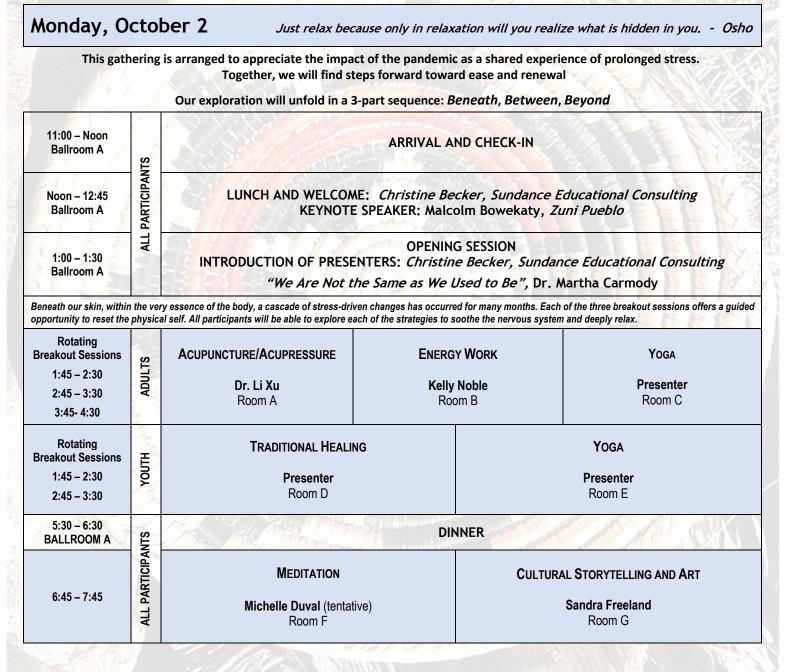
How to Regain Our Sense of Self and Community Post-Pandemic

For Parents, Teachers, 7-12th Grade Students and Professionals in the Native American Community

"Beneath"

Rekindle the Spirit

Exploring Personal Wellness



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"Between"

ekindle the Spirit

Enhancing Relationships

Tuesday Morning, October 3

One piece of wood will not make a fire. - Latvian Proverb

The longest study of human happiness concludes with the finding that good relationships are vital to wellbeing and longevity. Yet the pandemic forced us into isolation, with all levels of social connection disrupted. We will step into the effort and skills to rekindle communication and nurture our bonds with each other.

7:45 – 8:30 Ballroom A	ANTS	LIGHT BREAKFAST				
8:45 – 9:15 Ballroom A	ALL PARTICIPANTS	WELCOME TO THE SECOND DAY: <i>Dr. Martha Carmody</i>				
9:15 – 9:45 Ballroom A	ADULTS	KEYNOTE SPEAKER: <i>To Be Announced</i>				
10:00 – 10:30 Ballroom A		INTRODUCTION OF PRESEN	TERS: <i>Christine</i> Ask the "Gene	<i>Becker, Sunda</i> rous Question*	I", <i>Dr. Martha Carmody</i> nce Educational Consulting sponses with Curiosity	
9:30 – 10:30 Seminar Room	толтн	CULTURAL AND INTERPERSONAL RELATIONSHIPS: Joe Ansera				
BREAKOUT SESSIONS 10:45 – 11:30	ADULTS	- Asking, Listening and Speaking with an Open Mind -				
		Sandra Freeland - Rio Grande Room	Kelly Noble - E	Bosque Room	Martha Carmody - Manzano Room	
	YOUTH	UNDERSTANDING RELATIONS COMMUNICATION WITH ANIMALS Outdoor Area	-	UNDERSTANDING RELATIONSHIPS - COMMUNICATION WITH ANIMALS: DOGS Sunrise Room		
11:45 – Noon Ballroom A	ALL PARTICIPANTS	SHARE INSIGHTS: We will convene as a full group to share insights and additionally consider many other strategies for developing and maintaining valuable relationships.				
Alter Alice a set	PARTI	LUNCH				

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"Beyond

Rekindle the Spirit

Connecting with Spirit

Tuesday Afternoon, October 3

Be still, and the earth will speak to you. - Navajo Proverb

In our final segment, we look beyond our usual perspective to a collection of experiences that bring each one of us a sense of our own unique place as part of the greater good.

H	CEREMONIES OF SPIR	ITUALITY - Breakout Session			
BREAKOUT SESSIONS 2:15 – 3:15	Tamara Stands and Looks Back Spotted Tail & John Spotted Tail <i>Lakota</i>	Joe Ansera, Jr. Pueblo	Sandra Freeland Navajo		
3:30 - 4:00	COMPLETING THE CIRCLE				
	To conclude our retreat, we will find connections from personal growth to improved relationships to an inspired sense of belonging and gratitude.				
	A final synthesizing exercise will clarify a personal takeaway for each participant.				