



Bauman Winter Wellness Week

Cultivating Community

Workshops & Networking

December 17-21, 2021



REGISTRATION:

Registration for all Winter Wellness Week activities will be through [Eventbrite](#):

- All activities offered virtually will have the same **ZOOM** ID and Passcode. Please refer to your Eventbrite registration confirmation email for this information.
- The Family Wellness Event on Tuesday, December 21 will be offered in-person at the Bauman Wellness Center, located @ **1007 University Ave., Berkeley, CA.** **City of Berkeley Covid protocols will be observed.* Portions of the event will also be broadcast live on Zoom as noted.

PAYMENT:

- All activities are free community offerings. If you wish to make a payment to help defray the costs, there is a suggested fee of \$20 per activity. However, in the holiday spirit of wellness for all, we invite you to pay what feels right to you. Payments support our facilitators and our non-profit organization.

WAIVER AND RELEASE:

- By registering for our event, you automatically agree to the terms and conditions of our [Waiver and Release of Liability](#) and our [Media Release](#). Please click here to download PDF versions of the [Waiver and Release of Liability](#) and [Media Release](#).

SURVEY:

- Upon completion of each activity you registered for, please take a few minutes to share with us your experience in this 2 minute and 5 questions [survey](#).

Please email us at info@baumanwellness.co for any questions or comments.

Thanks for participating in Bauman Winter Wellness Week - Your team at Bauman Wellness

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Bauman Winter Wellness Week – Cultivating Community

| Times | Fri-Dec-17 | Sat-Dec-18 | Sun-Dec-19 | Mon-Dec-20 | Tue-Dec-21 |
|---------------|--------------------------------|--|------------------------|------------------------------------|---|
| 9am-PT | Laughter Yoga | Mindful Meditation | Morning Tea | Laughter Yoga | Mindful Meditation |
| 11am-PT | Cultivating Community | Parent Roundtable | Healthy Holiday Meals | Leading with Intuition (Film Talk) | Family Activity Booths (in-person only) |
| 12:30 lunch | Networking | Networking | Networking | Networking | Lunch & Special Guest |
| 2pm-PT | New Kitchen Culture | Gluten Free Holiday Cake | Woman's Wellness | Workplace Burnout Prevention | Winter Solstice Stories & Celebration |
| 4pm-PT | Teaching Social Emotional Arts | Resilience to Discrimination (Film Talk) | Healthy Food and Music | Winter Spices | Reflections & Commitments |
| Healing Foods | | Wellness Arts | | | Diverse Community |

Tue-Dec-21st all hybrid events at 1007 University Ave., Berkeley, CA Covid protocols observed.

Full List of Winter Wellness Week Activities

Friday, December 17, 2021

9:00am - Laughter Yoga

Experience joy in the morning to enliven your day

- This workshop will consist of Laughter Yoga exercises, a laughter meditation and guided relaxation to ignite higher energy and awaken a more joyful mental attitude.
- Facilitator: [Neeta Merchant](#), Holistic Nutrition Consultant

11:00am - Cultivating Community

From Otherness to Wellness to Oneness

- Join Dr Bauman to learn the keys to cultivating a diverse, resilient and joyful community. As we connect and relate with intention, kindness, respect and support for one another, we cultivate a community of learning and practice.
- Facilitator: [Dr. Ed Bauman](#), Founder and Executive Director of [Bauman Wellness](#)

12:30pm - Networking

- Grab your lunch and join us for a meet and greet and networking with our Bauman Wellness Facilitators and other Winter Wellness Week participants.

2:00pm - New Kitchen Culture

Why Are We So Bad at Feeding Ourselves?

- Decades of healthy eating advice and admonitions have largely failed turn the tide of obesity and chronic disease. Could there be deeper-rooted causes that have gone unnoticed over the years? Join longtime Healthy Kitchen Companion Mary Collette Rogers to explore how damaging cultural shifts have produced a healthy eating crisis, and the path forward to achieve a more nourishing relationship to self, food, and meal making.
- Facilitator: [Mary Collette Rogers](#), Wellness Program Presenter

4:00pm - Teaching Social Emotional Arts

Using the arts to teach Social Emotional Learning (SEL) to young ones

- Creative arts processes offer an evidence-based solution for facilitating social, emotional, cognitive, and physical development and release. Join us for this special session to learn how to use the arts as a tool to guide young ones in their social and emotional learning.
- Facilitator: [Christina Wright](#), Arts, Media and Wellness Educator

Saturday, December 18, 2021

9:00am - Mindful Meditation

Heart-Centered Awareness of Self and Others

- Join us to participate in a heart-centered meditation to join with others worldwide to embody the energy to support a peaceful, equitable and sustainable world.
- Facilitators: [Dr. Ed Bauman](#), Founder and Executive Director of [Bauman Wellness](#) and [Neeta Merchant](#), Holistic Nutrition Consultant

11:00am - Parent Roundtable

Discussion & Suggestions for Maintaining Balance as a Parent

- Anyone with children knows that the joyful holiday season can add extra stress on the parent as we try to juggle many roles and needs for our family. Join us as we discuss, recommend, and share tips, and a recipe or two to staying grounded and balanced as a parent during the busy holiday season!
- Facilitators: [Emiko Luici](#), Holistic Nutrition Consultant & Energy Practitioner and [Jean Naughton](#), Nutrition Consultant & Health Coach

12:30pm - Networking

- Grab your lunch and join us for a meet and greet and networking with our Bauman Wellness Facilitators and other Winter Wellness Week participants.

2:00pm - Gluten Free Holiday Cake

Pumpkin Spice Roulade with Chocolate Bark Frosting

- Finally, we can have our cake and eat it too! Learn how to make a crowd-pleasing gluten free roulade (cake that can be rolled up), with a delectable frosting. This will satisfy your family sweet tooth and be the talk of your holiday potluck if you bring it to share with others. Made with love from premier SOUL (seasonal, organic, unprocessed, and local) ingredients.
- Facilitator: [Chef Lizette Marx](#), Natural Chef Instructor at Bauman College

4:00pm - Resilience to Discrimination (Film Talk)

Wellness Practices for constructive resilience to prejudice and injustice

- Experiencing prejudice and injustice can take a heavy emotional toll, eroding your sense of self-worth and triggering trauma, anxiety, depression and chronic stress. In this workshop, participants will view a screening of the short film The Way of Tea (2014) and learn wellness practices for constructive resilience to discrimination.
- Facilitator: [Christina Wright](#), Arts, Media and Wellness Educator

Sunday, December 19, 2021

9:00am - Morning Tea

Nutritional, sustainable and ethical healings teas and a nourishing morning tea meditation.

- Power your morning with a peaceful vitality, made possible by exploring two special selections by a Certified Nutritionist & Tea Sommelier, followed by a facilitation on how to enjoy your tea as a morning cup of mindfulness.
- Facilitator: [Michelle Pierce Hamilton](#), Tea Sommelier and Founder of [BeTeas.com](#)

11:00am - Healthy Holiday Meals

Seasonal Sensations

- Join us for a live food demo on healthy alternatives of classic holiday dishes. We will also have a group discussion on ways to support yourself through the holidays.
- Facilitators: [Lauren Bryan](#), Holistic Nutritionist and Alicia Faris, Founder, Nutrition Consultant and Culinary Educator at [Path to Panacea](#)

12:30pm - Networking

- Grab your lunch and join us for a meet and greet and networking with our Bauman Wellness Facilitators and other Winter Wellness Week participants.

2:00pm - Women's Wellness

Empowering women to learn and heal

- Our health delivery system treats women's health concerns as specific complaints treatable largely by prescription. Learn with and from a wise and knowing doctor how nutrition, lifestyle balance, insight and reciprocal love are the keys to restore hormone balance and vitality. As we honor the powerful, emotional, and deeply transformative life stages of a woman, we support the ever-changing nature of the female body/mind/being, lighting the way to greater health and well-being.
- Facilitator: [Dr. Tilden Sokoloff](#), Medical Director of HealthSearches

4:00pm – Healthy Food and Music

The benefits of seasonal foods and music for our health

- In this workshop, we will learn about the harmony of seasonal food and fruits with nature as well as the effect of rhythm and music on our health.
- Facilitator: [Farahnaz Mazandarani](#), Certified Life Coach

Monday, December 20, 2021

9:00am - Laughter Yoga

Experience joy in the morning to enliven your day

- This workshop will consist of Laughter Yoga exercises, a laughter meditation and guided relaxation to ignite higher energy and awaken a more joyful mental attitude.
- Facilitator: [Neeta Merchant](#), Holistic Nutrition Consultant

11:00am - Leading with Intuition (Film Talk)

Learning to tap into and trust your Intuitive Leader Within

- In this workshop participants will view film clips from the film The Hunt for Red October (1990) and learn how to lead with our intuition, creating a new, deeper relationship with the self, clarifying our inner voice, and allowing us to bring our true instinctual awareness back into our everyday lives.
- Facilitator: [Christina Wright](#), Arts, Media and Wellness Educator

12:30pm - Networking

- Grab your lunch and join us for a meet and greet and networking with our Bauman Wellness Facilitators and other Winter Wellness Week participants.

2:00pm - Workplace Burnout Prevention

Burnout is raging from the boardroom to the home office.

- Work burnout is real, and it has only gotten worse. Indeed.com found through their survey that more than half of respondents felt burned out and more than two-thirds believed that their burnout has worsened over the past year. The good news is that there is something that we can do to prevent burnout from impacting our work and lives. Join Ed Bauman and Sylvia Doss as they share actionable ways to know what burnout looks like and be able to prevent it in our personal work lives.
- Facilitator: [Dr. Ed Bauman](#), Founder and Executive Director of [Bauman Wellness](#) and Sylvia

4:00pm - Winter Spices

Sharing recipe & stories of the winter season via our kitchen spice rack

- Another fun round of talking about herbs & spices! This time, Neeta and Em will highlight some classic winter herbs & spices and share a recipe for a condiment that will surely liven up your holiday dishes. We'll also share some stories about winter traditions and foods from our cultures.
- Facilitators: [Emiko Luici](#), Holistic Nutrition Consultant & Energy Practitioner and [Neeta Merchant](#), Holistic Nutrition Consultant

Tuesday, December 21, 2021

FAMILY WELLNESS EVENT, 9:00 AM – 5:00 PM

Bauman Wellness Center @ 1007 University Ave., Berkeley, CA

****Portions of the event will also be broadcast live on Zoom as noted below***

9:00am - Mindful Meditation (hybrid)

Heart-Centered Awareness of Self and Others

- Join us to participate in a heart-centered meditation to join with others worldwide to embody the energy to support a peaceful, equitable and sustainable world.
- Facilitator: [Dr. Ed Bauman](#), Founder and Executive Director of [Bauman Wellness](#) and [Neeta Merchant](#), Holistic Nutrition Consultant

10:00am - Activity Booths (in-person only)

Fun for the whole family!

- Bring the family out to the historic Berkeley Center and enjoy rotating activity booths in the areas of healthy foods, wellness arts and diverse community.

12:30pm - Lunch w/ Special Guest (hybrid)

Talk and Q&A

- Join us for a talk and Q&A with a Special Guest. To Be Announced!
- Moderators: [Dr. Ed Bauman](#), Founder and Executive Director of [Bauman Wellness](#) and [Christina Wright](#), Arts, Media and Wellness Educator

2:00pm - Winter Solstice Stories and Celebration (hybrid)

Share and rejoice on the shortest day of the year

- The winter solstice is a time to honor our connection to the natural world and to celebrate the “sun's re-birth”. Winter is the season when we take the time to look within and acknowledge our shadow-self and recognize the wisdom that it shares with us to bring the light of awareness into the darkness. Join us to celebrate the “sun’s re-birth” with music, dance and storytelling.
- Hosts: [Dr. Ed Bauman](#), Founder and Executive Director of [Bauman Wellness](#) and [Irema Sivcevic](#), Nutrition Consultant Instructor

4:00pm - Reflections and Commitments (hybrid)

- Join Dr. Ed Bauman and friends for a conversation about Bauman Winter Wellness Week.
- Facilitators: [Dr. Ed Bauman](#), Founder and Executive Director of [Bauman Wellness](#) and [Christina Wright](#), Arts, Media and Wellness Educator