
















VegFest Oahu 2018

BE GREEN: put this on your phone



TIME	SPEAKER SERIES TENT	MUSIC STAGE	LEARNING KITCHEN TENT	MOVEMENT TENT	
12:00		Opening Blessing: Kaili Kaimimoku			
12:15		Hook + Line <i>Acoustic Rhythm & Blues</i> 	Kim Oshita <i>Tofu Scramble</i> 	Sacred Healing Dance <i>with Alina Spatariu</i>	
12:30	Carmela Wolf <i>"Eating the Rainbow: Vibrant Foods for a Vibrant Life"</i> 				
12:45				Healthy Bites <i>with Sheila Wrede</i>	
1:00					
1:15		Paul Izak <i>Folk, Blues, Rock, Reggae</i> 	Madeline Kammerer <i>Spicy Tofu Poke and Spinach Luau</i> 	Yoga for Inner Balance <i>with Lindsey Sutton</i>	
1:30	Dr. Michael Klaper <i>"A Doctor's Prescription for Reversing Disease and Reducing Climate Change"</i> 				
1:45					
2:00				Dancing Massage <i>with Chloe Amos</i>	
2:15					
2:30	Dr. Irminne Van Dyken <i>"10 Ways A Vegan Diet Will Help You Avoid My Scalpel"</i> 	Quadrathonix <i>World, Indian, Fusion.</i> 	Mama T Gonsalves <i>Vegan Falafel</i> 	Vinyasa Yoga <i>with Cassidy McHugh</i>	
2:45					
3:00					
3:15					
3:30			Kelly Stern <i>Ulu (Breadfruit) Gratin</i> 	Classic Nia <i>with Doris Morisaki</i>	
3:45					
4:00	Vegan Evan and Genesis Butler <i>"Plea from Today's Youth: Why You Should Care"</i> 	Tavana <i>Island-inspired Rock and Blues</i> 		Classic Nia <i>with Shar Bliss</i>	
4:15					
4:30				William diGiorgio <i>Zucchini Oatmeal Patties</i> 	Blissful Yoga <i>with Paula Celzo</i>
4:45					
5:00					
5:15					

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.*

