



## Participants Schedule

### ARRIVAL DAY: THURSDAY, SEPTEMBER 27, 2007

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

### DAY 1: FRIDAY, SEPTEMBER 28

8:00-9:00 am    **Registration**

9:00 am        **Welcome** - *Jim Gordon*

9:30 am        **Introduction to Program** - *Jim Gordon*

10:15 am       **Break**

10:30 am       **Overview of the New Medicine** - *Jim Gordon*

11:30 am       *Experiential activity: Shaking and dancing*

12:00 pm       **Introduction to Mind-Body Skills Groups** - *Jim Gordon*

12:30 pm       **Lunch (on your own)**

2:00 pm        **Panel: Turning Inward: The Facilitators Journey, The Journey of the Self** (*all faculty*)

3:00 pm        **Break**

3:30 pm        **GROUP #1**

5:30 pm        **Opening Reception**

## **DAY 2: SATURDAY, SEPTEMBER 29**

6:30 am      **Yoga**

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

8:30 am      *Opening Meditation*

8:45 am      **Biological Underpinnings of Mind-Body Therapies – Jim Gordon**

10:00 am     **Break**

10:15 am     **Biofeedback and Autogenic Training – Susan Blum**

10:45 am     **Break**

11:15 am     **GROUP #2**

1:15 pm      **Lunch (on your own)**

2:45 pm      **Imagery – Lora Matz**

3:45 pm      **Break**

4:15 pm      **GROUP #3**

6:15 pm      **End of day for participants**

### **DAY 3: SUNDAY, SEPTEMBER 30**

6:30 am	<b>Yoga</b>
7:30 am	<b>Breakfast (on your own)</b>
8:30 am	<i>Opening Meditation</i>
8:40 am	<b>Meditation – Jim Gordon</b>
9:40 am	<b>Break</b>
10:00 am	<b>Mobilizing, Transforming, and Celebrating the Emotions – Jim Gordon</b> <i>Experiential activity: Yes/No exercise</i>
11:00 am	<b>Break</b>
11:30 am	<b>GROUP #4</b>
1:30 pm	<b>End of day for participants</b>

**Afternoon off**

## **DAY 4: MONDAY, OCTOBER 1**

- 6:30 am      **Yoga**
- 7:30 am      **Breakfast (on your own)**
- 8:30 am      *Opening Meditation*
- 8:40 am      **Breathing, Physical Exercise and Movement – Joel Evans**  
*Experiential activity: Chaotic Breathing*
- 10:10 am     **Break**
- 10:40 am     **Body Awareness – Jim Gordon**  
*Experiential activity: Body scan*
- 11:40 am     **Lunch (on your own)**
- 1:10 pm      **Genograms – Debbie Kaplan**  
*Experiential Activity: Constructing a genogram*
- 2:10 pm      **Break**
- 2:40 pm      **GROUP #5**
- 4:40 pm      **End of day for participants**
- 5:00 pm      **Reception & Meeting for Local New Orleans Participants**

## **DAY 5: TUESDAY, OCTOBER 2**

6:30 am      **Yoga**

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

8:30 am      *Opening Meditation*

8:40 am      **Trauma and Transformation – Jim Gordon**

10:15 am     **Break**

10:45 am     **GROUP #6**

12:45 pm     **Lunch (on your own)**

2:15 pm      **Spirituality and Healing – Jim Gordon**  
*Experiential activity: Tonglen Meditation*

3:30 pm      **Break**

4:00 pm      **GROUP #7**

6:00 pm      **End of day for participants**

## **DAY 6: WEDNESDAY, OCTOBER 3**

6:30am      **Yoga**

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

8:30 am      *Opening Meditation*

8:40 am      **Mindful and Healthful Eating – Joel Evans**

9:40 am      **Break**

10:10 am     **GROUP # 8**

12:10 pm     **Lunch (on your own)**

1:40pm      **Taking the Next Step: Panel Discussion**

3:10 pm      **Break**

3:40 pm      **GROUP #9 (Fill in your evaluations!)**

6:00 pm      **Break**

6:20 pm      **Closing Ceremony**

6:45 pm      **Break**

7:00 pm      **Banquet Dinner and Dance**