



## Participants Schedule

(Subject to change)

### ARRIVAL DAY: FRIDAY, OCTOBER 24, 2008

5:30–7:00 pm **Optional Early Registration**

### DAY 1: SATURDAY, OCTOBER 25, 2008

7:00-8:30 am **Registration**

8:30 am **Welcome and Introduction to Program**

9:00 am **Overview of the New Medicine**

10:00 am *Experiential activity: Shaking and dancing*

10:30 am **Introduction to Mind-Body Skills Groups**

11:00 am **Break - go to group**

11:30 am **GROUP #1**

1:30 pm **Lunch (on your own):**

3:00 pm **Biological Underpinnings of Mind-Body Therapies**

4:00 pm **Break - go to group**

4:30 pm **GROUP #2**

6:30 pm **Opening Reception**

## **DAY 2: SUNDAY, OCTOBER 26, 2008**

6:30 am      **Yoga (optional)**

7:30 am      **Breakfast (on your own)**

8:30 am      *Opening Meditation*

8:45 am      **Imagery**

9:30 am      **Break - go to group**

10:00 am     **GROUP #3**

12:00 pm     **Lunch (on your own)**  
**Meeting for providers working with Military & Veterans**

1:30 pm      **Meditation**

2:15 pm      **Break**

2:30 pm      **Mobilizing, Transforming, and Celebrating the Emotions**  
*Experiential activity: Yes/No exercise*

3:30 pm      **Break - go to group**

4:00 pm      **GROUP # 4**

6:00 pm      **End of the day for participants**

8:00pm      **Optional evening event: Waltzing for Joy**

## **DAY 3: MONDAY, OCTOBER 27, 2008**

6:30 am	<b>Yoga (optional)</b>
7:30 am	<b>Breakfast (on your own)</b>
8:30 am	<i>Opening Meditation</i>
8:45 am	<b>Breathing, Physical Exercise and Movement</b>
9:30 am	<i>Experiential activity: Chaotic Breathing</i>
10:00 am	<b>Break</b>
10:30 am	<b>Genograms</b>
	<i>Experiential Activity: Constructing a genogram</i>
11:30 am	<b>Break - walk to group</b>
12:00 pm	<b>GROUP #5</b>
2:00 pm	<b>End of day for participants</b>

**Afternoon off**

## **DAY 4: TUESDAY, OCTOBER 28, 2008**

- 6:30 am      **Yoga (optional)**
- 7:30 am      **Breakfast (on your own)**
- 8:30 am      *Opening Meditation*
- 8:45 am      **Trauma and Transformation**
- 10:15 am     **Break - go to group**
- 10:45 am     **GROUP #6**
- 12:45 pm     **Lunch (on your own)**  
**Optional meeting for those working with children and teens**  
**Meeting for Cedar Rapids group**  
**Meeting for Integrative Mental Health Care Initiative Sponsors from Allina**
- 2:15 pm      **Spirituality and Healing**  
  
*Experiential activity: Forgiveness Meditation*
- 3:30 pm      **Break - go to group**
- 4:00 pm      **GROUP #7**
- 6:00 pm      **End of day for participants**

## **DAY 5: WEDNESDAY, OCTOBER 29, 2008**

6:30am      **Yoga (optional)**

7:30 am      **Breakfast (on your own)**

8:30 am      *Opening Meditation*

8:45 am      **Body Awareness**  
*Experiential activity: Body scan*

9:45 am      **Mindful and Healthful Eating**

10:45 am     **Break**

11:00 am     **Taking the Next Step: Panel Discussion**

12:15 pm     **Lunch (on your own)**  
**Meeting for providers working with Military & Veterans**

1:45 pm      **GROUP #8**  
*(Fill in your evaluations after 4:30 pm ending of the group)*

5:00 pm      **Break - go back to lecture hall**

5:30 pm      **Closing Ceremony**

6:15 pm      **Break**

6:30 pm      **Banquet Dinner and Dance**