ASPEN IDEAS | HEALTH 2027

AGENDA AT A GLANCE

The full Agenda will be shared in early June.
Times are in MST and subject to change.

Day 1
June 22

12 PM
REGISTRATION OPENS
Snacks available

2 - 4:30 PM
PREVIEW SESSIONS

5 - 7:30 PM
OPENING SESSION AND RECEPTION

7:30 - 8:30 PM
EVENING SESSION

Day 2
June 23

Starting at 7:30 AM
MORNING ACTIVITIES
Yoga, Bird Watching, Maroon Bells Exploration, Forest Bathing

8 - 9 AM
BREAKFAST

9 AM - 12:30 PM
MORNING SESSIONS
Meditation and Sound Healing Breaks

12:30 - 1:40 PM
LUNCH

1:40 - 5:10 PM
AFTERNOON SESSIONS
Meditation and Sound Healing Breaks

5:15 - 7 PM
EVENINGS AT IDEAS
Dinner, Drinks, Book Signings, and Live Music

7 - 8 PM
EVENING SESSION

8:30 - 9:15 PM
NIGHTCAP SESSION

Day 3
June 24

Starting at 7:30 AM
MORNING ACTIVITIES
Yoga, Bird Watching, Maroon Bells Exploration, Forest Bathing

8 - 9 AM
BREAKFAST

9 AM - 12:30 PM
MORNING SESSIONS
Meditation and Sound Healing Breaks

12:30 - 1:40 PM
LUNCH

1:40 - 5:10 PM
AFTERNOON SESSIONS
Meditation and Sound Healing Breaks

5:15 - 7 PM
EVENINGS AT IDEAS
Dinner, Drinks, Book Signings, and Live Music

7 - 8 PM
EVENING SESSION

8:30 - 9:15 PM
NIGHTCAP SESSION

Day 4
June 25

8 - 8:45 AM
MORNING ACTIVITIES
Yoga

8 - 9 AM
BREAKFAST

9 - 9:50 AM
MORNING SESSIONS

10:15 AM - 12 PM
CLOSING SESSION