



19th Annual Yikáí Yizhchí Conference
Sa'ah Naaghái Bik'eh Hózhóón Nishlį
San Juan College. Henderson Fine Arts Center. Farmington, NM 87401

AGENDA - Feb. 12, 2025

- 8:00 AM Introduction of Conference
Introduction of Presenter - Dr. Wilson Aronilth Jr.
- 8:30 AM Who created SNBH Diné Wellness and where was it created?
What was the purpose and reasons of Diné Wellness?
- 10:00 AM **BREAK**
- 10:15 AM What does Diné Way of Wellness means.
How do we as Diné achieve wellness in our life.
- 12:00 AM **LUNCH** - On your own
- 1:30 PM Today as Diné do we still use and live the values and beliefs of the teachings of Diné Wellness?
- 3:00 PM **BREAK**
- 3:15 PM How do we maintain Diné Wellness?
- 5:00 PM **Conclude 1st Day**

Thursday February 13, 2025

- 8:00 AM What caused unbalanced wellness in all the world and life?
- 10:30 AM **BREAK**
- 10:45 AM Today, now as a Diné do we have a good positive Diné Wellness in our mental being, emotional being, spiritual being, social being, our personality, physical being, our education, government, leadership, our vision, mission, families, and our road of life?
- 12:00 PM **LUNCH** - On your own
- 1:30 PM Introduction of Presenter - Dr. Avery Denny.
Ats'iis Baa' Ahaya'
- 3:00 PM **BREAK**
- 3:45 PM Wellness Path
Origin of unhealthy living
Yééyaa' Naayee' / Destruction situation
Ceremonial Care / Healing Pathway
- 5:00 PM **Conclude 2nd Day**



19th Annual Yikáí Yizhchí Conference

Sa'ah Naaghái Bik'eh Hózhóón Nishlį

San Juan College. Henderson Fine Arts Center. Farmington, NM 87401

FRIDAY February 14, 2025

- | | |
|----------|--|
| 8:00 AM | Opening Session:
Ádéé ha niih,
Self - Reflection, Self - Care
Sodizin,
Sin,
Spirituality,
Individuality |
| 10:00 AM | BREAK |
| 10:15 AM | Spirit reverence,
Respect for self |
| 12:00 PM | LUNCH - On your own |
| 1:30 PM | Ádaa áhaháyá, ádilzéeł |
| 2:30 PM | BREAK |
| 2:45 PM | Ádaa hááh hasin
doo bilááh á' jiléeł da, t'oo bee iinánigo.
Being mindful of the limits
The SNBH prayer
Beauty before me, etc. |
| 4:30 PM | Q/A
Presentation of Certificates |
| 5:00 PM | Conclusion of Conference |