



## Bee Calm Bee Well Event Schedule

Date: July 15-16, 2026

Location: Bay Mills Community College's Waishkey Bay Farm in Brimley, MI

Times: 8:00am – 4:30pm each day

Hotel: Bay Mills Resort and Casino, Brimley, MI

### **Outline:**

#### **Day 1**

8:00AM-8:30 Introductions, expectations, intro to beekeeping, and history of beekeeping with Veterans

8:30-10:00 Hands on Beekeeping at the Apiary

- Overview of parts of the hives, bees in the colony, and adaptive equipment
- Hive inspection best practices
- Facilitation techniques for mind and body practices a
- Debrief and review of the session

10:00-10:15 Break

10:15-11:00 Grounding Practice

- 10 Minutes- Introduction of the Practice and Theory Behind the Practice
- 15 Minutes- Facilitation techniques-activity analysis, and adaptations for physical and mental health
- 10 Minutes- Experience the Practice
- 10 Minutes- Debrief the Practice

11:00-12:00 Establishing a Threshold

- 15 Minutes- Introduction of the Practice and Theory Behind the Practice
- 20 Minutes- Facilitation techniques-activity analysis, and adaptations for physical and mental health
- 15 Minutes- Experience the Practice
- 10 Minutes- Debrief the Practice

12:00-12:45 Lunch

12:45-1:45 Bee Bathing

- 15 Minutes- Introduction of the Practice and Theory Behind the Practice
- 20 Minutes- Facilitation techniques-activity analysis, and adaptations for physical and mental health
- 15 Minutes- Experience the Practice
- 10 Minutes- Debrief the Practice

1:45-2:45 Five Steps of Gratitude

- 15 Minutes- Introduction of the Practice and Theory Behind the Practice
- 20 Minutes- Facilitation techniques-activity analysis, and adaptations for physical and mental health
- 15 Minutes- Experience the Practice



- 10 Minutes- Debrief the Practice

2:45-3:00 Break

3:00-4:00 Sensory Exploration

- 15 Minutes- Introduction of the Practice and Theory Behind the Practice
- 20 Minutes- Facilitation techniques-activity analysis, and adaptations for physical and mental health
- 15 Minutes- Experience the Practice
- 10 Minutes- Debrief the Practice

4:00-4:30 Clean up, Wrap up Q&A

## **Day 2**

8:00AM-9:00 Check in, Questions, Review, Connecting with the Land

9:00-10:00 Data Collection Practices and Evaluations

- Data collection protocols and the use of standardized assessments

10:00-10:15 Break

10:15-11:15 Yoga for Beekeepers

- 15 Minutes- Introduction of the Practice and Theory Behind the Practice
- 15 Minutes- Facilitation techniques-activity analysis, and adaptations for physical and mental health
- 20 Minutes- Experience the Practice
- 10 Minutes- Debrief the Practice

11:15-12:00 Guided Imagery

- 10 Minutes- Introduction of the Practice and Theory Behind the Practice
- 15 Minutes- Facilitation techniques-activity analysis, and adaptations for physical and mental health
- 10 Minutes- Experience the Practice
- 10 Minutes- Debrief the Practice

12:00-12:45 Lunch

12:45-2:15 Communing with the Bees

- 15 Minutes- Beekeeping suit and protective gear
- 15 Minutes- Introduction of the Practice and Theory Behind the Practice
- 20 Minutes- Facilitation techniques-activity analysis, and adaptations for physical and mental health
- 30 Minutes- Experience the Practice
- 10 Minutes- Debrief the Practice

2:15-2:30 Break

2:30-3:45 Active Meditation

- 15 Minutes- Introduction of the Practice and Theory Behind the Practice
- 20 Minutes- Facilitation techniques-activity analysis, and adaptations for physical and mental health
- 30 Minutes- Experience the Practice



- 10 Minutes- Debrief the Practice
- 3:45-4:15 Wrap up  
4:15-4:30 Evaluations