

Building Resilience, Cultivating Compassion, and Putting Them 'into Practice'

RETREAT SCHEDULE

Saturday, April 28

4:00-5:30 PM	Arrival and Registration
5:30-6:00 PM	Reception
6:00-7:00 PM	Supper
7:00-9:00 PM	Introductions and Group Rules “What Brings You Here?” 5 Minutes of Red Introduction to Mindfulness Practices Externalizing Emotions

Sunday, April 29

7:00-8:00 AM	Mindful Movement/Morning Medication (OPTIONAL)
8:00-9:00 AM	Breakfast
9:00-10:00 AM	The Mind/Body Connection Group 1: Connected Conflict with Erin
10:00 AM-12:00 PM	Group 2: Mindful Movement with Kathy, Cultivating Compassion with Trisha and Lynne
12:00-1:00 PM	Lunch Group 2: Connected Conflict with Erin
1:00-3:00 PM	Group 1: Mindful Movement with Kathy, Cultivating Compassion with Trisha and Lynne
3:00-4:00 PM	Taking Resilience and Compassion in to Practice
4:00 PM	Departure