



## Participants Schedule

(Subject to change)

### ARRIVAL DAY: FRIDAY, SEPTEMBER 11, 2009

5:30–7:00 pm Optional Early Registration

### DAY 1: SATURDAY, SEPTEMBER 12, 2009

7:00-8:30 am Registration

8:30 am Welcome and Introduction to Program

9:00 am Overview of the New Medicine

10:00 am Experiential activity: Shaking and dancing

10:30 am Introduction to Mind-Body Skills Groups

11:00 am Break – go to group

11:30 am GROUP #1

1:30 pm Lunch (on your own)

3:00 pm Biological Underpinnings of Mind-Body Therapies

4:00 pm Break – go to group

4:30 pm GROUP #2

6:30 pm Opening Reception

## DAY 2: SUNDAY, SEPTEMBER 13, 2009

6:30 am Yoga (optional)

7:30 am Breakfast (on your own)

8:30 am Opening Meditation

8:45 am Imagery

9:30 am Break – go to group

10:00 am GROUP #3

12:00 pm Lunch (on your own)  
Meeting for Healing Our Troops participants

1:30 pm Meditation

2:15 pm Break

2:30 pm Mobilizing, Transforming, and Celebrating the Emotions  
Experiential activity: Yes/No exercise

3:30 pm Break – go to group

4:00 pm GROUP # 4

6:00 pm End of the day for participants

8:00pm Optional evening event: Waltzing for Joy

### DAY 3: MONDAY, SEPTEMBER 14, 2009

6:30 am	Yoga (optional)
7:30 am	Breakfast (on your own)
8:30 am	Opening Meditation
8:45 am	Breathing, Physical Exercise and Movement
9:30 am	Experiential activity: Chaotic Breathing
10:00 am	Break
10:30 am	Genograms
	Experiential Activity: Constructing a genogram
11:30 am	Break – walk to group
12:00 pm	GROUP #5
2:00 pm	End of day for participants

Afternoon off

## DAY 4: TUESDAY, SEPTEMBER 15, 2009

6:30 am        Yoga (optional)

7:30 am        Breakfast (on your own)

8:30 am        Opening Meditation

8:45 am        Trauma and Transformation

10:15 am       Break – go to group

10:45 am       GROUP #6

12:45 pm       Lunch (on your own)  
Optional meeting for those working with children and teens

2:15 pm        Spirituality and Healing  
  
                  Experiential activity: Forgiveness Meditation

3:30 pm        Break – go to group

4:00 pm        GROUP #7

6:00 pm        End of day for participants

## DAY 5: WEDNESDAY, SEPTEMBER 16, 2009

- 6:30am Yoga (optional)
- 7:30 am Breakfast (on your own)
- 8:30 am Opening Meditation
- 8:45 am Body Awareness
- Experiential activity: Body scan
- 9:45 am Mindful and Healthful Eating
- 10:45 am Break
- 11:00 am Taking the Next Step: Panel Discussion
- 12:15 pm Lunch (on your own)  
Meeting for Healing Our Troops participants
- 1:45 pm GROUP #8  
(Fill in your evaluations after 4:30 pm ending of the group)
- 5:00 pm Break – go back to lecture hall
- 5:30 pm Closing Ceremony
- Dinner on your own
- 8:00 pm Dance Party!