fat diets by Dr. Douglas Graham

-Nervous system reset workshop at THE REFLECTION GARDEN with Bradley

-Wind Down Yoga AT THE WHISPERING PINES

OPEN SPACE with Sybil

-Silent Disco at THE POINT with Woop Woop

-Beach Bonfire

***10:15 pm Start of quiet time on property please be considerate.**

Monday 8/11/25

7am-7:45 am 2 OPTIONS

-Sunrise yoga in the GREAT HALL with Stacey Heiny

-Group run Led by Grant Campbell and Andrew Snow- MEET BY SHOWERS

7:45 am-8:30 am 2 OPTIONS

-Watermelon workout with Jeannette (Ms.FitVegan)- MEET AT THE POINT

-Talk in GREAT HALL on Raising Healthy Children in a world designed for Fast Foods by Karen Ranzi

8:30am-10am Breakfast

10:30-11:30 am 4 OPTIONS

-Talk in GREAT HALL on Raw Resilience: The Strength to Feel, The Courage to Heal by Ellen Livingston

-Talk at THE POINT on the Endurance, Power and Recovery as a vegan ultra athlete with Andrew snow

-Art workshop on THE DECK with Boo and Jerell

-Workshop at THE WHISPERING PINES on Facial fitness with Inna

12-1:30 pm Lunch

2pm-3pm 4 OPTIONS

-Nutrient Needs on a Raw or Cooked WFPB diet in THE GREAT HALL by Dr. Rick Dina

-Nervous System Reset at THE WHISPERING PINES OPEN SPACE with Bradley

-Vegan powered athletes Q & A at THE DECK with Ultramarathon runner Grant Campbell, Andrew Snow and Dmitry Epishin

-Talk on Raw Trauma: Healing What Your Body Never Forgot at THE POINT with Jennifer (Jeni) Leupp, LCSW

3:30-4:30pm 4 OPTIONS

-Talk in the Great Hall on 15 Mistakes I've Made on a Raw Vegan Diet For the Past 15 Years by Jeannette (Ms.FitVegan)

-5 Star salad workshop and food demo at THE DECK with Matt Bennett

-Acupressure and the Meridians Talk at THE POINT by Fran Turk

-Sound bath at THE WHISPERING PINES with CHELSEA

4:45pm-5:45pm 4 OPTIONS

-Talk in the GREAT HALL on Health optimization by Mike and Denise Young

-Healthy Lifestyle Support Group at THE WHISPERING PINES with Ellen Livingston

-Food Demo- How to Make Salsa at THE DECK with Kevin Black

-Group Workout at THE POINT with Dr. Doug Graham

6-7:30pm Dinner

***7:15 CHECK IN for the Deadlift Competition Begins in the GREAT HALL**

***7:30-9:00 PM DEADLIFT COMPETITION*- Male and Female Division with Prizes**

8-9pm 3 OPTIONS

-Groove Dance Party at THE POINT for all ages and abilities with Lexi

- Sound bath with Arron at the Dock deck

-Reiki Meditation at THE WHISPERING PINES OPEN SPACE with Lauren

***Exclusive Boat Ride with Drs. Karin and Rick Dina for registered VIP guests**

9:15pm-10:15 pm 2 OPTIONS

-Movie Night in the Great Hall (THE GAMECHANGERS) will last until 11:00 PM

-Bonfire- BEACH

***10:15 pm Start of quiet time on property please be considerate.**

Tuesday 8/12/25

7am-7:45 am 2 OPTIONS

- Sunrise yoga in the Great Hall with Stacey Heiny

-Group run Led by Grant Campbell and Andrew Snow- MEET BY SHOWERS

7:30 am-8:30 am 2 OPTIONS

-Group Workout at THE POINT with Dr. Douglas Graham

**-Talk by Harvard Trained Dr. Josh Helman in THE GREAT HALL on
The established link between Alzheimer's, Cancer, Processed foods &
Animal products**

8:30am-10am Breakfast

10:30-11:30am 4 OPTIONS

**-Talk in the GREAT HALL- 1 on 1 Interview and Q
& A with Matt Bennett and Dr. Douglas Graham**

**-Partner yoga at THE WHISPERING PINES OPEN
SPACE with Boo and Jerrell**

-Sound bath with Aaron at THE POINT

- Debunking myths in the raw food movement with Grant at the Deck

12-1:30 pm Lunch

2-3pm 4 OPTIONS

- Talk by Harvard Trained Dr. Josh Helman in THE GREAT HALL – Making aging optional - how genetics load the gun - but lifestyle pulls the trigger - how epigenetics shapes your health destiny .

-Homeschool workshop at THE DECK with

Karen Ranzi, Ellen Livingston, and Lexi Tavares

-Gardening Workshop at THE WHISPERING PINES by John Kohler

-Group workout at THE POINT with Dr. Douglas Graham

3:30-4:30 pm 4 OPTIONS

-Talk Via Zoom by Nate and Lissa Maris on Their Journey to Raw and Helpful Tips to be Successful in the GREAT HALL

-The Transformational Journey of Healing from Chronic Dis-ease, Finding A Health-conscious Partner, conceiving a Healthy Baby, and Raising a Vibrant Fruitful Family Using the 5 Key Prana Elements of Energy at THE POINT with Anecia

- Sober-licious workshop: Nourishing Your Body & Spirit Without Substances at THE WHISPERING PINES OPEN SPACE with Jennifer (Jeni) Leupp, LCSW

-Pool Workout Class with Dr. Douglas Graham at THE POOL (Swimsuits Required)

4:45 pm-5:45pm 4 OPTIONS

-Talk in THE GREAT HALL on Omega 3 Fatty Acids by Dr. Rick Dina

-Nervous System Reset at THE POINT with Bradley

-Live Vacuum blender workshop on THE DECK with John Kohler

-Talk at THE WHISPERING PINES on How Far Can You Go on Fruit with Fruit Pilgrim & Fruit Fairy

6-7:30pm Dinner

8-9pm 4 OPTIONS

-Workshop with Jules on THE DECK making nut milk and juice with Nama

-Forest meditation in THE WHISPERING PINES OPEN SPACE with Ellen Livingston

- Talk on Gaining Muscle on a Fruit Based Diet at THE POINT by Dr. Doug Graham

-Singles speed dating Night in the GREAT HALL

(Will take place from 8-9:15 pm with Woop Woop)

9:15-10:15 pm 3 OPTIONS

-Bonfire

-Silent Disco at THE GREAT HALL with Woop Woop

-Nervous System Reset at THE REFLECTION GARDEN with Bradley

***10 pm Start of quiet time on property please be considerate.**

Wednesday 8/13/25

7am-7:45 am 2 OPTIONS

-Sunrise yoga in the GREAT HALL with Stacey Heiny

-Group run Led by Grant Campbell and Andrew Snow- MEET BY SHOWERS

7:45 am-8:30 am 3 OPTIONS

-Watermelon Workout at THE POINT with Jeannette (Ms.FitVegan)

-Talk in the GREAT HALL on What is Our Species-Specific Diet by Adriana Kollar

-Silent Disco Guided Adventure Hike with Woop Woop WHISPERING PINES

8:30am-10am Breakfast

10:30-11:30am 4 OPTIONS

**-Art workshop at THE WHISPERING PINES with
Boo and Jerell**

**-Talk in THE GREAT HALL by Dr. Douglas Graham: Raise the Bar, Be
the Bar.**

**-Live Glow Workshop: Holistic Facials with Stacey Heiny at THE
DECK**

**-Q and A at THE POINT with Jeannette, Karen Ranzi, Dr. Karin Dina,
Matt Bennett, and Ellen Livingston**

12-1:30 pm Lunch

**1:30-4:30 pm Spa Time at THE POINT (10 min chair massages,
aromatherapy, Fruit Facials with Inna, acupressure mats)**

2pm-3pm 4 OPTIONS

-Talk in the GREAT HALL on The Importance of Having a Well rounded Approach to Plant Based Eating by Dr. Karin Dina

-Workshop with Karen Ranzi at THE DECK on Postmenopausal Women's Health

-Kaleidoscope Yoga at THE WHISPERING PINES OPEN SPACE with James Schaberg

- Pool Workout Class with Dr. Douglas Graham at THE POOL (Swimsuits Required)

3:30-4:30pm 4 OPTIONS

-Zoom Talk in the GREAT HALL All About Sprouting with Doug Evans

-Sprint Competition by Age Groups AT THE POINT with Dr. Doug Graham

-Workshop at THE DECK with Katalina Turk on Natural Birth and Doula Tips

-Sound Bath at THE WHISPERING PINES with Arron

4:45pm-5:45pm 4 OPTIONS

-Talk in the Great Hall via Zoom by University of Michigan trained cardiologist, Dr. Joel Kahn on TMAO & MTOR, Keto Diet's, and the Importance of a Plant exclusive diet for Heart Health

- Food tasting at THE POINT with Kevin Black- SLOPPY JOES

-Level 5 Invite Only Workout at the WHISPERING PINES with Dr. Douglas Graham

-Natural birth, breastfeeding, and tips for Raising a Raw Vegan Family at THE POINT by Katalina and Fran Turk

6-7:30pm Dinner

8-9:15 pm Talent Show & Raffle in THE GREAT HALL

9:15-10:15 pm 3 OPTIONS

-Movie Night in Great Hall- EARTHINGS (WILL LAST UNTIL 10:45 PM)

-Bonfire

-Sound bath with Chelsea at the point

***10:15 pm Start of quiet time on property please be considerate.**

Thursday 8/14/25

7am-7:45 am 3 OPTIONS

-Sunrise yoga in the Great Hall with Stacey Heiny

-Group run Led by Grant Campbell and Andrew Snow- MEET BY SHOWERS

-Group Workout at THE WHISPERING PINES with Dr. Douglas Graham

-8am-9:30am

FINAL BREAKFAST and Q AND A with Dr. Josh Helman,

Jeannette, Dr. Doug Graham, Andrew

Snow, Grant Campbell, and Dr. Rick Dina

-9:45-10:30 Closing Ceremony at THE POINT

(Group sound bowl closing meditation with Arron and Chelsea)

10:30-11:00 Guests depart- See the After Party

Itinerary if Interested in Meeting up At the Sleeping Bear Dunes in Traverse City!! Fruit will be provided.