

## **HEALING, MINDFULNESS & COMPASSION: RETREAT SCHEDULE: October 2019**

### **Friday, October 25**

<b>TIME</b>	<b>LOCATION</b>	<b>SESSION</b>
<b>3:00-4:00pm</b>	Main Lodge	Arrive and check-in. Free time to explore premises
<b>5:30-6:15pm</b>	Main Lodge	Dinner*
<b>6:30-8:00 pm</b>	Conference Center	Introduction & Goals: <b>Cultivating Empathy, Mindfulness and Compassion in the Practice of Healing</b>

\* All food served at Ratna Ling is vegetarian

### **Saturday, October 26**

<b>TIME</b>	<b>LOCATION</b>	<b>SESSION</b>
<b>7:30-8:00am</b>	Meditation Hall	<b>Tibetan Healing Meditation</b>
<b>8:00-8:45am</b>	Main Lodge	Breakfast*
<b>8:45-10:15am</b>	Conference Center	<b>Balint Session</b>
<b>10:15-10:30am</b>	Main Lodge	Break
<b>10:30am-11:30am</b>	Conference Center	<b>Balint Session</b>
<b>11:30- 12:15 pm</b>	Meditation Hall	<b>Kum Nye (Tibetan Yoga)</b>
<b>12:15-1:00pm</b>	Main Lodge	Lunch*
<b>1:15-2:45pm</b>	Conference Center	<b>Balint Session</b>
<b>3:00-5:30pm</b>	Conference Center	Free Time (Optional Kum Nye from 3:00-3:45)
<b>5:30-6:15pm</b>	Main Lodge	Dinner*
<b>6:30-8:00pm</b>	Conference Center	Presentation: <b>The Complexity of Burnout and Compassion</b>
<b>8:00-8:30pm</b>	Conference Center	Tibetan Aid Project Reception

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**Sunday, October 27**

TIME	LOCATION	SESSION
7:30-8:00am	Meditation Hall	<b>Tibetan Healing Meditation</b>
8:00-8:45am	Main Lodge	Breakfast*
9:00-11:00am	Conference Center	<b>Balint Session</b>
11:00-11:15am	Main Lodge	Break
11:15-12:00pm	Meditation Hall	<b>Kum Nye (Tibetan Yoga)</b>
12:00-12:30pm	Conference Center	Closing session: <b>Next Steps--Taking it Home</b>
12:30pm-1:00pm		Pack and Prepare Cottages
1:00pm		Check-out/Departure, drop keys at main desk

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**Session Descriptions:**

**Cultivating Empathy, Mindfulness and Compassion in the Practice of Healing:** An experiential reflective interactional program covering the roots of our choice of profession and how we can use all the skills possible to develop a coherent narrative of our personal and professional lives. Honing our empathy, mindfulness and compassion and other skills will allow us to better help our patients and clients.

**Tibetan Healing Meditation:** For over 2,500 years meditation, mantra recitation, and visualization have successfully aided in keeping the body and mind healthy and sustained.

**Balint:** Named after Michael and Enid Balint, this experiential group process enhances self and patient understanding and addresses less conscious aspects of patient-practitioner relationships.

**Kum Nye (Tibetan Yoga):** Based on Tibetan medicine, this form of yoga is a gentle healing system that uses movement, massage and breathing practices to promote physical and emotional health.

**Next Step—Taking it Home:** How to bring what we learn and experience in this retreat back into our everyday professional and personal lives.