



**PRIMAL
PLANITZ™**

Primal Planitz™ 2nd Annual Primal Diet™ Conference 2026

June 11-June 14 2026

June 11-14 (All day Thursday thru Sunday)
June 10th (Wednesday) – Early Arrival
Fish Supper
(additional \$25 charge)

****Please Note: The below schedule of
events is subject to change****

Wednesday Night

June 10, 2026

Time	Track 1: Fundamentals	Track 2: Advanced	Workshops
6:00 pm	Seafood Supper	Seafood Supper	

Schedule is Subject to Change

Thursday - Day 1

June 11, 2026

Time	Track 1: Fundamentals	Track 2: Advanced	Workshops
6:00 AM			Meat Processing - Natural Farming
8:00 AM	Breakfast Buffet	Breakfast Buffet	
9:00 AM	Opening & Welcome - Meet the Coaches	Opening & Welcome - Meet the Coaches	
10:00 AM	Primal Diet™ 101 (Chris)	Primal Diet™ 202 (Phoenix)	Kid's Program- Sheep Milking (Avyanna)
11:30 AM	Integrating Families to the Primal Diet™ (Ashley)	Primal Pets (Betsy)	Kid's Program- Woolly Wonders (Avyanna)
1:00 PM	Lunch / Nap / Movement	Lunch / Nap / Movement	
2:00 PM	Detox Your Home (Kimberly)	Food Prep Demo - Butter, Facial Cream, Lube Drink (Avyanna)	
3:30 PM	Snack Time	Snack Time	
4:00PM	Primal Dentistry (Chris)	Primal First Aid (Phoenix)	Kid's Program- Natural Building (Tom)
5:00 PM	Testimonials	Testimonials	Kid's Program- Natural Building (Tom)
6:00 PM	Dinner / Honoring Our Elders	Dinner / Honoring Our Elders	
7:00 PM	Social	Social	Yoga (Megan) Hot Tub Workshop (Tom)
8:00 PM	Dessert	Dessert	

Schedule is Subject to Change

Friday - Day 2

June 12, 2026

Time	Track 1: Fundamentals	Track 2: Advanced	Workshops
6:00 AM			Milking Demo (Avyanna)
8:00 AM	Breakfast Buffet	Breakfast Buffet	
9:00 AM	Terrain Theory Talk with Liev Dalton (Beyond Terrain)	Terrain Theory Talk with Liev Dalton (Beyond Terrain)	Kid's Program- Wet Felting (Avyanna)
11:00 AM	Oxalates, Salt, Supplements (Phoenix)	Oxalates, Salt, Supplements (Phoenix)	Wool Spinning & Weaving (Debbie)
1:00 PM	Lunch / Nap / Free Time	Lunch / Nap / Free Time	
2:00 PM	Primal Farming (Avyanna/Phoenix)	Primal Farming (Avyanna/Phoenix)	Hot Tub Workshop (Tom)
3:30 PM	Snack	Snack	
4:00 PM	Mental Health (Kat)	Mental Health (Kat)	
6:00 PM	Dinner	Dinner	
7:00 PM	Contra Dance	Contra Dance	
8:00 PM	Dessert	Dessert	

Schedule is Subject to Change

Saturday - Day 3

June 13, 2026

Time	Track 1: Fundamentals	Track 2: Advanced	Workshops
7:00 AM			Varmint Run 5K
8:00 AM	Breakfast Buffet	Breakfast Buffet	Burkes Garden Varmint Run 5K
9:00 AM	Women's Group	Women's Group	Varmint Run 5K
11:00 AM	Men's Group	Men's Group	Varmint Run 5K
1:00 PM	Lunch / Nap / Free Time	Lunch / Nap / Free Time	
2:00 PM	Primal Parenting (Avyanna / Phoenix)	Primal Parenting (Avyanna / Phoenix)	Natural Cutting Boards (Tom)
3:30 PM	Snack Time	Snack Time	
4:00 PM	Internet Security (Alex)	Philosophy of the Primal Diet™ (Otis)	
5:00 PM	Long Timer Q&A Panel	Long Timer Q&A Panel	Secure Your Devices (Alex)
6:00 PM	Dinner	Dinner	
7:00 PM	Hot Tub/Campfire	Hot Tub/Campfire	
8:00 PM	Dessert	Dessert	

Schedule is Subject to Change

Sunday - Day 4

June 14, 2026

Time	Track 1: Fundamentals	Track 2: Advanced	Workshops
6:00 AM			Milking Demo (Avyanna)
8:00 AM	Breakfast Buffet	Breakfast Buffet	
9:00 AM	Resolving Difficult Health Challenges (Phoenix)	Resolving Difficult Health Challenges (Phoenix)	
10:00 AM	Eating Raw Meat in Public /Traveling (Sam)	Assessment & Evaluation - Coaching Program (Phoenix)	
11:00 AM	Closing - Diet for a Toxic Planet - Primal Planitz™ Vision	Closing - Diet for a Toxic Planet - Primal Planitz™ Vision	
1:00 PM	Lunch	Lunch	
2:00 PM	Private Consultations	Bodywork	Appalachian Trail Hike
3:30 PM	Snack Time	Snack Time	ACOA
4:00-6:00 PM	Private Consultations	Bodywork	
6:00 PM	Dinner	Dinner	
8:00 PM	Dessert	Dessert	

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