



Shine!

Story. Soul. Style.

Program

February 6th-10th, 2024

Tuesday, February 6th, 2024

Day 1

- 3:30 - 5:30pm • Meet at the Chapel Palace, 49 Eagle Lane, Sedona
- 4:30 - 6:30pm • Happy Hour, Heavy Hors D' Oeuvres, Smooth Jazz w/ Patrick Ki
- 7pm • SHINE! in Story, Soul and Style w/ Bonnie Stevens
- 8:30pm • Mindful Enrichment Meditation w/ Roberta Hughes

Wednesday, February 7th, 2024

Day 2

- 6:30am • BREAKFAST BUFFET OPENS
- 7am • Opening Circle Yoga Nidra w/ Roberta
- 8:15 am • Crafting Your Compelling Story w/ Bonnie
- 9:45am • BREAK
- 10:00am • Shine in the Spotlight: Delivery & Performance w/ Mary Jo West
- 11:30am • BREAK
- 11:45am • LUNCH AT THE PALACE
- 12:30pm • Meet Sedona Schnebly w/ Great Granddaughter Lisa Schnebly Heidinger
- 2pm • Headlines & Hooks w/ Bonnie
- 3:15pm • BREAK
- 3:30pm • Passionately Speaking w/ Arvee Robinson
- 4:30pm • Writing & Speaking for Impact w/ Bonnie & Arvee
- 5:30pm • BREAK
- 6pm • DINNER AT THE PALACE
- 7pm • Reflections, Writing, Speaking Support w/ Bonnie

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Thursday, February 8th, 2024

Day 3

- 6:30am • **BREAKFAST BUFFET OPENS**
- 7am • Moderate Hike
- 8:30am • The Interview: Always Be Camera Ready w/ Bonnie
- 10:15am • **BREAK**
- 10:30am • Cultivating a Relationship with the Media w/ Linda Williams
- 12:00pm • **LUNCH AT THE PALACE**
- 1:30pm • You're On! w/ Bonnie, Theresa Bierer & Morgan Boatman
- 3pm • **BREAK**
- 3:15pm • You're On! w/ Bonnie, Theresa & Morgan
- 5:15pm • **BREAK**
- 5:45pm • Red Rock Scenic Drive
- 7pm • **CELEBRATORY DINNER DAHL & DI LUCA RISTORANTE** w/ Lisa Dahl

Friday, February 9th, 2024

Day 4

- 6:30am • **BREAKFAST BUFFET OPENS**
- 7am • Pilates w/ Roberta
- 8:30am • Being Irresistibly Newsworthy w/ Bonnie
- 10am • Engage with the World: Zonie Living w/ Bonnie & Robin Cotè
- 12:00pm • **LUNCH OUT and SHOPPING IN TLAQUEPAQUE**
- 3:30pm • Shining with a Constellation of Support w/ Colleen Biggs
- 4:30pm • Happy Hour w/ Guitarist Patrick Ki
- 8pm • Engage with the Universe: Stargazing w/ Coconino Astronomical Society

Saturday, February 10th, 2024

Day 5

- 6:30am • **BREAKFAST BUFFET OPENS**
- 7am • Hike, Hot Tub, Meditate
- 9am • Express Yourself w/ Bobbie Casalino Lewis
- 10am • Sound Bathing for Calm Intention w/ Emma Swedberg
- 11am • **ADJOURN**
- OPTIONAL AFTERNOON HIKE** w/ Bonnie

