

Thank You!

REWIRING YOUR WELLNESS

www.RewiringYourWellness.com

Your Hosts

HOLLY ATKINS -Retreat Host
"A 10 Minute Vacation"

Holly's Blog Post "[A 10-Minute Vacation!](#)"

Holly's IGTV Live "[Fun with HappyChillFunTime](#)"

IG: [@HappyChillFunTime](#)

HappyChillFunTime.com

ASHLEY LAUREN -Retreat Director
"What's Up with What's App"

IG: [@rosecoloredwarrior](#)

RewiringYourWellness.com

info@rewiringyourwellness.com

HOW I'M HEALING Practice Card Deck:

www.rewiringyourwellness.com/shop

WINSTON GARLAND

"Micro Dose'n with Humor"

Winston's Blog Post "[Micro Dose'n Toolbox](#)"

Winston's IGTV Live "[Micro Dose'n Toolbox](#)"

IG: [@winstongarland9](#)

Winstongarland9@gmail.com

Link to WhatsApp Group:

["Win's Micro-DOSE'n Tools"](#)

Winston's Daily YouTube Channel

["A Daily Dose of Joy"](#)



Our Speakers

www.RewiringYourWellness.com/speakers

ROBERT RIVEST

"Laughter Yoga Master Trainer"

IG: [@robertrivest](#)

FB: [@robert.rivest7](#)

www.robertrivest.com

rivestnow@gmail.com

Robert's "Saturday Series" Zoom Classes:

<https://www.robertrivest.com/laughteryoga/zoom-classes-for-laughter-pros-with-robert-rivest/>

Several Online Offerings:

<https://www.robertrivest.com/online/>

Robert's Laughter & Stress Relief Videos:

<https://www.robertrivest.com/video/>

Laughter Yoga Leader Training:

<https://www.robertrivest.com/laughteryoga/lytrainingsandoffe/>

KELSEY MELISSA

"Guided Mindfulness Meditation"

Kelsey's Blog Post "[Meditate To Feel Great!](#)"

Kelsey's IGTV Live "[Meditate To Feel Great!](#)"

IG: [@meditatewells](#)

MeditatewithKelcey@gmail.com

Classes Wednesday on IG LIVE 6:30pm ET

& Friday's at 6:30pm ET @

TheMindfulnessCenter.ORG

KATIE NICKERSON

“Creating A Life You Love”

Katie’s Blog Post [“Using The Art of Savor”](#)

Katie’s IGTV Live [“Taking in the Good”](#)

IG: [@katienickersonhealth](#)

Katienickersoncoaching@gmail.com

Free consult sign up:

<https://calendly.com/katienickersoncoaching/45min>

CATHLEEN KING

“Developing Primal Trust”

Coaching/Attunements, Courses, Blog

[My YouTube Channel](#)

IG: [@drcathleenking](#)

FB: [@drcathleenking](#)

www.cathleenking.com

LINSDAY MITCHELL

“Rewiring For Resilience”

Lindsay’s Blog Post [“Change Your Life”](#)

Lindsay’s IGTV Live [“Brain Retraining is Fun!”](#)

IG: [@myvitalside](#)

www.vital-side.com

Lindsay’s Vital Side Programs

<https://vital-side.com/collections/programs/products/vital-side-program>

Sunday Sessions

LAURA MCCOOK

“At Ease In the Kitchen”

www.lauramccook.com

laughterstressrelief@gmail.com

ASTRA REBECCA

“Emerge And Thrive”

Astra’s Blog Post [“Laughter, Fun & Whimsy”](#)

Astra’s IGTV Live [“Laughter, Fun & Whimsy”](#)

IG: [@yayneuroplasticity](#)

yayneuroplasticity.com

astra@yayneuroplasticity.com

For The Neuroplasti-Party:

<https://chat.whatsapp.com/LspNpQronJk2cNSofj6wdE>

ANGELA ROBERTS

“EFT Tapping for Retrainers”

IG: [itzange23](#)

itsange@yahoo.com

Link to WhatsApp Group:

[“EFT Tapping For Retrainers”](#)

CANDY WIDDIFIELD

“Getting the Most of Out Rewiring”

Candy’s Blog Posts [“Dear Candy Q&A”](#)

www.candywiddifield.com

To book sessions:

candy.thriving@gmail.com

For Dear Candy Q & A Blog:

dearcandyquestions@gmail.com

BIANCA SPEARS

“Celebrating Live Through Laughter”

Bianca’s Blog Post [“Creating Your Reality”](#)

Bianca’s IGTV Live [“Laughter to Create”](#)

Bianca’s Blog Posts [“Laughter To Create Reality”](#)

IG: [@bianca.spears](#)

FB: [@bianca.spears](#)

www.biancaspears.com

youtube.com/biancaspears

LIVE Online Laughter Wellness Sessions
(Monthly) -

<https://www.eventbrite.com.au/e/102152432676>

Thank you all for attending this life-changing retreat. Life-changing for you and for all of the speakers and hosts who have been supported by your being here this weekend. We will be bringing you more after a little break. Looking forward to another retreat and a podcast next year!

Right now you can do a couple things to stay connected and continue learning and growing with us

[Rewiring Your Wellness FB Community](#)

This is a wonderful place to meet new buddies, to find positive and uplifting questions and motivations and to stay up to date with what we are bringing to the table at RYW. Katie Nickerson is our amazing moderator and motivator and will keep you informed and entertained!

[Rewired Blog](#)

This is already an amazing resource but will only become more so as the weeks and months go by. Each week we have about 3 published posts from different authors on a variety of topics related brain retraining and bring joy into our lives. You can follow one writer or read them all! You can read more about our writers [here](#)

[Rewired Newsletter](#)

This is a must to stay in the loop about our blogs, our speakers, special live events, helpful podcasts and so much more. This is a bi-monthly shoutout and will not weigh down your inbox. Please make sure to befriend us on your email client so we don't go into spam! (info@rewiringyourwellness.com)

Feel free to follow me on Instagram [@rosecoloredwarrior](#) to stay inspired!.

HOW I'M HEALING

BRAIN RETRAINING PRACTICE CARDS
LIMITED QUANTITY LEFT

Learn More @ www.RewiringYourWellness.com

Watch Live on IG : [@How Im Healing](#)

