Rawstock 2003—Saturday, July 5

	Registration Area	Main Stage	Haybale Stage #1	Haybale Stage #2	Garden Area	Solstice Hill	Children's Activities	Booths	Food Demo	Fitness Classes	Food Booth	Social Area
7:00	Open	Morning music by Jas										
7:30												
8:00						Earth Prayer Tim Trader				Doug Graham AcroSports for Beginners		
8:30		Communications from the stage										
9:00		- Welcome by Roz - Introductions - Announcements						Open			Open	Open
9:30		Robert Sniadach Global Implications of Healthful Living					Helen Jean Story					
10:00		Tim Trader Why Raw?										
10:30			Roz Gruben The A to Z of Raw	Dave Klein Dietary Transition	Michael Presley Permaculture 101	Yoga by Cassandra	Robert Sniadach Healthy Relationships		Doug Graham Dress for Success			
11:00		Music by Steve and Connie King		Tim Trader Detoxing Your Home	Michael Presley Permaculture 102		Helen Jean Story					
11:30			Doug Graham Optimum Nutrition Defined	Robert Sniadach Facts About Fasting	Michael Presley Permaculture 103				John Kohler Coco loco			
12:00		Dave Klein The Passion Behind Rawswtock					Tim Trader Play and Learn					
12:30		Roz Gruben Raw Nutritional Science					Helen Jean Story					
1:00		Doug Graham Nutrition Defined					Dave Klein Fruits & Veggies for Health					
1:30			Roz Gruben Ironning Out a Few Issues	Robert Sniadach The Straight Poop on Detox	Don Weaver Rejuvenating Our Planet	Michael Rindalini Qigong	Nature Walk with Helen Jean Story		Tim Trader A Healthy Meal			
2:00		Music by Steve and Connie King	Doug Graham Are You Fit Enuf to Be Well Nourished?	Robert Sniadach Spiritual Growth								
2:30			Doug Graham Why 80/10/10?	Robert Sniadach Solving the Meditation Riddle		Tim Trader Essene Healing Circle			Roz Gruben Pretty Simple & Simply Pretty			
3:00		Music by Axé								Roz Gruben Focus on Abs for a Healthy Back		
3:30										Doug Graham Fitness: It's a Ball		
4:00										Tim Trader Partner Up		
4:30			Tim Trader Compassionate Diet	Roz Gruben Health Empowerment For Women Part I	Jasmin Clower Raw Foods and Ecology	Peace Meditation	Doug Graham Building Self-Esteem		Cherie Soria Raw Fusion Cuisine			
5:00		Music by Steve and Connie King		Dave Klein Self-Healing			Helen Jean Story					
5:30			Robert Sniadach Forum: Q&A	Doug Graham Forum: Q&A			Roz Gruben Storytime: The Tale of Tom Zero					
6:00		Music and Dance by Patrick Barnard and Anuradha								Tim Trader How Slow Can You Go?		
6:30										Roz Gruben Community Dance		
7:00										Doug Graham Partner Fitness		
7:30		**Testimonials?**										
8:00		Music by Steve and										
8:30		Connie King										
9:00		Barn Party Bhakti Tribe and										
9:30		Robert Sniadach										
10:00												
10:30												
11:00												
11:30												
12:00												

Rawstock 2003—Sunday, July 6

	Registration Area	Main Stage	Haybale Stage #1	Haybale Stage #2	Garden Area	Solstice Hill	Children's Activities	Booths	Food Demo	Fitness Classes	Food Booth	Social Area
7:00	Open	Morning music by Bhakti Tribe										
7:30												
8:00						Earth Prayer Tim Trader				Doug Graham AcroSports		
8:30		Communications from the stage										
9:00		- Welcome by Roz - Introductions - Announcements						Open			Open	Open
9:30		Tim Trader The Ultimate Martial Art					Helen Jean Story					
10:00		Robert Sniadach Develop'g Healthy Relationships										
10:30		Music by Jas	Tim Trader The Real World	Rick Dina Understanding Essential Fats	Space Available	Yoga by Cassandra	Roz Gruben Animals as Our Teachers		Matt Samuelson	Doug Graham Fitness Ladder		
11:00			Robert Sniadach Fasting				Helen Jean Story			Doug Graham Fun 'n' Games		
11:30			Roz Gruben Emtions						Tim Trader Better Calories Better Digestion	Doug Graham On the Ball		
12:00				Robert Sniadach More Fasting	Don Weaver Sustainable Lifestyles	Space Available	Doug Graham Play Ball		Cherie Soria Raw Fusion Cuisine			
12:30		Music by Steve and Connie King	Tim Trader Spirit and the Raw Diet	Doug Graham A Candid Talk About Candida			Helen Jean Story					
1:00			Tim Trader Q&A	Dave Klein Digestive Health								
1:30		Music by Steve and Connie King			Cassandra Food As Art	Michael Rindalini Qigong			Doug Graham Just Desserts	Roz Gruben Community Dance		
2:00										Tim Trader Hold It!		
2:30						Space Available			Alicia	Doug Graham AcroSports for Beginners		
3:00			Robert Sniadach Why NH: The Big Health Picture	Roz Gruben Health Empowerment For Women Part I			Tim Trader Fun World					
3:30		Music by Steve and Connie King	Dave Klein Q&A	Doug Graham Let's Talk Fitness	Michael Presley Designing Your Garden		Nature Walk with Helen Jean Story		Matt Samuelson			
4:00			Robert Sniadach Meditation	Doug Graham Costa Rica Opportunities	Michael Presley The Art of Composting							
4:30			Roz Gruben Personal Navigation									
5:00		Doug Graham Winfinity vs. the Death Spiral					Helen Jean Story					
5:30												
6:00		Testimonials					Robert Sniadach Having Fun					
6:30							Helen Jean Story					
7:00		Closing Comments										
7:30		Music by Bhakti Tribe				Peace Meditation						
8:00												
8:30												
9:00												
9:30												
10:00												
10:30												
11:00												
11:30												
12:00												

Rawstock 2003—Saturday, July 5

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9:00		- Welcome by Roz - Introductions - Announcements						Open			Open	Open
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10:30			Roz Gruben The A to Z of Raw	Dave Klein Dietary Transition	Michael Presley Permaculture 101	Yoga by Cassandra	Robert Sniadach Healthy Relationships		Doug Graham Dress for Success			
11:00		Music by Steve and Connie King		Tim Trader Detoxing Your Home	Michael Presley Permaculture 102		Helen Jean Story					
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12:30		Roz Gruben Raw Nutritional Science					Helen Jean Story					
1:00		Doug Graham Nutrition Defined					Dave Klein Fruits & Veggies for Health					
1:30			Roz Gruben Ironning Out a Few Issues	Robert Sniadach The Straight Poop on Detox	Don Weaver Rejuvenating Our Planet	Michael Rindalini Qigong	Nature Walk with Helen Jean Story		Tim Trader A Healthy Meal			
2:00		Music by Steve and Connie King	Doug Graham Are You Fit Enuf to Be Well Nourished?	Robert Sniadach Spiritual Growth								
2:30			Doug Graham Why 80/10/10?	Robert Sniadach Solving the Meditation Riddle		Tim Trader Essene Healing Circle			Roz Gruben Pretty Simple & Simply Pretty			
3:00		Music by Axé								Roz Gruben Focus on Abs for a Healthy Back		
3:30										Doug Graham Fitness: It's a Ball		
4:00										Tim Trader Partner Up		
4:30			Tim Trader Compassionate Diet	Roz Gruben Health Empowerment For Women Part I	Jasmin Clower Raw Foods and Ecology	Peace Meditation	Doug Graham Building Self-Esteem		Cherie Soria Raw Fusion Cuisine			
5:00		Music by Steve and Connie King		Dave Klein Self-Healing			Helen Jean Story					
5:30			Robert Sniadach Forum: Q&A	Doug Graham Forum: Q&A			Roz Gruben Storytime: The Tale of Tom Zero					
6:00		Music and Dance by Patrick Barnard and Anuradha								Tim Trader How Slow Can You Go?		
6:30										Roz Gruben Community Dance		
7:00										Doug Graham Partner Fitness		
7:30		**Testimonials?**										
8:00		Music by Steve and Connie King										
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9:00		Barn Party Bhakti Tribe and Robert Sniadach										
9:30												
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11:30												
12:00												

Rawstock 2003—Sunday, July 6

	Regist-ration Area	Main Stage	Haybale Stage #1	Haybale Stage #2	Garden Area	Solstice Hill	Children's Activities	Booths	Food Demo	Fitness Classes	Food Booth	Social Area
7:00	Open	Morning music by Bhakti Tribe										
7:30												
8:00						Earth Prayer Tim Trader				Doug Graham AcroSports		
8:30		Communications from the stage										
9:00		- Welcome by Roz - Introductions - Announcements						Open			Open	Open
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10:00		Robert Sniadach Develop'g Healthy Relationships										
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11:00			Robert Sniadach Fasting				Helen Jean Story			Doug Graham Fun 'n' Games		
11:30			Roz Gruben Emtions						Tim Trader Better Calories Better Digestion	Doug Graham On the Ball		
12:00				Robert Sniadach More Fasting	Don Weaver Sustainable Lifestyles	Space Available	Doug Graham Play Ball		Cherie Soria Raw Fusion Cuisine			
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1:00			Tim Trader Q&A	Dave Klein Digestive Health								
1:30		Music by Steve and Connie King			Cassandra Food As Art	Michael Rindalini Qigong			Doug Graham Just Desserts	Roz Gruben Community Dance		
2:00										Tim Trader Hold It!		
2:30						Space Available			Alicia	Doug Graham AcroSports for Beginners		
3:00			Robert Sniadach Why NH: The Big Health Picture	Roz Gruben Health Empowerment For Women Part I			Tim Trader Fun World					
3:30		Music by Steve and Connie King	Dave Klein Q&A	Doug Graham Let's Talk Fitness	Michael Presley Designing Your Garden		Nature Walk with Helen Jean Story		Matt Samuelson			
4:00			Robert Sniadach Meditation	Doug Graham Costa Rica Opportunities	Michael Presley The Art of Composting							
4:30			Roz Gruben Personal Navigation									
5:00		Doug Graham Winfinity vs. the Death Spiral					Helen Jean Story					
5:30												
6:00		Testimonials					Robert Sniadach Having Fun					
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