



Participants Schedule

(Subject to change)

ARRIVAL DAY: FRIDAY, OCTOBER 1, 2010

5:30–7:00 pm **Optional Early Registration**

DAY 1: SATURDAY, OCTOBER 2, 2010

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, OCTOBER 3, 2010

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, OCTOBER 4, 2010

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| 6:30 am | Yoga (optional) |
| 7:30 am | Breakfast (on your own) |
| 8:30 am | <i>Opening Meditation</i> |
| 8:45 am | Breathing, Physical Exercise and Movement |
| 9:30 am | <i>Experiential activity: Chaotic Breathing</i> |
| 10:00 am | Break |
| 10:30 am | Genograms |
| | <i>Experiential Activity: Constructing a genogram</i> |
| 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, OCTOBER 5, 2010

- 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, OCTOBER 6, 2010

- 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**
- 6:00 pm **Tea, Cookies & Goodbyes**