



## 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 – 5:00 PM	Fuel, Form and Fortitude: The Chiropractor's Guide to Biomechanics and Resilience on the Trail– Eric Smith, DC	Snow Canyon State Park
	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 – 10:00 PM	Breath Walking – A Moving Meditation for Vitality and Awareness – Kristine Tohtz, DC	Resort Grounds
	10:00 – Noon	Cosmetic Cupping & Gua Sha: Self Care and Practice Tool – Kristine Tohtz, DC	Arches Room
	Noon – 1:00 PM	Lunch Together	
	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	Top 10 Reasons You Are Fatigued - Cindy Howard, DC, DABCI, DACBN, FIAMA, FICC	Arches Room
	10:00 - Noon	Coordination of Nutritional Recommendations Utilizing Blood Chemistry and Genetic Testing – Cindy Howard, DC, DABCI, DACBN, FIAMA, FICC	Arches Room
	Noon – 1:00 PM	Lunch Together	

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.**