DAY 1: AUGUST 7, 2017

7:00 am  Registration
8:00 am  Welcome and Introduction to Program
8:30 am  Overview of the New Medicine
9:15 am  Experiential Activity: Shaking & Dancing
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  Opening Meditation
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
Experiential activity: Yes/No exercise
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