



**DAY 1: Tuesday 7/31/2018**

7:00-8:00 am	Registration
8:00-8:30 am	Welcome and Introduction to Program
8:30-9:30 am	Overview of the "New Medicine" and the Training
9:30-10:00 am	<i>Experiential activity: Shaking and dancing</i>
10:00-10:30 am	Introduction to Mind-Body Skills Groups
10:30-11:00 am	Break – go to group
11:00-1:00 pm	GROUP #1
1:00-2:00 pm	Lunch
2:00-2:45 pm	Biological Underpinnings of Mind-Body Therapies
2:45-3:00 pm	Break – go to group
3:00-5:00 pm	GROUP #2

**DAY 2: Wednesday, 8/1/2018**

8:00-8:15 am	Opening Meditation
8:15-9:15 am	Imagery
9:15-9:45 am	Break – go to group
9:45-11:45 am	GROUP #3
11:45-12:45 pm	Lunch
12:45-1:45 pm	Meditation
	<i>Experiential activity: Meditation</i>
1:45-2:45 pm	Mobilizing, Transforming, and Celebrating the Emotions
	<i>Experiential activity: Yes/No exercise</i>
2:45-3:00 pm	Break – go to group
3:00-5:00 pm	GROUP #4



**DAY 3: Thursday, 8/2/2018**

8:00-8:15 am	Opening Meditation
8:15-9:00 am	Breathing, Physical Exercise and Movement <i>Experiential activity: Chaotic Breathing</i>
9:00-9:15 am	Break
9:15-9:45 am	Genograms
9:45-12:00 pm	GROUP #5 <i>Experiential Activity: Constructing a genogram</i>
12:00-1:00 pm	Lunch
1:00-2:00 pm	Trauma and Transformation
2:00-2:15 pm	Break
2:15-3:15 pm	Spirituality and Healing <i>Experiential activity: Forgiveness Meditation</i>
3:15-3:30 pm	Break – walk to group
3:30-5:30 pm	GROUP #6

**DAY 4: Friday 8/3/2018**

8:00-8:15 am	Opening Meditation
8:15-9:15 am	Nutrition & Mindful Eating
9:15-9:30 am	Break
9:30-10:30 am	Body Awareness <i>Experiential activity: Body scan</i>
10:30-10:45 am	Break – Go to group
10:45-12:45 pm	GROUP #7
12:45-1:45 pm	Lunch
1:45-2:30 pm	Taking the Next Step: Panel Discussion
2:30-2:45 pm	Break - Go to group
2:45-5:00 pm	GROUP #8



5:00-5:30 pm

Closing Ritual