

# The empowering #SweatworkingSummit agenda



**7:45-8:30 am: Rise, shine, check-in and dine**

You'll get the gear, swag and information you need to start a day of goal-getting. And you'll do it all over a healthy and hearty breakfast.

**8:30-9:45 am: Your morning keynote from two big goal getters**

Mindful moguls Sarah Larson Levey, Founder/CEO of Y7 Yoga, and Mason Levey, CEO/Co-Founder of WAVE Meditation, will speak about building a wellness brand, overcoming fears, and achieving their goals.

**10:15-11:00 am: Meet your accountability group**

In pure aSweatLife style, we believe that goals are better with friends. We're creating smaller groups within the summit to empower you to talk about the goals you're setting, what you're nervous about through facilitated conversations. This is where the magic happens.

**11:15-12:15 pm: You've got goals, let's make a plan**

Based on the way you rank the goal-based sessions, you'll take on your first of two goal-driven, active sessions - and you'll walk away with a plan to help you walk the talk. Sessions are curated by our expert guides to help you eat more mindfully, stick to a self-care plan, travel, or get more from your career.

**12:15-1:30 pm: Lunch and Pampering**

Enjoy a plant-forward lunch created by the expert chefs and food and beverage team at the Kimpton Gray. And you can dine at a leisurely pace as we open our dining spaces and pampering lounges for just that - time for leisure, reflection and conversation. Expect to experience some of our favorite wellness trends in the 2020 lounge and a little peace and quiet in the Dream Lounge.

**1:30-2:20 pm: You've got goals, let's make another plan**

Based on the way you rank the goal-based sessions, you'll take on your second of two goal-driven, active sessions - and you'll walk away with a plan to help you walk the talk. Sessions are curated by our expert guides to help you eat more mindfully, stick to a self-care plan, travel, or get more from your career.

**2:45-3:30 pm: Get the gang back together (accountability #2)**

Your accountability group will come back together to talk about what you tried and learned over the course of the sessions. You'll hear from everyone in your group about what interesting tid-bits they picked up - it might just give you some more big ideas.

**4-4:45 pm: Seal the day in with your first sweat of two**

We're bringing in two formats that are sure to give you the lift you need at the end of the day - mind, body and soul. You'll roll out your mats and flow with Y7 and you'll take on a HIIT workout with celebrity trainer and goal-getter Betina Gozo.

**5-5:45 pm: Push your limits with your second workout of two**

The workout you didn't do in your first session? Guess what! You'll do it in this second session.

**6-7:30 pm: Michelob ULTRA Happy Hour + pampering**

Raise your glasses and make a toast to all of the goals you've set over the day and all of those you will accomplish. During happy hour, the 2020 and the Dream Lounge will reopen.