



PARTICIPANT SCHEDULE
(subject to change)

DAY 1: AUGUST 7, 2017

7:00 am	<i>Registration</i>
8:00 am	Welcome and Introduction to Program
8:30 am	Overview of the New Medicine
9:15 am	<i>Experiential Activity: Shaking & Dancing</i>
9:45 am	Break
10:00 am	Introduction to Mind-Body Skills Groups
10:30 am	Break – go to group
10:45 am	Group #1
12:45 am	Lunch
1:45 pm	Biological Underpinnings of Mind-Body Therapies
2:45 pm	Break – go to group
3:00 pm	Group #2
5:15 pm	End of the day for participants

DAY 2: AUGUST 8, 2017

8:30 am	<i>Opening Meditation</i>
8:45 am	Imagery
9:45 am	Break – go to group
10:00 am	GROUP #3
12:00 pm	Lunch
1:00 pm	Mobilizing, Transforming, and Celebrating the Emotions <i>Experiential activity: Yes/No exercise</i>
2:15 pm	Break - go to group
2:30 pm	GROUP #4
4:30 pm	Break

4:45 pm **Nutrition and Mindful Eating**

5:45 pm End of the day for participants

DAY 3: AUGUST 9, 2017

8:30 am ***Opening Meditation***

8:45 am **Breathing, Physical Exercise and Movement**
Experiential activity: Chaotic Breathing

9:45 am Break

10:00 am **Genograms**

10:30 am Break – go to group

10:45 am **Group #5**

12:45 pm Lunch & End of the day for participants

Afternoon Free

DAY 4: AUGUST 10, 2017

8:30 am ***Opening Meditation***

8:45 am **Trauma and Transformation**

9:45 am Break – go to group

10:00 am **Group #6**

12:00 pm Lunch

1:00 pm **Spirituality & Healing**

2:15 pm Break – go to group

2:30 pm **Group #7**

4:30 pm Break

4:45 pm **Body Awareness**

5:45 pm End of the day for participants

DAY 5: AUGUST 11, 2017

8:30 am **Group #8**

10:45 am Break

11:00 am **Taking the Next Step Panel**

11:45 am **Closing Ceremony**

12:30pm Lunch & End of the day for participants