

THEYNTRO

1031 DEL PASO BLVD, SACRAMENTO, CA

NOVEMBER 19, 2022

DAY ONE

9:30 AM: EVENT CHECK IN

10:00 AM: WELCOME CEREMONY

**10:15 AM: WARM UP / MENTAL HEALTH
(GUIDED MEDITATION)**

10:25 AM: KIDA THE GREAT

11:45 AM: LUNCH

12:30 PM: ANIYAHLATION

1:45 PM: KATHLEEN DIZON

3:00 PM: PHIL TAYAG

**4:15 PM: COOL DOWN / MENTAL HEALTH
(GUIDED MEDITATION)**

**4:30 PM: REFLECTION / Q&A SESSION
PRESENTATION OF GOLDEN TICKETS**

7:30 PM: CONCERT DOORS OPEN

8:00 PM: CONCERT

HEADLINERS: BLAQ TUXEDO & DAVID GARIBALDI

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**OPENING ACTS: BLACK FLAG, RU AREYOU,
ALAYJAH JAIDE, CAM CALLOWAY & HEATGOTTEM**

TRIBEK

THEYNTRO

1031 DEL PASO BLVD, SACRAMENTO, CA
NOVEMBER 20, 2022

DAY TWO

9:00 AM: DOORS OPEN

10:00 AM: WELCOME

**10:15 AM: WARM UP / MENTAL HEALTH
(GUIDED MEDITATION)**

**10:30 AM - 1:30 PM: DANCE WORKSHOP
WITH PHIL TAYAG**

1:45 PM: LIVE PANELS CHECK-IN

**2:15 PM: WELCOME BY ABE LIM (PANEL MODERATOR)
GUIDED MENTAL HEALTH MEDITATION**

**2:30 PM: PANEL 1
ENTERTAINMENT INDUSTRY MOVERS & SHAKERS**

3:15 PM: BREAK / PERFORMANCE

**3:30 PM: PANEL 2
INDUSTRY DANCERS AND CHOREOGRAPHERS**

4:15 PM: BREAK / PERFORMANCE

**4:30 PM: PANEL 3
MUSIC ARTISTS**

5:15 PM: BREAK / PERFORMANCE

**5:30 PM: PANEL 4
MENTAL HEALTH**

**6:15 PM: SHOWCASE, AWARDS
CLOSING CEREMONY**

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