



Indigenous Home Visiting Meeting 2023

Wellness Agenda

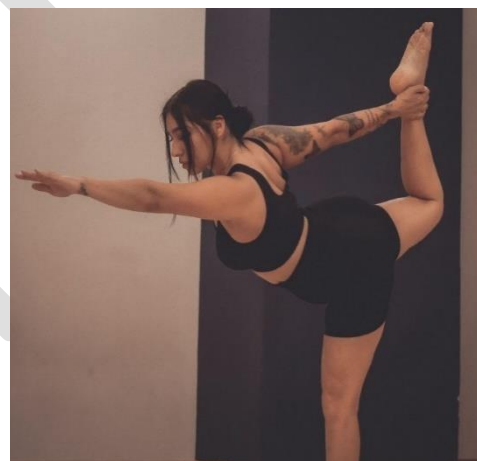
(Participation is optional)

We are excited to offer a wellness component during the IHVM. We hope these optional activities, in addition to other features that will be available throughout the meeting, will provide attendees with opportunities for energizing and nurturing the mind, body, and soul.



We are elated that Victoria Marie, owner of Indigenous Lotus, a Saint Paul, Mni Sóta (MN) based, Wellness and Yoga Studio with the mission of “supporting indigenous wellness + healing work through movement + knowledge sharing” will be leading our wellness efforts and opportunities throughout the IHVM.

Victoria is an enrolled member of the Sisseton-Wahpeton Oyate, Santee affiliated, and was born and raised on her ancestral homelands in Mni Sota (Minneapolis, MN). She launched Indigenous Lotus in 2017 with the intention to support indigenous relatives in wellness through movement practices. As a mother and dedicated student and practitioner, Victoria is an ERYT-500 and YT-300 certified Yoga Instructor, Yoga of 12-Step Recovery Leader, Primal Flow certified Instructor and holds a degree in business. Prior to Indigenous Lotus, Victoria's background includes over a decade of direct youth work within the community for Native American/ Indigenous non-profit organizations in Minneapolis and Saint Paul. Her work has led her to teach and speak around the nation while balancing entrepreneurship and motherhood.



Tuesday, June 6th

Rise & Shine: Start your day with Self-Care	We are offering two wellness sessions to help you connect, center, and ground yourself before we begin the official agenda. These sessions are optional. Feel free to attend one or both sessions.	
	Session 1 (7:30 – 7:55 AM)	Session 2 (8:00 – 8:25 AM)
	Session 1 (Movement): Get up and get going! This is a great session for people who like to move and energize before starting the day.	Session 2 (Be still): Victoria will lead a guided meditation that will provide a gentle way to prepare for the day.
Break Time: Make Time for Yourself	During this session, offered during both the morning and afternoon breaks, Victoria will lead seated participants in gentle movements focused on engaging the core to create energy to help with digestion and well-being.	
	During AM Break 10:40 – 10:55 AM	During PM Break 3:10 – 3:25 PM

Wednesday, June 7th

Rise & Shine: Start your day with Self-Care	We are offering two wellness sessions to help you connect, center, and ground yourself before we begin the official agenda. These sessions are optional. Feel free to attend one or both sessions.	
	Session 1 (7:30 – 7:55 AM)	Session 2 (8:00 – 8:25 AM)
	Session 1 (Movement): Get up and get going! This is a great session for people who like to move and energize before starting the day.	Session 2 (Chair Yoga): Victoria will lead participants through gentle movements focused on stretching, breathing, and gently waking up the body.
Break Time: Make Time for Yourself	During this session, offered during the morning break, Victoria will lead seated participants in gentle movements focused on engaging the core to create energy to help with digestion and well-being.	
	During AM Break 10:40 – 10:55 AM	

Thursday, June 8th

Morning Movement: Let's Greet the Sun - Early Morning Walk	Join us for a short meditation and energizing outdoor walk (weather permitting) to explore new sights and get some fresh air. Don't forget to wear comfortable shoes. See you at 7:15 AM in the Hotel Lobby!	
	Morning Walk 7:15 – 8:00 AM	

Available throughout the duration of IHVM

Recharge Room	The Recharge Room is a comfortable restorative space for attendees to relax, refocus and recharge. This quiet room offers links to calming visuals and sounds, <u>so please bring your earbuds and smartphone</u> , and enjoy the experience. Just 15 minutes can help decrease stress and increase positive mood and cognitive alertness.	
	Located in the Liberty Room 14 th Floor North Tower	