



## Participants Schedule (Subject to change)

### ARRIVAL DAY: FRIDAY, SEPTEMBER 28, 2012

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

### DAY 1: SATURDAY, SEPTEMBER 29, 2012

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 30, 2012

6:30 am      **Yoga (optional)**

7:30 am      **Breakfast (on your own)**  
**Breakfast with Interns**

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)**  
**Healing Our Troops Lunch**  
**(provided for those signed up, starting at 12:00 pm)**

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: TBD**

### DAY 3: MONDAY, OCTOBER 1, 2012

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

**Afternoon off**

## **DAY 4: TUESDAY, OCTOBER 2, 2012**

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**  
**Optional meeting for those working with substance abuse and addiction**

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 3, 2012**

|          |  |
|----------|--|
| 6:30am   | <b>Yoga (optional)</b>   |
| 7:30 am  | <b>Breakfast (on your own)</b>   |
| 8:30 am  | <i>Opening Meditation</i>  |
| 8:45 am  | <b>Mindful and Healthful Eating</b>  |
| 9:45 am  | <b>Body Awareness</b>  |
|          | <i>Experiential activity: Body scan</i>  |
| 10:45 am | <b>Break</b>   |
| 11:00 am | <b>Taking the Next Step: Panel Discussion</b>  |
| 12:15 pm | <b>Lunch (on your own)</b>   |
| 1:45 pm  | <b>GROUP #8</b><br><i>(Fill in your evaluations after 4:30 pm ending of the group)</i> |
| 5:00 pm  | <b>Break - go back to lecture hall</b>   |
| 5:30 pm  | <b>Closing Ceremony</b>  |
| 6:00 pm  | <b>Tea, Cookies &amp; Goodbyes</b>   |