



Danaye Maier
Co-Host of the Virgin Morning Show
@awomanadayyc @danayemaier



Brittney Ramsay
BRITT Land & Engagement
@britt_land_engagement



Christy D. Swanberg
Christy D Swanberg Photography
@christydswanbergphoto

A WOMAN A DAY

WITH DANAYE

SIT | A | N | D | A | S | A

#yyc International Women's Day Online Event

Sunday March 7, 2021

Celebrate | Connect | Community | Change

- 8:30am - 8:50am
- 9:00am - 9:30am
- 9:40am - 10:40am
- 10:50am - 11:50am
- 12:00pm - 2:00pm
- 2:10pm - 2:40pm
- 2:50pm - 3:50pm
- 4:00pm - 5:00pm
- 5:10pm - 6:25pm
- 6:35pm - 7:15pm
- 7:30pm - 9:00pm

- Elder Blessing & Smudge
- Tune into Your Rhythm
- How To Honour Yourself
- Situational Awareness & Personal Protection
- Grandmother Tea Ceremony
- Self Soothing & Touch
- Workout & Stretch
- Cookie Decorating Class
- Yoga, Meditation & Mantra's
- Inspirational Sign Making
- The After Party

- Kerrie Moore and Brittney Ramsay
- Marin McCue @dopeame
- Jamie Anholt @jamieanholt
- Maeghen Cotterill @ninjagirlmma
- Kerrie Moore
- Nicole Carter @msniscole_c
- Kelly Montford @transcendyogaandwellness
- Christa Bachmeier @sweetdozencookies
- Amber Flowers @amberflowersyoga
- Lynnsy Plunz @ourlittlemakery
- Danaye Maier + Guest Speakers @awomanadayyc



Maeghen Cotterill
Owner - 5 Elements Marshal Arts
@ninjagirlmma



Shahr Savizi
Co-Founder of FuckUp Nights Calgary
@fuckupnightsyc



Amanda Ovaici
Co-Founder of FuckUp Nights Calgary
@fuckupnightsyc