

# The Wellness Experience

Organic Spa Media

## Spring Into Wellness AGENDA



April 13th & 14th, 2021

Wellness Living & Travel

**organic spa**  
MAGAZINE

# The Wellness Experience

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## Wellness Experience Room

Viewers will have access to exclusive live and on-demand wellness experiences brought to life by Organic Spa Media's esteemed team of wellness experts and celebrity partners.

### Spring 2021 Agenda

Tuesday, April 13th | Eastern Time Zone

- 9-9:50 **Yoga**  
presented by Ananda In The Himalayas
- 9:50-10 The Retreat at Blue Lagoon, Grindavik, Iceland
- 10-10:50 **Meditation**  
presented by Sujay Seshadri and Jyoti Gautam of Kamalaya Koh Samui
- 10:50-11 Rocco Forte Hotels, Rome, Italy
- 11-11:50 **Culinary / Spa Chef**  
presented by Cal-A-Vie Health Spa
- 11:50-12 Italian Hospitality Collection, Milan, Italy
- 12-12:50 **Fitness**  
presented by Forme Life
- 12:50-1 Stanglwirt, Wilden Kaiser, Austria
- 1-1:50 **Immersive Yoga**  
Tom Morley of Global Tribe Retreats
- 1:50-2 St. Lucia
- 2-2:50 **Healthy Eating**  
presented by Nikki Sharp, Influencer
- 2:50-3 Jihi
- 3-3:50 **Mindful Healing: The Ayurveda Way**  
presented by Aly Alidina of Ayurooms
- 3:50-4 Andronis Exclusive, Santorini, Greece
- 4-4:50 **Ethical Fashion**  
presented by Marci Zaroff of YES AND
- 4:50-5 Capri Palace, Campania, Italy
- 5 **Spirit-Free Hour**  
presented by Lyre's Non-Alcoholic Spirits

### Spring 2021 Agenda

Wednesday, April 14th | Eastern Time Zone

- 9-9:50 **Yoga**  
presented by The Art of Living
- 9:50-10 Huvafen Fushi, Maldives
- 10-10:50 **Sound Bowl Healing**  
presented by Montage International
- 10:50-11 JW Marriott Venice Resort, Venice, Italy
- 11-11:50 **Mindful Movement**  
presented by Lauren Roxburgh of Aligned Life Studio
- 11:50-12 Los Cabos, Mexico
- 12-12:50 **Virtual Hike**  
presented by Delaware Highlands Conservancy
- 12:50-1 Conservatorium Hotel Amsterdam, Netherlands
- 1-1:50 **The Gemstone Experience**  
presented by Cindy Keske of Rock On Minerals & Design
- 1:50-2 Anguilla Spa and Wellness, West End, Anguilla
- 2-2:50 **Age & Well-Being**  
presented by Patti Temple Rocks, Author
- 2:50-3 Euphoria Retreat, Mystras, Greece
- 3-3:50 **Spa Wellness Expert**  
presented by Isabelle Hamel of Nelly De Vuyst Skin Care
- 3:50-4 Jihi
- 4-4:50 **Wellness Home Design**  
presented by Michela Abrams of MOCA+
- 4:50-5 Grand Hotel Tremezzo, Lake Como, Italy
- 5 **Biodynamic Wine Tasting Hour**  
presented by Frey Vineyards



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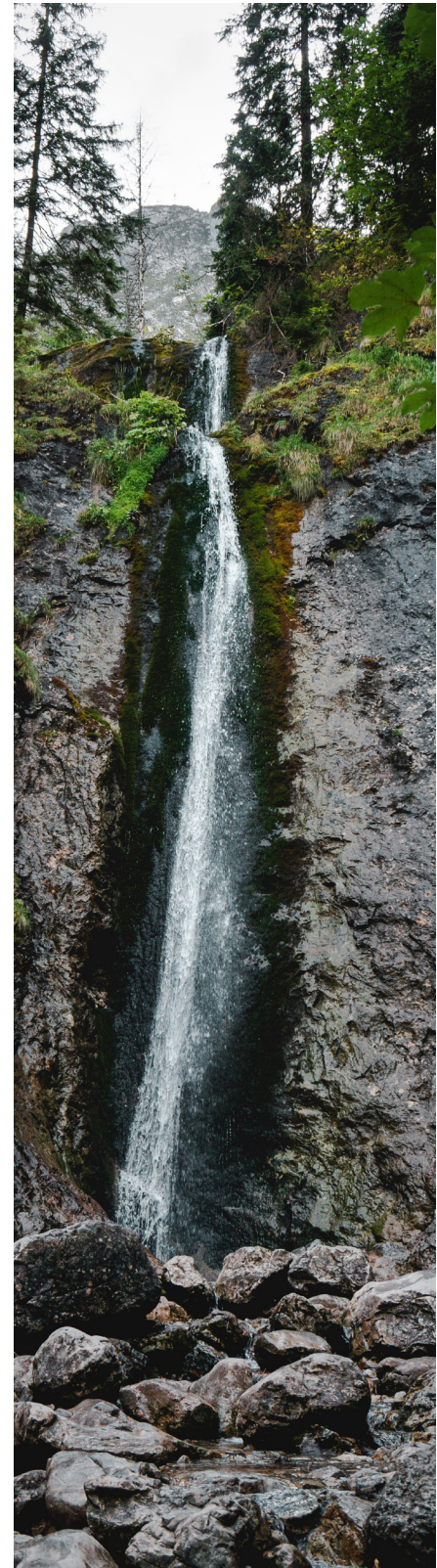
## Wellness Education Room

Our guests and participants will find themselves ahead of the wellness curve after tapping into our smart programming and panels, featuring leading wellness experts and thought leaders.

### Spring 2021 Agenda

Tuesday, April 13th, 9AM-1PM | Eastern Time Zone

- 9-9:50 **Travel: Great Wellness Escapes**  
**Moderator:** Rona Berg, Editorial Director for OSM  
**Panelists:** Ana Maria Varela (Explora), Laura Itzkowitz (Travel & Leisure), Jim Root (Mii amo), David Germain (Seychelles Island Tourism)
- 9:50-10 The Retreat at Blue Lagoon, Grindavik, Iceland
- 10-10:50 **Travel: Transformative Travel**  
**Moderator:** Kristin Meekhof, Author  
**Panelists:** Jake Hauptert (Transformational Travel Council), Martine Bury (Journalist), Mark Henneby (Ensana), Jean-Guy de Gabriac (TIP TOUCH International), Jason Paluch (Mandarin Oriental)
- 10:50-11 Rocco Forte Hotels, Rome, Italy
- 11-11:50 **Beauty Talk** a conversation hosted by Bev Maloney-Fischback and Rona Berg, OSM with Michelle Ranavart (Ranavat Botanics), Shel Pink (SpaRitual), Karim Orange (Emmy Nominated 'Clean' Makeup Artist), Chase Polan (Kypris)
- 11:50-12 Italian Hospitality Collection, Milan, Italy
- 12-12:50 **Wellness Living: Real Estate**  
**Moderator:** Adam Glickman, Parallax Wellness & Hospitality & Hospitality  
**Panelists:** David Krebs (ADoK Architecture & Architect), Cary Collier (Blu Spas), Steve Nygren (Serenbe), Lynn Curry (Curry Spa Consulting)
- 12:50-1 Stanglwirt, Wilden Kaiser, Austria



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### Spring 2021 Agenda

Tuesday, April 13th, 1PM-5PM | Eastern Time Zone

- 1-1:50 **Fitness Panel: Trends**  
**Moderator:** Jen Murphy, Wall Street Journal  
**Panelists:** Lisa Niren (Studio), Taylor Almonte (ACTIV-ISM), Dr. Andrew Jagim (Mayo Clinic), Lauren Korzan (Aquila), Dr. Kevin Sprouse (EF Education First Pro Cycling)
- 1:50-2 St. Lucia
- 2-2:50 **Mental Wellness Talk** a conversation with John Ayo, Chief Balancing Officer of TravelBalance and Bev Maloney-Fischback, CEO & Founder, Organic Spa Media
- 2:50-3 Jihi
- 3-3:50 **Wellness Living: CBD**  
**Moderator:** Jed Wexler, Luxury Meets Cannabis  
**Panelists:** Chris Kilham (Medicine Hunter), Jennifer Beck (Jihi), Max Simon (Greenflower Media), Shayna Taylor (Shayna's Kitchen, Bottle & Stone), Jessica Mulligan (Winged Women)
- 3:50-4 Andronis Exclusive, Santorini, Greece
- 4-4:50 **Beauty: From Soil to Skincare**  
**Moderator:** Celia Shatzman, OSM & Forbes  
**Panelists:** Emily Barth Isler (Writer & Natural Beauty Editor), Manon Pilon (Nelly De Vusyt), Jeannie Jarnot (Beauty Heroes), Sarah Villafranc (Osmia), Aleks Vranicic (Yum Gourmet Skincare)
- 4:50-5 Capri Palace, Campania, Italy
- 5 **Spirit-Free Hour** presented by Lyre's Non-Alcoholic Spirits



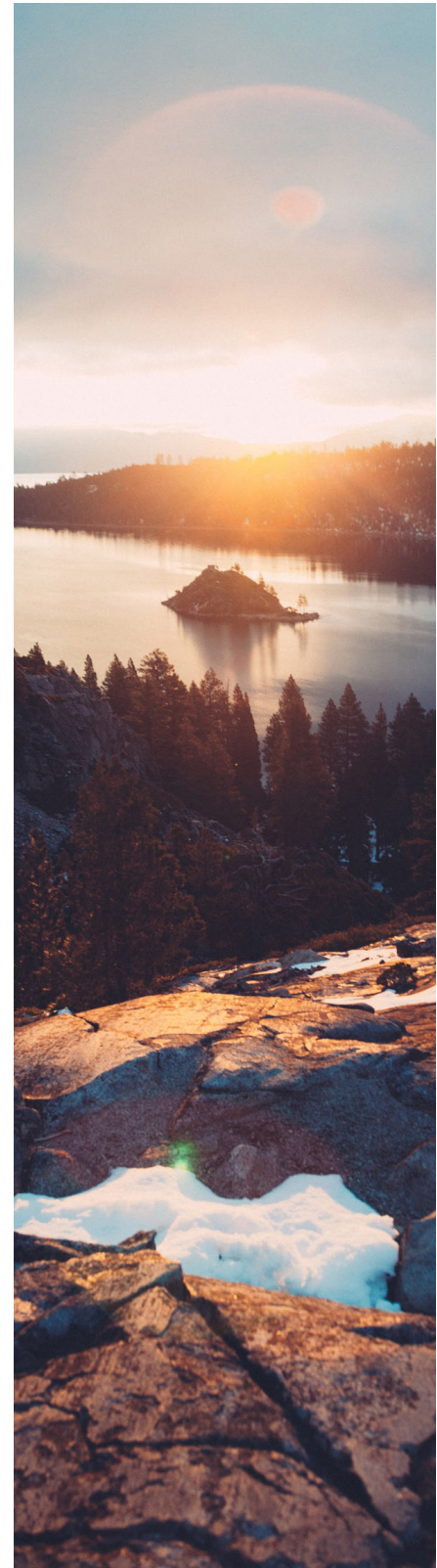
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### Spring 2021 Agenda

Wednesday, April 14th, 9AM-1PM | Eastern Time Zone

- 9-9:50 **Travel: Getting to the Heart of Wellness**  
**Moderator:** Sallie Fraenkel, Mind Body Spirit Network  
**Panelists:** Dr. Melanie Smith (Health Tourism Worldwide), Simon Marxer (Miraval Resorts), Rosalba Velasquez Becerra (Chable Maroma), Patrick Huey (Montage International), Karina Stewart (Kamalaya Koh Samui)
- 9:50-10 Huvafen Fushi, Maldives
- 10-10:50 **Travel: Low Impact, High Experience Travel**  
**Moderator:** Laura Powell, Wellness and Travel Journalist  
**Panelists:** Laszlo Puczko (Health Tourism Worldwide), Dolores Gangotena De Diez (Expedition in Galapagos Islands), Kim Marshall (S'well), Anna Bjurstam (Six Senses), Sandra Ramani (OSM & Robb Report)
- 10:50-11 JW Marriott Venice Resort, Venice, Italy
- 11-11:50 **Sleep Talk**  
Presented by Dr. Michael Breus, aka "The Sleep Doctor"
- 11:50-12 Los Cabos, Mexico
- 12-12:50 **Beauty: Probiotics, Fermentation, Adaptogens & the Microbiome**  
**Moderator:** Amie Valpone, Best-selling Author  
**Panelists:** Steven Rosenfeld (The F.C. Sturtevant Company/Columbia Skincare), Paul Schulick (For The Biome), Dr. Jeffrey Morrison (The Morrison Center), Dr. Gerry Curatola (Rejuvenation Dentistry, Rejuvenation Health & Revitin Oral Care), Katrina Frey (Frey Vineyards)
- 12:50-1 Conservatorium Hotel Amsterdam, Netherlands



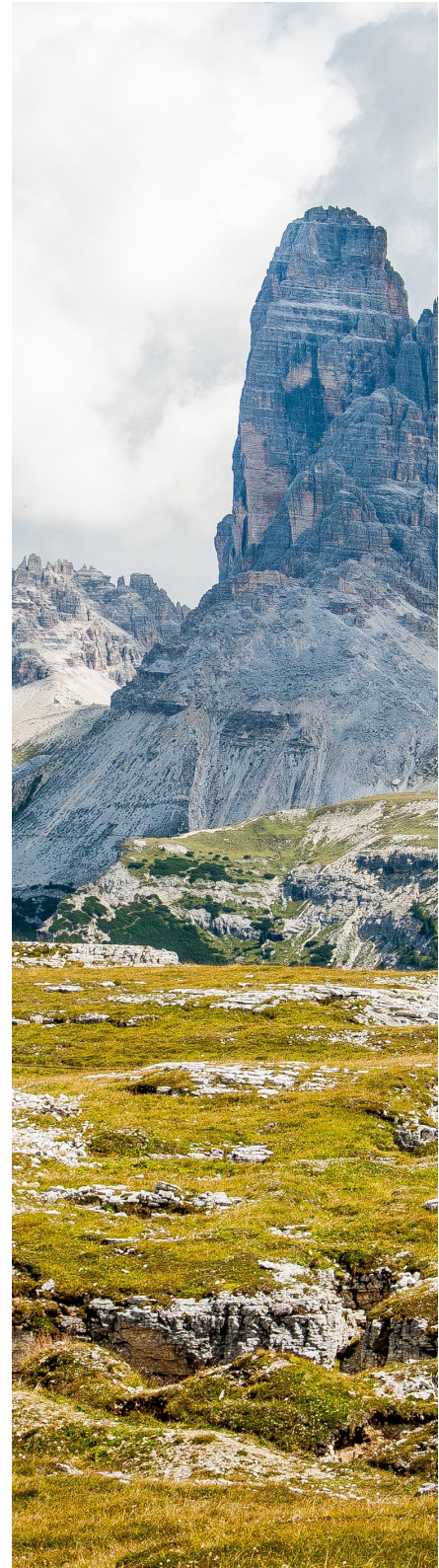
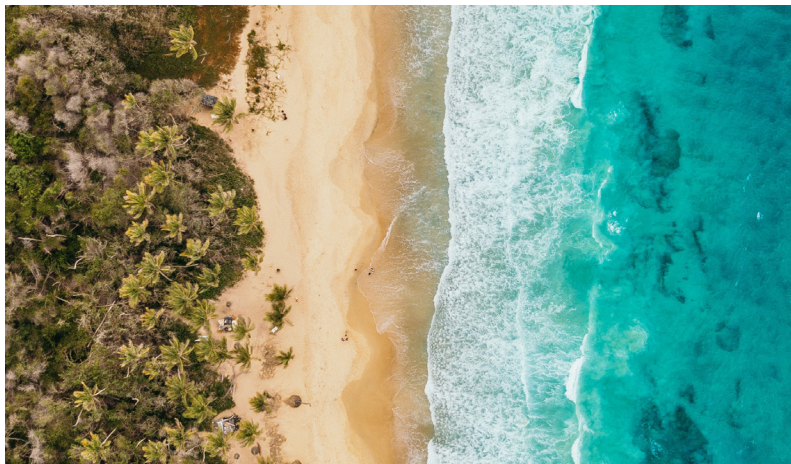
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Wednesday, April 14th, 1PM-5PM | Eastern Time Zone

- 1-1:50 **Wellness Living: Wellness Trackers**  
**Moderator:** Mary Anderson, SHAPE Magazine  
**Panelists:** Mim Senft (Global Women 4 Wellbeing), Jon Carder (Vessel), Dr. Casey Means (Levels Health), Ralph Esposito (Naturopathic Physician, Acupuncturist, Author), Carlyn Rosenblum (MTHR Nutrition)
- 1:50-2 Anguilla Spa and Wellness, West End, Anguilla
- 2-2:50 **Travel: Wellness Travel for Friends & Family**  
**Moderator:** Laura Begley Bloom, Forbes Senior Contributor  
**Panelists:** Rainer Jense (Family Travel Association), Johnny Jet (JohnnyJet.com), Sara Clemence (The Expedition), Jon Martin (The Ranch at Rock Creek), Anne Biging (Healing Hotels of the World)
- 2:50-3 Euphoria Retreat, Mystras, Greece
- 3-3:50 **Happiness Talk**  
Presented by Robert Thurman, Co-Founder of Tibet House US & Menla Retreat and Dewa Spa
- 3:50-4 Jihi
- 4-4:50 **Wellness Living: Brain Boosters**  
**Moderator:** Abbie Kozolchyk, National Geographic  
**Panelists:** Elena Brower (Yoga and Meditation Teacher, Bestselling Author and Artist), Douglas Drummond (Esalen Healing Arts and Somatics), Dr. Kristen Willeumeier (Neuroscientist & Author), Barry Cik (Naturepedic), Susan Hirsch (Gaia Herbs)
- 4:50-5 Grand Hotel Tremezzo, Lake Como, Italy
- 5 **Biodynamic Wine Tasting Hour** presented by Frey Vineyards



# The Wellness Experience

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## Wellness Brand Showcase

Viewers can access sponsors' unlimited content and brand experiences by simply clicking on their logo in our WELLNESS BRAND SHOWCASE FLOOR.

