

The Wellness Experience

Organic Spa Media

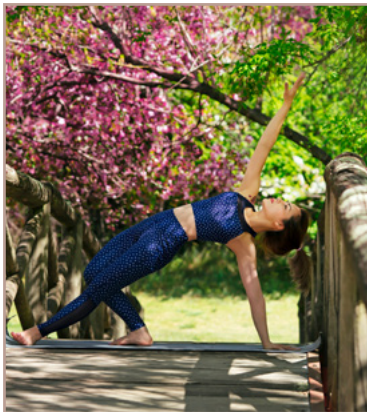
October 20th–21st, 2020

Agenda and Overview

Welcome to The Wellness Experience Virtual Summit Agenda and Overview.

Please click the images below to navigate to each room's schedule and details.

Wellness Experiences



Ongoing LIVE and programmed Yoga classes, Meditation sessions, Spa Cuisine, Beauty how-to's, Nutrition overview, Fitness instruction and more.

Wellness Education & Panels



Ongoing LIVE and programmed segments with wellness travel, beauty, lifestyle and fitness experts, including fully immersive travel wellness experiences coming live from locations around the world.

Wellness Brand Showcase



A virtual Brand Showcase where sponsors host their own virtual booth space with live and on-demand content throughout the day.

The Wellness Experience

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Wellness Experience Room

Viewers will have access to exclusive live and on-demand wellness experiences brought to life by Organic Spa Media's esteemed team of wellness experts and celebrity partners.

Agenda

Tuesday, Oct 20th | Eastern Time Zone

- 9-9:50 **Yoga - Presented by Ashley Kohler from Kohler Waters Spa**
Join us for interactive yoga with top wellness influencers
- ~~10-10:50~~ **RESCHEDULED - 5PM - Meditation - Sponsored by Rosewood**
Calm down with our easy, interactive meditation
- 11-12 **Culinary Spa Chefs - Presented by Josh Tomson and Derrick Braun from The Lodge at Woodloch**
Cook along with our top culinary experts, and learn their secrets
- 12-12:50 **Fitness - Sponsored by Tourism Authority of Thailand**
Thai Boxing Presented by Mr. Taweasant Soontarak (Coach Bee) from The Siam Hotel and Tourism Authority of Thailand
- 1-1:50 **Clean Beauty - Presented by Marius Morariu from Tracie Martyn**
Let's talk about how 80 percent of what you put on your body, absorbs into your body!
- 2-2:50 **Aromatherapy - Presented by Cassandra from Functional Botanicals**
Applied Aromatherapy - Using Functional Botanicals in everyday life
- 3-4 **Spa Wellness Expert - Presented by Nikki Miller of Kohler Spa & Bev Maloney Fischback, Founder of Organic Spa Media**
An overview of Kohler Waters Spa & tips on how to convert your bathroom into a home spa
- 4-4:50 **Sustainable Fashion Show - Presented by Marci Zaroff from YESAND**
Learn how to save the planet with ethical fashion choices

Wednesday, Oct 21st | Eastern Time Zone

- 9-9:50 **Yoga - Sponsored by Rosewood**
Join us for interactive yoga with top wellness influencers
- 10-10:50 **Meditation - Presented by Karina Stewart Kamalaya Koh Samui and Tourism Authority of Thailand**
Meditation and pranayama breathing session
- 11-12 **FINISH 2020 STRONG - Presented by FORME Life**
Get ready for a Kundalini dance party, sound bath and more, led by master trainers Donovan, Johanna, and Will.
- 12-12:50 **Virtual Hike - Sponsored by Emerson Resort & Spa**
Enjoy the great outdoors with us, on our virtual hikes!
- 1-1:50 **Mental Wellness - Presented by Matthew Holman**
Take a journey to see how we invest our most valuable commodity, time.
- 2-2:50 **Health Coach - Presented by Jolene Hart**
Jolene Hart, certified health coach, with expert tips on stress resilience, and a cooking demo focused on food for stress relief.
- 3-4 **Spa Wellness Expert - Presented by Dr. Aneesh Vadakkevedu from Six Senses Yao Noi and Tourism Authority of Thailand**
30-minute yoga, 15 minute meditation followed by a 10-minute singing bowl to finish
- 4-4:50 **Sustainable Home Design - Presented by Clodagh from Clodagh Designs**
Renowned designer Clodagh talks about the importance of bringing nature indoors, biophilia and design, design and wellness.



View
life

Wellness Education Room

Participants can expect to be dazzled and enlightened by our smart, provocative and thoughtful panels featuring top wellness experts on topics of interest and relevance right now.

Agenda

Tuesday, Oct 20th | Eastern Time Zone

- 9-9:50 **Travel:** Getting There — The Reality of Travel Now
Moderator: Rona Berg
Panelists: Rebecca Tobin, Jamie Larounis, James Groark, Mina Vardar, Dr. Melanie Smith
- 10-10:50 **Travel:** Travel for Good
Moderator: Laura Davidson
Panelists: Becca Hensley, Keith Sproule, Lindy Rousseau, Laura Begley Bloom, Wendy Perrin
- 11-11:50 **Beauty:** Making Self-Care a Practice
Moderator: Nora Zelevansky
Panelists: Nikki Sharp, Kim Rossi, Nikki Miller, Alexis Artin
- 12-12:50 **Wellness Living:** Healthy Eating for People and Planet
Moderator: Betsy Andrews
Panelists: Sophie Egan, Adam Kaye, Dana Gunders, Christina Dorr Drake, Danielle Nierenberg
- 1-1:50 **Travel:** Looking into the Crystal Ball
Moderator: Rona Berg
Panelists: Anna Bjurstam, Susie Ellis, Beth McGroarty, Maggy Dunphy, Emlyn Brown, Jackie Caradonio
- 2-2:50 **Wellness Living:** Clean Design, Clean Air, Clean Planes
Moderator: Michela Abrams
Panelists: Barry Cik, Eileen Mockus, Susan Inglis, Suzie Hall
- 3-3:50 **Beauty:** State of the Industry
Moderator: Emily Barth Isler
Panelists: Jeannie Jarnot, Brandon Frank, Karim Orange, Josh Rosebrook, Lola Gusman
- 4-4:50 **Travel:** The Future of AI and Wellness
Moderator: Adam Glickman
Panelists: Trent Ward, Steve Rosenfield, Vicki Mayo, Jennifer Leigh Parker



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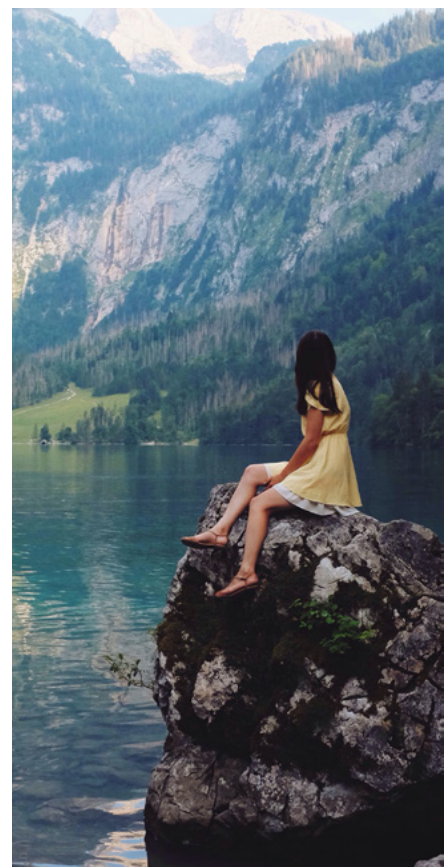
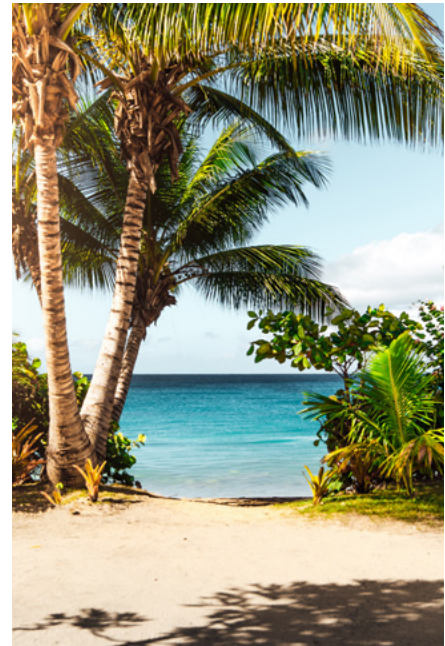
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Wednesday, Oct 21st | Eastern Time Zone

- 9-9:50 **Travel:** The New Escapism
Moderator: Laura Davidson
Panelists: Jack Ezon, Siobhan Reid, Adam Glickman, Avril Graham, Heather Greenwood-Davis
- 10-10:50 **Travel:** Beyond “Wellness-Washing”: Authentic Wellness
Moderator: Sallie Fraenkel
Panelists: Brooke Jennings, Belgin Aksoy, Bonnie Baker, Niamh O’Connell, Andrew Gibson
- 11-11:50 **Beauty:** News on CBD
Moderator: Mary Beth Janssen
Panelists: Chris Kilham, Kim Collier, Nikki Furrer, Rachel Hutson, Heather Kreider
- 12-12:50 **Travel:** Traveling for Mental Health
Moderator: Kristin Meekehof
Panelists: Karen Schaler, Shelley Paxton, Dr. James Zender, Jeremy McCarthy, Matthew Holman
- 1-1:50 **Wellness Living:** Future of Sustainability in the Shadow of Pandemic
Moderator: Thor Holm
Panelists: Steve Johnson-Stevenson, Clifford Bast, Natasha Prbyla, David Bergman, Dafne Berlanga
- 2-2:50 **Travel:** Cultural Wellness
Moderator: Martine Bury
Panelists: Sandra Ramani, Lai Ping Chik, Anne Biging, Kane Sarhan, Agustina Caminos
- 3-3:50 **Wellness Living:** Supplements for Immune-Boosting
Moderator: Abbie Kozolchyk
Panelists: Paul Shulick, Dr. Elizabeth Bradley, Lauren Grace, Dr. Jacob Teitelbaum, Dr. Alavi
- 4-4:50 **Travel:** The Evolution of Fitness on the Road
Moderator: Jen Murphy
Panelists: Chris Vlaun, Linzee Vito, Ingram Casey, Marty Munson, Joe Cannon



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Wellness Brand Showcase

Viewers can access sponsors' unlimited content and brand experiences by simply clicking on their logo in our WELLNESS BRAND SHOWCASE FLOOR.

