

- 13.00 - 13.50 John Wilks lecture
Our First Breath – the impact of prenatal and perinatal factors on our breathing
- 13.50 – 14.20 Q & As with John Wilks
- 14.25 – 14.40 *Breath Exploration 1* with Ana Barretxeguren
- 14.40 – 15.30 Ana Barretxeguren lecture
An expression of self
- 15.30 – 16.00 Q & As with Ana Barretxeguren
- 16.00 – 16.25 **BREAK**
- 16.25 – 17.15 Arielle Schwartz lecture
Fascia and the Vagus Nerve: Embodying your Instincts as a Foundation for Trauma Recovery
- 17.15 – 17.45 Q & As with Arielle Schwartz
- 17.50 – 18.05 *Breath Exploration 2* with Ana Barretxeguren
- 18.05 – 18.55 Eric Franklin lecture
The Embodied Fascial Breath
- 18.55 – 19.25 Q & As with Eric Franklin
- 19.25 – 19.55 **BREAK**
- 19.55 – 20.45 Robert Schleip lecture
Fascia as a dynamic mediator between breathing, Autonomic Nervous System, emotions, and immune system regulation
- 20.45 – 21.15 Robert Schleip Q & As
- 21.15 - Finish