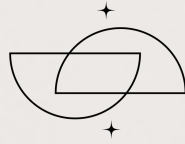


EN FORMA WELLNESS PROGRAM

2026 SAN MIGUEL WRITERS CONFERENCE

FEBRUARY 11 - 15, 2026





DAY ONE

FEBRUARY 11

7:30 AM - 8:15 AM

Community Class - Morning Yoga with Lisa Sharky

8:30 AM - 12:00 PM

30 Minute Massages - Lakshmi Massage

30 Minute Vaélorun Oracle or Ocarina Session - Briam & Mena

12:30 PM - 1:30 PM

Community Class - Sound Healing with Mena & Briam (TBC)

2:30 PM - 5 PM

30 Minute Breathwork/Meditation - Brittany

30 minute Spinal Release Therapy Session - Victor Hugo

Quantum Healing Machines, Oracle Readings - Mena & Briam



DAY TWO

FEBRUARY 12

7:30 AM - 8:15 AM

Community Class - Morning Yoga with Lisa Sharky

8:30 AM - 12:00 PM

30 Minute Tarot Readings - Sixto

30 Minute Vaélorun Oracle or Ocarina Session - Briam & Mena

12:30 PM - 1:30 PM

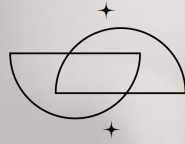
Community Class - Tarot Reading Workshop - Sixto

2:30 PM - 5 PM

30 Minute Massages - Lakshmi Massage

30 Minute Tarot Readings - Sixto

Quantum Healing Machines, Oracle Readings - Mena & Briam



DAY THREE

FEBRUARY 13

7:30 AM - 8:15 AM

Community Class - Morning Yoga with Lisa Sharky

8:30 AM - 12:00 PM

25 Minute Aromatic Alchemy - Vrylak Faemanna

30 Minute Vaélorun Oracle or Ocarina Session - Briam & Mena

12:30 PM - 1:30 PM

Community Class - Intuitive Chanting & Voice Activation - V Faemanna

2:30 PM - 5 PM

30 Minute Massages - Lakshmi Massage

Quantum Healing Machines, Oracle Readings - Mena & Briam



DAY FOUR

FEBRUARY 14

7:30 AM - 8:15 AM

Community Class - Morning Yoga with Lisa Sharky

8:30 AM - 12:00 PM

30 Minute Massages - Lakshmi Massage

30 Minute Vaélorun Oracle or Ocarina Session - Briam & Mena

12:30 PM - 1:30 PM

Community Class - TBC

2:30 PM - 5 PM

45 minute Rose healing vibrational calibration 1:1 session - Vrylak Faemanna

Quantum Healing Machines, Oracle Readings - Mena & Briam



DAY FIVE

FEBRUARY 15

7:30 AM - 8:15 AM

Community Class - Morning Yoga with Lisa Sharky

8:30 AM - 12:00 PM

30 Minute Massages - Lakshmi Massage

30 Minute Tarot & Oracle Reading - Vrylak Faemanna

12:30 PM - 1:30 PM

Community Class - TBC

2:30 PM - 5 PM

30 Minute Massages - Lakshmi Massage

30 Minute Spinal Release Therapy Session - Victor Hugo

30 Minute Tarot & Oracle Reading - Vrylak Faemanna