

Living in Dynamic Flow

Topics and Presenters

Embark on a transformative journey at the **2024 Women's Summit: Living in Dynamic Flow**, to elevate your vital force energy and lessen the impacts of chronic stress on both your mind and body. You will leave rejuvenated with the skills and knowledge to sustain 24/7 flow in 2024! Your day will include presentations, movement, singing, small group sharing and mindfulness techniques.

There will be a mid-afternoon snack and networking break.

Topic: Living in Dynamic Flow

Paula Petry, PhD will inspire you to create the flow and ease that you deserve in your life. She will share her Drama Triangle process to let go of disempowering behavioral and communication patterns into life-affirming and empowering ones. You will discover your unique numerological code to help you dynamically flow through 2024!

Presenter: Paula Petry, PhD's journey of self-discovery, healing, and personal empowerment paved a new path not only for her daughter but for many others. She became a strong advocate for children with disabilities, forming what is now an important parent to parent organization in Florida. She brought that knowledge and her passion for family-centered care services to her faculty position at the University of Miami, School of Medicine, Department of Pediatrics – for over a decade preparing pediatricians to work with children with special health care needs.



Paula's daughter Alexandra's death at age twelve brought great loss, suffering, and new beginnings. Her healing journey is her medicine. She has studied shamanic energy medicine, sound healing, and the expressive arts, which she blends into retreats and her work with clients. Her passion is to help parents and children to awaken to their inner truth and power. Her book, *A Mother's Courage to Awaken*, October 2020, is available on Amazon.

Topic: Rise & Shine



How many of us rise and shine in the morning upon awakening? Or do we operate on autopilot, waking and worrying about our problems? Learn how to awaken with purpose, setting a positive tone for the day. Leigh will give easy suggestions which can be done in just a few minutes before and after getting out of bed. Get ready to empower yourself and start your day by "rising to the occasion" with just a few moments of effortless focus.

Presenter: Leigh Kapps, PhD, BCAB-D is a trained music therapist with a doctoral degree in leadership education from the University of Miami. She was the COO of United Community Options of South Florida (Former United Cerebral Palsy) for 42 years. She began a spiritual quest early in life at the age of 9 when her father died. She sought answers to life's meaningful questions regarding where her father went and the meaning of life. She found her teacher at the age of 22 and spent 14 years studying with her, fully embracing her teachings. With Leigh's background in music, healing, and hypnotherapy she develops workshops and retreats and works one-to-one with individuals. Her work is a joyful path filled with meaning and connection to one's higher self. Her website is kappstone.com.

Topic: Afternoon of Dynamic Flow: Conversations, Song, and Movement for Empowerment

Join the **Brazilian Voices** where you will engage in conversations, singing, and movement to enhance connection and well-being.

In your small groups, our talented vocalists take on the role of facilitators guiding discussions on reflections, dreams, goals, and action steps. This supportive environment encourages sharing and caring among participants.

Embark on the enchanting journey of the **I Am Seen** group experience, where Beatriz Malnic, co-founder of Brazilian Voices, will guide the group in song. Together, you'll explore new connections and harmonize, fostering an elevated state of being.

Experience the transformative **Move Toward Flow**, a collaborative music and movement journey guided by Paula Petry, PhD and Beatriz Malnic. Through this process, you'll cultivate a vibrant and joyful body memory. This newfound awareness will empower you to readily identify moments when you deviate from the flow, enabling you to seamlessly shift back into the harmonious state.

Presenters: Brazilian Voices, an acclaimed non-profit female vocal group, proudly marks 22 years of musical excellence. With a rich international performance history, the group has been a source of inspiration in South Florida, gracing theaters, universities, schools, and bringing the soothing sounds of Bossa Nova to hospitals, Cancer Centers, schools for children with disabilities, and elderly assisted living facilities.



A 14-time recipient of the Brazilian International Press Award for Outstanding Brazilian Musical Group in the US, Brazilian Voices has left an indelible mark with seven CDs released in the US and Canada. Their passion for music has translated into over 700 performances across Florida.

In 2024, Brazilian Voices is delighted to showcase their talent at both the Women's Summit and The Family Café Conference. Explore their musical journey on all major digital platforms, where their harmonious melodies continue to resonate with audiences worldwide.

