



Bee Calm Bee Well Event Schedule

Date: Sept. 16-17, 2026

Location: University of Missouri Jefferson Farm and Garden, Columbia, MO

Times: 8:00am – 4:30pm each day

Hotel: Drury Hotel Columbia East, Columbia, MO

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