

**HEALING, MINDFULNESS & COMPASSION: RETREAT**  
**SCHEDULE: March 2018**

**Friday, March 23**

TIME	LOCATION	SESSION
3:00-4:00pm	Main Lodge/Cottages	Arrive and check-in. Free time to explore premises
5:30-6:15pm	Main Lodge	Dinner*
6:30-8:00 pm	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, March 24**

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

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Uniting Eastern & Western Approaches to Healing

## Sunday, March 25

TIME	LOCATION	SESSION
7:30-8:00am	Meditation Hall	<b>Tibetan Healing Meditation</b>
8:00-8:45am	Main Lodge	Breakfast*
8:45-10:15am	Conference Center	<b>Balint Session</b>
10:15-10:45am	Conference Center	<b>Balint Debrief</b>
10:45-11:00am	Main Lodge	Break
11:00-11:45am	Meditation Hall	<b>Kum Nye (Tibetan Yoga)</b>
11:45-12:15pm	Conference Center	Closing session: <b>Next Steps? Operationalizing our Learning</b>
12:15	Main Lodge	Clean Cabin. Pick-up Lunch-to-go*
1:00pm		Check-out/Departure

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### **Session Descriptions:**

**Cultivating Empathy, Mindfulness and Compassion in the Practice of Healing:** An experiential 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 these skills that include empathy, mindfulness and compassion among others 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 Balint, this experiential group process enhances self 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.

**The Complexity of Compassion:** The benefits of compassion in healing a multitude of conditions. exploring how compassion for self is the twin of compassion for others.

**Next Steps?** This retreat is one of a series of retreats working on the general issue of integrating eastern wisdom into professional healing practice.