



VegFest Oahu 2017 Schedule



TIME	SPEAKER SERIES TENT	MUSIC STAGE	LEARNING KITCHEN TENT	MOVEMENT TENT
12:00		Na Hula Ola Aloha: <i>Blessing & Hula</i>		
12:15				
12:30	Carmela Wolf <i>"Eating the Rainbow: How to Use Whole Foods to Optimize Your Health"</i>	Quadrathonix <i>World, Indian, Fusion.</i>	Kim Oshita <i>Get More Beans In Your Life! Three Bean Salad</i>	New Vitality Qigong <i>with Jesse Cohen</i>
12:45				Flexibility Training <i>with Kezia Holm</i>
1:00				
1:15				
1:30	Dr. Irminne Van Dyken <i>"10 Ways A Vegan Diet Will Help You Avoid My Scalpel"</i>	Paul Izak <i>Folk, Blues, Rock, Reggae</i>	Edgar Edge <i>Butternut Slaw and BBQ Pulled Jackfruit</i>	Hula for All Levels <i>with Malia Helela</i>
1:45				Classic Nia <i>with Renee & Doris</i>
2:00				
2:15				
2:30	Leilani Münter <i>"The Benefits of Plant Based Living for People, Planet and Animals"</i>		Mama T Gonsalves <i>Beluga Lentils Over Seasoned Quinoa</i>	Turkish Bellydance <i>with Murat Demirtas</i>
2:45		Jamarek <i>World, African, Latin, Dance</i>		Barre-less Conditioning <i>with Kendra Bourne</i>
3:00				
3:15				
3:30	Keegan Kuhn <i>"The Diet Conspiracy: Burying Science for Profit"</i>		William diGiorgio <i>Chia Seed Breakfast Pudding and Chia Seed Pancakes</i>	Hooray for Bollywood <i>with Willow Chang</i>
3:45				Yoga for the Stiffs <i>with May del Rosario</i>
4:00		Mike Love <i>Conscious Roots Reggae</i>		
4:15				
4:30	Scott Stensrud <i>"Live Longer, Better, Healthier and Happier with Blue Zones Project"</i>			Dance Fitness <i>with May del Rosario</i>
4:45				
5:00				
5:15		Closing		

Ongoing: Visit the VegFest Oahu Harmony Haven Tent for a Gong Sound Bath.

Take a 20-minute sound journey to open your mind and heart to new perspectives. New session every half hour starting at 12:30. Last session at 4:00. With SuperNova Sarah and David Heiss.

