

BALTIC SPA CONFERENCE Wellness Forum 2018

4 November
Hall No. 2, conference room No. 3

PROGRAMME

Subject: "Mental wellness. Stress as a tool for an individual's personal evolution."

Wellness Forum 2018 is an international event for professionals of the field; this Conference aims to expand the professional horizons of specialists and serves as an open platform for discussions, the mutual exchange of work experience and openhearted yet professional dialogues with the leading specialists of the field.

Speakers at the conference: Andrei Yermoshin (*Андрей Ермошин*) from Russia, Daria Kovalchuk (*Дарья Ковальчук*) from Ukraine, Yanina Vasilyeva (*Янина Васильева*) from Latvia and others.

Working language: Russian

- 10.00–10.30 Sign up
- 10.30–10.45 **Elena Vlasikova** (*Елена Власикова*), Director of the training centre "Spa School", Member of the Board of the Latvian SPA & Wellness Federation
- 10.45–11.30 **Yanina Vasilyeva** (*Янина Васильева*), teacher in "Spa School", SPA Specialist, cosmetologist, aromatherapist
- 11.30–13.00 **Andrei Yermoshin** (*Андрей Ермошин*) **from Russia**, psychotherapist of the highest category, official teacher and internationally operating supervisor of the Professional Psychotherapeutic League
- 13.00–14.00 **Break**
- 14.30–16.00 **Daria Kovalchuk** (*Дарья Ковальчук*) **from Ukraine**, master's degree in psychology, working as a psychology lecturer, internationally certified instructor of kinesiology
- 16.00–17.00 **Roman Makarov** (*Роман Макаров*) **from Russia**, Instructor in the school of techniques of wellness massage and Spa "Master" classes in St. Petersburg, physician, rehabilitologist, Spa therapist, teacher of *Enrique Garcia Castell's* techniques

Organiser: Latvian SPA & Wellness Federation and the "Spa School" massage training centre (Latvia)