WSS Holistic Health Workshop

Conference Schedule // 17-19 October 2025

Fri. Oct 17	Activities	Notes
6:30	Dinner (Harrison House)	
7:30 - 8:30	Session #1 (Johnson Room)	
	Pain as God's Conversation Starter - Steele Sessions	
8:30	Evening Snack	
10:00	Quiet in Harrison House	
Sat. Oct 18	**Activities**	**Notes**
6:15-7:00	Early Morning Pilates by the Fire, Introductory Experience - Marlisa Eyre (Fort Cochran)	
7:15	Morning Devotional - Steele Sessions (Johnson Room)	
8:00	Breakfast	
9:00 - 10:15	Session #2 (Johnson Room)	
	Finding Healing in Prayer - Marlisa Eyre & Meredith Chandler	
10:15-10:45	Quiet Response with the Lord	
11:00-12:15	Session #3 (Johnson Room)	
	The What, Why, and How's of Clean Living - Meredith Chandler	
12:30	Lunch	
1:30 - 2:30	Quiet Time with The Lord	
2:30-3:30	Breakout Session #1	
	The Art of Making Sourdough Bread - Lee Bryan (2hr 15min Class) (Dining Room)	
	Intro to The Practice of Natural Movement - Steele Sessions (Outside/Johnson Room)	
	Q/A with the Clean Living Mom - Meredith Chandler (Johnson Room)	
3:45-4:45	Breakout Session #2	
	The Art of Making Sourdough Bread - Lee Bryan (2hr 15min Class) (Dining Room)	
	Going Barefoot Safely - Steele Sessions (Outside/Johnson Room)	
	God's Design for 9 Organ Systems and the Implications for Your Grocery Cart - Alisa Idoni (Sitting Room)	
5:00-5:30	Small Group Discussion #1 (Johnson Room)	
6:00	Dinner & Dessert	
7:00 - 8:15	Testimony, Worship & Prayer	
10:00	Quiet in Harrison House	
Sun. Oct 19	**Activities**	**Notes**
6:15-7:00	MovNat Workout - Steele Sessions (Johnson Room)	
7:15	Morning Devotional - Steele Sessions (Johnson Room)	
8:00	Breakfast	
9:30 - 10:30	Worship Service - Designed for Freedom: Spirit, Soul, & Body (Johnson Room) - Steele Sessions	
11:00-12:00	Small/Large Group Discussion #2 - Theology of the Body (Johnson Room)	
12:30	Lunch	
1:30	Depart White Sulphur Springs	