

Conference Schedule

Friday

- Doors Open 10am – Come early, settle in, and socialize
12-1 Lunch
1- 1:15 Welcome and Primal Diet Community Vision - Phoenix and Chris
1:15 - 2 My Aajonus Experience - Jeff Slay
2 - 4 Primal Diet 101 – Getting Started - The Building Stage – Chris
2 – 4 Farm Tour – Growing Food and Living off the Land
4 – 6 Supporting Women and Children - Avyanna and Kim
4 – 6 Primal Men and Boys – Arthur and Shea
6 – 7 Supper – Honoring Jim Ellingson
7 – 9 Recipe Sharing and Food Prep Fun

Saturday

- 7- 8 Movement – Open Space
8 - 9 Breakfast
9 - 10 Detox is Not Disease, Microbes, and Medical Propaganda - Phoenix
10 – 11 Primal Diet 202: Detoxification, High Meat, and Weight Loss – Phoenix
11 - 12 Detox Your Home and Your Life – Kim, Phoenix, and Sam
12-1 Lunch
1- 3 Sheep Butchering Class - David
3- 5 Farm Tour - Growing Food and Living off the Land
5 – 6:30 Fresh Lamb Feast
7 – 9 Primal Sand Mandala and Dance Party

Sunday

- 7 – 8 Movement – Open Space
8 – 9 Breakfast
9 – 10 Oxalates, Enzyme Inhibitors, and Supplements - Phoenix
10 – 11 Primal Diet 303 : Resolving Difficult Health Challenges – Phoenix
11- 12 Next Steps - Health Freedom - Internet and Food Security – Phoenix
12-1 Lunch
1- 3 Panel Q&A with Long-Timers
3 - 6 Individual Consultations and Iridology
6:30-7:30 Supper