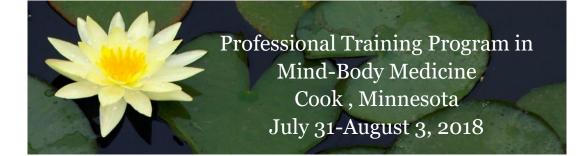
Professional Training Program in Mind-Body Medicine Cook , Minnesota July 31-August 3, 2018

## 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	Experiential activity: Shaking and dancing
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
	Experiential activity: Meditation
1:45-2:45 pm	Mobilizing, Transforming, and Celebrating the Emotions
	Experiential activity: Yes/No exercise
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
	Experiential activity: Chaotic Breathing
9:00-9:15 am	Break
9:15-9:45 am	Genograms
9:45-12:00 pm	GROUP #5
	Experiential Activity: Constructing a genogram
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
	Experiential activity: Forgiveness Meditation
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
	Experiential activity: Body scan
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**