

CLAIM YOUR TERRAIN

2023 Conference April 19 - 22, 2023

Sign-up at: bit.ly/CYT2023

Sayulita, Mexico

Events

Arrive in Sayulita

Wednesday

19

Fly into Puerto Vallarta Airport (PVR) and take the optional shuttle to Sayulita

Sunset Cruise with drinks and light hors d'oeuvres (optional)

Day One of the Conference

Thursday

20

Complimentary breakfast at Rancho Poco a Poco at 9 AM

Keynote speaker - Dr. Nasha Winters at 10 AM

Ted-Talks 11 AM - 12 PM

Complementary organic lunch at 12 PM

Ted-Talks 1:30 PM - 2:30 PM

Self-care activities from 2:30 PM - 6:30 PM

Day Two of the Conference

Friday

21

Complimentary breakfast at Rancho Poco a Poco at 9 AM

Keynote Speaker - Dr. James Odell at 10 AM

Ted-Talks 11 AM - 12 PM

Lunch at the Sayulita Farmers Market

Self-care activities from 2:30 PM - 6:30 PM

FIESTA TIME! -Dinner, Mariachi band, taste-testing of local tequila (aka...margaritas), and dancing at 7 PM

Wrap-Up, Depart, or Stay on for More Adventure

Saturday

22

Complimentary breakfast at Rancho Poco a Poco at 9 AM

Keynote Speaker - Dr. Sharon Stills at 10 AM

Ted-Talks 11 AM - 12 PM (12:30 PM Wrap-up)

Depart (with optional shuttle) or stay on for more Sayulita fun!

Conference hosted by the Metabolic Terrain Institute of Health (MTIH) and the Bioregulatory Medicine Institute (BRMI)