



The Center for Mind-Body Medicine

Online Training Program in Mind-Body Medicine

*Schedule is based on Pacific Time Zone with all virtual sessions

DAY 1 – Monday DECEMBER 14

8:30-9:00 am	Welcome & Introductions
9:00-9:30 am	Overview of the New Medicine (Jim Gordon)
9:30-10:00 am	<i>Experiential activity: Shaking and Dancing</i>
10:00-10:30 am	Introduction to Mind-Body Skills Groups (Jim Gordon)
10:30-11:00 am	<i>Break</i>
11:00 am-1:00 pm	SMALL GROUP #1
1:00-1:45 pm	<i>Break</i>
1:45-2:30 pm	Biological Underpinnings of Mind-Body Medicine (Tanmeet Sethi)
2:30-3:00 pm	<i>Break</i>
3:00-5:00 pm	SMALL GROUP #2

DAY 2 - Tuesday DECEMBER 15

8:30-8:45 am	Opening Meditation
8:45-9:15 am	Imagery (Noshene Ranjbar)
9:15-9:45 am	<i>Break</i>
9:45-11:45 pm	SMALL GROUP #3
11:45 am-12:30 pm	<i>Break</i>
12:30 -1:00 pm	Mindful & Healthful Eating (Claire Wheeler)
1:00-1:45pm	Mobilizing, Transforming, & Celebrating the Emotions (Jim Gordon)
1:45-2:15 pm	<i>Break</i>
2:15-4:15 pm	SMALL GROUP #4

DAY 3 – Wednesday DECEMBER 16

8:30-8:45 am	Opening Meditation
8:45-9:30 am	Breathing, Physical Exercise, and Movement (Jenny Phelps)
9:30-10:00 am	Genograms (Rita Anita Linger)
10:00-10:30 am	<i>Break</i>
10:30 am-12:30 pm	SMALL GROUP #5
12:30-12:45 pm	<i>Optional Meeting</i>
Afternoon off	

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DAY 4 – Thursday DECEMBER 17

8:30-8:45 am	Opening Meditation
8:45-10:00 am	Trauma and Transformation (Jim Gordon)
10:00-10:30 am	<i>Break</i>
10:30 am-12:30 pm	SMALL GROUP #6
12:30-1:15pm	<i>Break</i>
1:15-2:00 pm	Spirituality and Healing (Sabrina N'Diaye)
2:00-2:30 pm	<i>Break</i>
2:30-4:30 pm	SMALL GROUP #7

DAY 5 – Friday DECEMBER 18

8:30-8:45am	Opening Meditation
8:45-9:45 am	Body Awareness (Jim Gordon)
9:45-10:00 am	<i>Break</i>
10:00-11:00 am	Taking the Next Step: Panel Discussion
11:00-11:45 am	<i>Break</i>
11:45 am-2:15 pm	SMALL GROUP #8
2:15-3:00 pm	<i>Closing Ceremony</i>

End of program- Thank you for joining us!

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