



## Utah Renew and Recharge: Wellness and Learning Retreat

October 8-11, 2025

Red Mountain Resort

St. George, Utah

Date	Time	Event	Location
10/8/2025	1:00 – 2:00 PM	Nutrition and Lifestyle in Stress Management – Sasha Hope, MS, DCN	Arches Room
	2:00 – 3:00 PM	The Role of Phytonutrients in Wellness – Sasha Hope, MS, DCN	Arches Room
	3:00 – 5:00 PM	BreathWalking – A Moving Meditation for Vitality and Awareness – Kristine Tohtz, DC	Resort Grounds
	5:00 – 7:00 PM	Reception – All invited including guests	Glen Canyon Gazebo
10/9/2025	7:00 – 8:00 AM	Continental Breakfast	Arches Room
	8:00 – Noon	Fuel, Form and Fortitude: The Chiropractor's Guide to Biomechanics and Resilience on the Trail – Eric Smith, DC	Snow Canyon State Park
	Noon – 1:00 PM	Lunch Together	TBD
	After 1:00 PM	On your own – Take time to explore and enjoy the area	
10/10/2025	7:00 – 8:00 AM	Continental Breakfast	Arches Room
	8:00 – 10:00 AM	Cosmetic Cupping & Gua Sha: Self Care and Practice Tool – Kristine Tohtz, DC	Arches Room
	10:00 - Noon	Genetics – Cindy Howard, DC, DABCI, DACBN, FIAMA, FICC	Arches Room
	Noon – 1:00 PM	Lunch Together	TBD
	After 1:00 PM	Time on your own – time to explore and enjoy the area	

Red Mountain Resort offers multiple opportunities and resources to rest, relax and adventure. Explore the surrounding area to include Snow Canyon State Park or adventure over to Zion National Park. Another option is to stay at the resort and experience an array of fitness classes, meditation sessions and other wellness experiences. A full spa is also available on site.

**Relax, learn, and explore while earning CE Credits.**