



Engine 2 Immersion, May 1-7, 2019  
 Blue Ridge Assembly, Black Mountain, North Carolina

DRAFT SCHEDULE

<b>Wednesday, May 1</b>		<b>Activity / Lecture - Day 1</b>	<b>Speaker</b>	<b>Location</b>
3:00 PM	4:30 PM	Check-In & Retreat Orientation	<i>Blue Ridge Staff</i>	<i>Lodge</i>
5:00 PM	6:00 PM	<b>Plant-Strong Dinner</b>		<i>Lodge</i>
6:15 PM	8:30 PM	Immersion Welcome & Orientation Group Introductions - Why Am I Here?	<i>Rip Esselstyn</i>	<i>Washburn</i>
<b>Thursday, May 2</b>		<b>Activity / Lecture - Day 2</b>	<b>Speaker</b>	
6:00 AM	7:30 AM	Blood Draw & Biometric Screenings	<i>Engine 2 Staff</i>	<i>Lodge-Region Room</i>
7:30 AM	8:30 AM	Yoga / Morning Walk / E2X	<i>Sheron, Jane, Nate &amp; Kristen</i>	<i>Rain sites: Old Gym (Yoga) Pavillion (E2X)</i>
8:30 AM	9:30 AM	<b>Plant-Strong Breakfast</b>		<i>Lodge</i>
9:30 AM	10:30 AM	The Engine 2 Story	<i>Rip Esselstyn</i>	<i>Washburn</i>
10:30AM	10:45 AM	Break		
10:45 AM	11:15 AM	Active Learning This Week	<i>Brian Hart</i>	<i>Washburn</i>
11:15 AM	11:30 PM	Break - Sandberg Stretches		
11:30 AM	12:30 PM	Live Cooking Demo - Jane & Ann!	<i>Jane &amp; Ann Esselstyn</i>	<i>Robertson</i>
12:30 PM	1:30 PM	<b>Plant-Strong Lunch</b>		<i>Lodge</i>
1:30 PM	2:00 PM	Think, Pair, Share - Common Hurdles	<i>Brian Hart</i>	<i>Washburn</i>
2:00 PM	3:00 PM	Prevent & Reverse Heart Disease	<i>Dr. Caldwell Esselstyn</i>	
3:00 PM	4:30 PM	Consultations with Dr. Esselstyn		
3:00 PM	6:00 PM	Free Time		
6:00 PM	7:00 PM	<b>Plant-Strong Dinner</b>		<i>Lodge</i>
7:30 PM	9:00 PM	Movie Night		<i>Washburn</i>
<b>Friday, May 3</b>		<b>Activity / Lecture - Day 3</b>	<b>Speaker</b>	
6:50 AM	7:00AM	Tribe Huddles		
7:00 AM	8:00AM	Yoga / Morning Walk / E2X	<i>Sheron &amp; Jane, Nate &amp; Kristen</i>	<i>Rain sites: Old Gym (Yoga) Pavillion (E2X)</i>
8:00 AM	9:00 AM	<b>Plant-Strong Breakfast</b>		<i>Lodge</i>
9:00AM	9:05AM	Good Morning!	<i>Rip Esselstyn</i>	<i>Washburn</i>
9:05 AM	9:30 AM	Crowdsourcing: Solutions to Hurdles	<i>Brian Hart</i>	<i>Washburn</i>
9:30 AM	10:15 AM	Prevent & Reverse Heart Disease II	<i>Dr. Caldwell Esselstyn</i>	<i>Washburn</i>
10:15AM	10:30 AM	Break		
10:30 AM	11:15 AM	E2 Seven-Day Rescue	<i>Rip Esselstyn</i>	<i>Washburn</i>
11:15 AM	11:30 AM	Break - Sandberg Stretches		
11:30 AM	12:30 PM	What to Eat, What to Buy & How to Cook It	<i>Ann Esselstyn</i>	<i>Washburn</i>
12:30 PM	1:30 PM	<b>Plant-Strong Lunch</b>		<i>Lodge</i>
1:30 PM	2:15 PM	Plant-Strong Below the Belt	<i>Jane Esselstyn</i>	<i>Washburn</i>
2:15 PM	2:30 PM	Break		
2:30 PM	3:15 PM	Live Cooking Demo - Sauces, Salsas & Spreads!	<i>Jane &amp; Ann Esselstyn</i>	<i>Washburn</i>
3:15 PM	4:30 PM	Consultations with Drs. Esselstyn & Klaper		
3:15 PM	6:00 PM	Free Time		
6:00 PM	7:00 PM	<b>Plant-Strong Dinner</b>		<i>Lodge</i>
7:00 PM	9:00 PM	Live Entertainment	<i>Special Guest and Dr. Michael Klaper</i>	<i>Washburn</i>

<b>Saturday, May 4</b>		<b>Activity / Lecture - Day 4</b>	<b>Speaker</b>	<b>Room</b>
6:50 AM	7:00 AM	Tribe Huddles		
7:00 AM	8:00 AM	Yoga / Morning Walk / E2X	<i>Sheron &amp; Jane, Nate &amp; Kristen</i>	<i>Rain sites: Old Gym (Yoga) Pavillion (E2X)</i>
8:00 AM	9:00 AM	<b>Plant-Strong Breakfast</b>		<i>Lodge</i>
9:00 AM	9:05 AM	Good Morning!	<i>Rip Esselstyn</i>	<i>Washburn</i>
9:05 AM	9:15 AM	Do Now: Pantry List - Get it / Shed it	<i>Brian Hart</i>	<i>Washburn</i>
9:15 AM	10:15 AM	Why Every Bite Matters	<i>Dr. Michael Klaper</i>	<i>Washburn</i>
10:15 AM	10:30 AM	Break		
10:30 AM	11:30 AM	Digestion & Nutrition: Making Sense of What We Eat	<i>Dr. Michael Klaper</i>	<i>Washburn</i>
11:30 AM	11:45 AM	Break		
11:45 AM	12:30 PM	Make Your Own Nori	<i>Jane Esselstyn</i>	<i>Washburn</i>
12:30 PM	1:30 PM	<b>Plant-Strong Lunch</b>		<i>Lodge</i>
1:30 PM	2:00 PM	Build a Bowl Workshop	<i>Brian Hart &amp; Rip Esselstyn</i>	<i>Washburn</i>
2:00 PM	3:00 PM	From Pills to Plants: My Story	<i>Adam Sud</i>	
3:00 PM	6:00 PM	Free Time		
6:00 PM	7:00 PM	<b>Plant-Strong Dinner</b>		<i>Lodge</i>
7:30 PM	8:00 PM	Yonanas! Dessert Bar	<i>Engine 2 Staff</i>	<i>Washburn</i>
7:30 PM	8:30 PM	Plant-Strong Jeopardy - Game Night!	<i>Rip Esselstyn</i>	<i>Washburn</i>
<b>Sunday, May 5</b>		<b>Activity / Lecture - Day 5</b>	<b>Speaker</b>	
6:50AM	7:00 AM	Tribe Huddles		
7:00 AM	8:00 AM	Yoga / Morning Walk / E2X	<i>Sheron &amp; Jane, Nate &amp; Kristen</i>	<i>Rain sites: Old Gym (Yoga) Pavillion (E2X)</i>
8:00 AM	9:00 AM	<b>Plant-Strong Breakfast</b>		<i>Lodge</i>
9:00 AM	9:05 AM	Good Morning!	<i>Rip Esselstyn</i>	<i>Heaton Hall</i>
9:05 AM	10:00 AM	The Pleasure Trap	<i>Dr. Doug Lisle</i>	<i>Heaton Hall</i>
10:00 AM	10:15 AM	Break		
10:15 AM	11:00 AM	Make Food Thy Medicine - Deliciously!	<i>Dr. Michael Klaper</i>	<i>Heaton Hall</i>
11:00 AM	11:15 AM	Break- Sandberg Stretches		
11:15 AM	12:30 PM	Make Your Own Dr. Seuss Stacked Polenta	<i>Jane Esselstyn</i>	
12:30 PM	2:00 PM	<b>Men's &amp; Women's Lunches</b>		<i>Robertson 1 and 2</i>
2:10 PM	3:00 PM	Why Movement Matters	<i>Nate &amp; Kristen Turner</i>	<i>Heaton Hall</i>
3:00 PM	6:00 PM	<b>Ropes Course &amp; Free Time</b>		
3:00 PM	4:30 PM	Consultations with Dr. Klaper		
6:00 PM	7:00 PM	<b>Plant-Strong Dinner</b>		<i>Lodge</i>
7:00 PM	9:00 PM	Talent Show & Popcorn Sampler	<i>Participants</i>	<i>Heaton Hall</i>
<b>Monday, May 6</b>		<b>Activity / Lecture - Day 6</b>	<b>Speaker</b>	
6:50 AM	7:00 AM	Tribe Huddles		
7:00 AM	8:00 AM	Yoga / Morning Walk / E2X	<i>Sheron &amp; Jane, Nate &amp; Kristen</i>	<i>Rain sites: Old Gym (Yoga) Pavillion (E2X)</i>
8:00 AM	9:00 AM	<b>Plant-Strong Breakfast</b>		<i>Lodge</i>
9:00 AM	9:05 AM	Good Morning!	<i>Rip Esselstyn</i>	<i>Heaton Hall</i>
9:05 AM	9:30 AM	Visual Charting - Check for Understanding	<i>Brian Hart</i>	<i>Heaton Hall</i>
9:30 AM	10:30 AM	Calorie Density: How to Lose Weight Without Losing Your Mind	<i>Dr. Doug Lisle</i>	<i>Heaton Hall</i>
10:30 AM	10:45 AM	Break		
10:45 AM	11:45 AM	Getting Along Without Going Along	<i>Dr. Doug Lisle</i>	<i>Heaton Hall</i>
11:45 AM	12:00 PM	Break - Sandberg Stretches		
12:00 PM	12:30 PM	Q & A	<i>Engine 2 Staff</i>	<i>Heaton Hall</i>
12:30 PM	1:30 PM	<b>Plant-Strong Lunch</b>		<i>Lodge</i>

1:30 PM	2:15 PM	Label Reading	<i>Rip Esselstyn</i>	<i>Lodge - Region Room</i>
2:15 PM	3:00 PM	Beyond the Immersion: What's Next	<i>Laurie Kortowich</i>	
3:00 PM	3:15 PM	Group Photo		
3:15 PM	6:00 PM	Free Time - Pack for Departure		
6:00 PM	7:00 PM	<b>Plant-Strong Dinner</b>		<i>Lodge</i>
7:00 PM	9:00 PM	Hope & Graduation Celebration	<i>Rip Esselstyn &amp; Group</i>	<i>Lodge - Region Room</i>
<b>Tuesday, May 7</b>		<b>Activity/Lecture - Day 7</b>		
6:00 AM	7:30 AM	Blood Draw & Luggage Tags	<i>Engine 2 Staff</i>	<i>Lodge - Region Room</i>
7:30 AM	8:30 AM	<b>Plant-Strong Breakfast &amp; Lunch Pickup</b>		<i>Lodge</i>
8:45 AM	9:30 AM	Bus Departures		<i>Lodge</i>

<b>FREE TIME OPTIONS</b>		<b>Daily Opportunities to Enjoy</b>	<b>Speaker</b>
<b>THURSDAY</b>			
3:30 PM	4:30 PM	Walk with a Therapist	<i>Kristen Turner</i>
3:30 PM	4:30 PM	Yoga	<i>Sheron</i>
3:30 PM	5:00 PM	Black Mountain Hike	<i>Engine 2 Staff</i>
3:30 PM	6:00 PM	Basketball, Cornhole, Tennis, Disc Golf	
5:00 PM	6:00 PM	Small Group Discussions	

<b>FRIDAY</b>			
3:15 PM	6:00 PM	Chair Massage Available (additional fee)	<i>Black Mountain</i>
3:30 PM	4:30 PM	Yoga	<i>Sheron</i>
3:30 PM	5:00 PM	Black Mountain Hike	<i>Engine 2 Staff</i>
3:30 PM	4:30 PM	Walk with a Therapist	<i>Kristen Turner</i>
3:30 PM	6:00 PM	Basketball, Cornhole, Tennis, Disc Golf	
5:00 PM	6:00 PM	Small Group Discussions	

<b>SATURDAY</b>			
1:30 PM	6:00 PM	Chair Massage Available (additional fee)	<i>Black Mountain</i>
3:30 PM	5:00 PM	Black Mountain Hike	<i>Engine 2 Staff</i>
3:30 PM	4:30 PM	Yoga	<i>Sheron</i>
3:30 PM	4:30 PM	Walk with a Therapist	<i>Kristen Turner</i>
3:30 PM	6:00 PM	Basketball, Cornhole, Tennis, Disc Golf	
5:00 PM	6:00 PM	Small Group Discussions	

<b>SUNDAY</b>			
3:30 PM		Ropes Course	<i>Blue Ridge Staff</i>
3:30 PM	6:00 PM	Basketball, Cornhole, Tennis, Disc Golf	

<b>MONDAY</b>			
3:30 PM	5:30 PM	Personal Challenge Hike	<i>Engine 2 Staff</i>
3:30 PM	4:30 PM	Yoga	<i>Sheron</i>
4:30 PM	6:30 PM	Red Letter Writing	
3:30 PM	6:00 PM	Basketball, Cornhole, Tennis, Disc Golf	