

**FRIDAY, OCTOBER 14<sup>TH</sup>, 2016**

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7:00-8:30 AM	Registration
8:30 AM	Welcome and Introduction to Program
9:15 AM	Overview of the New Medicine Meditations
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
2:45 PM	Biological Underpinnings of Mind-Body Therapies
3:30 PM	Break – go to group
4:00 PM	GROUP #2
6:00 PM	Opening Reception

**SATURDAY, OCTOBER 15<sup>TH</sup>, 2016**

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6:30-7:30 AM	Yoga (Optional)
8:30 AM	Opening Meditation + QiGong
9:00 AM	Imagery
9:45 AM	Break – go to group
10:15 AM	GROUP #3
12:15 PM	Lunch
1:30 PM	Mindful Eating
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
4:00-6:00 PM	GROUP # 4

**SUNDAY, OCTOBER 16<sup>TH</sup>, 2016**

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6:30-7:30 AM	Yoga (Optional)
8:30 AM	Opening Meditation
8:45 AM	Breathing, Physical Exercise, and Movement
10:00 AM	Break
10:15 AM	Genograms
10:45 AM	Break – go to group
11:15 AM	GROUP #5
1:15 PM	Lunch
Afternoon off	

**MONDAY, OCTOBER 17<sup>TH</sup>, 2016**

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6:30-7:30 AM	Yoga (Optional)
8:30 AM	Opening Meditation
8:45 AM	Qi Gong
9:00 AM	Trauma and Transformation
10:15 AM	Break – go to group
10:45 AM	GROUP #6
12:45 PM	Lunch
1:00 PM	Optional Healing Our Troops Meeting (bring your own lunch)
2:00 PM	Spirituality and Healing
Experiential Activity: Forgiveness Meditation	
3:15 PM	Break – go to group
3:45-5:45 PM	GROUP #7
8:00-10:00 PM Optional evening event: Dance Party	

**TUESDAY OCTOBER 18<sup>TH</sup>, 2016**

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6:30-7:30 AM	Yoga (Optional)
8:30 AM	Opening Meditation
8:45 AM	Mind, Mood, and Food
9:30 AM	Qi Gong
9:45 AM	Break
10:00 AM	Body Awareness
Experiential activity: Body scan	
11:00 AM	Break
11:15 AM	Taking the Next Step: Panel Discussion
12:15 PM	Lunch
12:30 PM	Optional: Working with Children, Teens & Their Families Meeting (Bring your own lunch)
1:30 PM	GROUP #8 (Fill in your evaluations after ending of the group)
4:00 PM	Break – go back to lecture hall
4:30 PM	Closing Ceremony
5:00 PM	End of program- Thank you for joining us!