

THURSDAY OULACON



8:00 - 9:30AM	Pre-Conference Workshop: Manifestation to Celebration*		
9:30 - 11:00AM			Scenic Raft Trip with Montana River Guides**
11:00-12:30PM		OULACON CHECK-IN	
1:00 - 2:00PM	WELCOME SESSION!		
2:30 - 4:00PM	The World is Your Stage Chelle Bird & Amy Ellis	Healing Into Beauty Bridget Ambrose	Marketing Magic Shannon Cartwright
4:00 - 5:30PM	OULA w/Leading Ladies (90min) Shannon, Suzy, Christina, Chelle, Leah & Carrie	Break it Down Choreo for Participants Lizzie Dolan	Just As You Are Diedre Durocher
6:00 - 8:30PM	BBQ at The Lindner's Picnic style BBQ provided - BYOB		

*Pre-Conference workshop and Scenic Raft Trip are not included in OULACON Registration. Additional registration is required. More information will be emailed to all OULACON registrants in March.

FRIDAY OULACON



6:00- 7:00AM	OULA Amanda, Lyndi, Jamie & Julie			
8:00 - 9:30 AM	Oula.One Kali	How to Run an Intro OULA Class Stacey Rossmiller		Lead Yourself First Kimber Sullivan
9:30 - 11:00AM	OULA Stacey, Nancy, Jenna & Kirsten	The Role of Mind-Body Exercise in Improving Mood & Emotional Well-Being Dr. Tracy Hellem	pOULA Carrie Mansell	Conscious Connected Breathing Jenn Marcelli
11:00-12:30PM	OULA -Power is For Everyone! Nancy	OULA for Aphrodites Dr. Lindsey Doe	pOULA Bernice Johnston	
12:30 - 2:00PM	OULA Sara, James, Adam & Lori	How to Turn Your Passion Into Your Business Kali Lindner		Love Rocks! Sharie Babb
2:00 - 3:30PM	Oula.One Ryann	Creating the OULA Playlist Kali & Bernice		The Enneagram Stephanie Grant
3:30 - 5:00PM	OULA-Power Lizzie	ONE Rosy Kirk		
5:00 - 6:30PM	OULA (90min) Caitlynn, Shalayne, Val Deb, Emillie & Rosy			
6:30 - 8:00PM	<h2>The Stillroom Courtyard Reception</h2> <p>Hors d'oeuvres provided - No Host Bar</p>			

SATURDAY OULACON



6:00- 7:00AM	Oula.One Rosy			
8:00 - 9:30 AM	FLASH MOB: Missoula Farmer's Market			
9:30 - 11:00AM	OULA Kali & Bernice	The Art of Playlist Creation Lizzie Dolan	pOULA Carrie Mansell	The Enneagram Stephanie Grant (3 hr session)
11:00-12:30PM	OULA -Power Deb	"Transients" Sami Mitchell	pOULA Bernice	Scream & Shout: Should I Let it All Out? Christa Weathers
12:30 - 2:00PM	OULA Sam, Ryann, Amy & Chelle	How to Throw an OULA X Party! Lori Rogers & Leah Johnson		Mindful Resilience for Trauma Kelly Miller
2:00 - 3:30PM	OULA-Power Kara	The Stories We Move Suzy Bertsche		Caring For Your Body - The How-To of Modifications Sam Riordan
3:30 - 5:00PM	jr. OULA promo & Class Jen	Oula.One Sara		Oils for OULA Holly Callen
5:00 - 6:30PM	OULA (90min) Megan, Eleisha Laura & Kelly			Q & A Kali, Bernice, Chelle
6:30 - 8:00PM	CREATE Art Bar Reception			
9:00PM- ???	Hors d'oeuvres provided - No Host Bar		OULA X Late Night Dance Party No Host Bar	

SUNDAY OULACON



8:00 – 9:30AM	Oula.One Jenna	(A Holy) Essence Sami Mitchell	
9:30 – 11:00AM	OULA Gear Swap!	OULA without Borders Mayuco Sando	<u>LIVE</u> Mind-Body Stuff Podcast
11:00-12:30PM	The New Song: Choreography with Kali & Bernice		
1:00 – 2:00PM	FINAL OULA CLASS Kali & Bernice		
2:30PM	Whitewater Raft Trip with Montana River Guides Alberton Gorge* (optional and additional \$\$)		

*Whitewater Raft Trip is not included in OULACON Registration. Additional registration is required.
More information will be emailed to all OULACON registrants in March.