

Weekend Schedule

All Sauna Talks are held in the Lake Room

Friday

- 12 pm **Sauna Sessions Start**
Outdoor Food Vendors Open
- 1-1:45 pm *Lessons in Identity from Heat - Hailie Rust*
- 2-2:45 pm *Heart Rate Variability on the Rocks - Jesse Coomer*
- 3-3:45 pm *Book Presentation: Sauna Life*
- Glenn Auerbach & Tom Rolando
- 3-6 pm **Sauna Lover's Social Hour (Lobby)**
- 4-4:45 pm *Heat for Every Body - Sven Hoekstra*
- 6-6:45 pm *Resting in Awareness: Meditations for the Sauna*
- Amy Pearce-Hayden
- 7-7:45 pm *Sauna Quest: Latvia Estonia Finland*
- Garrett Conover
- 4-8 pm **Outside Live Music Nate Weiler**
- 8 pm **Saunas & Outdoor Food Vendors Close**

Saturday

- 8 am **Guided Lake Superior Dip and Breathing Exercise**
with Wim Hof Instructor Nick Fox
(Meet outside at the Larmsmont Sauna)
- 8 am **Ledge Rock Grille Opens**
Sauna Sessions Starts
- 9-9:45 am *3 Percent Finn - Michael Nordskog*
- 9 am **Somatic Yoga: The Language of the Body**
- Amy Pearce-Hayden (Meet in the Lodge)
- 10-10:45 am *Doctors Who Sauna Panel - Dr. Dodson, Dr. Kimball, Dr. Vainio, Dr. Eisenschenk*
- 11 am **Outdoor Food Vendors Open**

- 11-11:45 am *Author Series - Glenn Auerbach, Tom Rolando, Garrett Conover, Jesse Coomer, Bill Gifford, Josh Leddy, Michael Nordskog, & others*
- 11-11:45 am *The Revivry Experience - Jen Veralle*
(Sign Up at Front Desk/ Held in Larmsmont Sauna)
- 12-2 pm **Outside Live Music by Shore Thing**
- 1-1:45 pm *Recovery Under Pressure: Lessons from Athletes and Clinicians - Jesse Coomer, Christa Rymal, and Moderated by Dr. Eisenschenk*
- 1-5 pm **Craft Beer Tasting in Lawn**
- 2-2:45 pm *Sweating is our Superpower - Bill Gifford and Moderated by Glenn Auerbach*
- 3-3:45 pm *From Finland to the West Coast - Valtteri Rantala*
- 3-5 pm **Outside Live Music by Hannah Rey**
- 4 pm *Breath Into Sound - Amy Pearce-Hayden*
(Sign Up at Front Desk/ Held in Larmsmont Sauna)
- 4 pm *De-Escalation: First Responder Training That Can Help Us All - Jesse Coomer and Moderated by Glenn Auerbach*
- 5-8 pm **Outside Live Music by Ted Feyder**
- 6-6:45 pm *The Science of Sauna Rituals - Sierra Blake*
- 7-7:45pm *Remembrance - Harvey Martin*
- 8 pm **Saunas & Outdoor Food Vendors Close**

Weekend Schedule Continued

Sunday

- 8 am Ledge Rock Grille Opens
- 8 am-12 pm Sauna Sessions
- 8:30-9:30 am Guided Wim Hof Breathwork - *Nick Fox*
(Sign up at the Front Desk. Meet in the Lake Room)
- 9:30-10:15 am Dealing with Pain While Getting Sweaty - *Josh Leddy*
- 12 pm Sauna Sessions Close



Venik Massage Treatments

Sign up at the front desk.

Sauna Days 2027: April 30 - May 2

Early Bird Tickets

Score your 2027 passes this weekend and save \$15 with Promo Code: **SDAY27**



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