

HEALING, MINDFULNESS & COMPASSION: RETREAT

SCHEDULE: October 2018

Friday, October 19

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: Cultivating Empathy, Mindfulness and Compassion in the Practice of Healing

* All food served at Ratna Ling is vegetarian

Saturday, October 20

TIME	LOCATION	SESSION
7:30-8:00am	Meditation Hall	Tibetan Healing Meditation
8:00-8:45am	Main Lodge	Breakfast*
8:45-10:15am	Conference Center	Balint Session
10:15-10:30am	Main Lodge	Break
10:30am-11:30am	Conference Center	Balint Session
11:30- 12:15 pm	Meditation Hall	Kum Nye (Tibetan Yoga)
12:15-1:00pm	Main Lodge	Lunch*
1:30-3:00pm	Conference Center	Balint Session
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: The Complexity of Compassion
7:45-8:15pm	Conference Center	Tibetan Aid Project Reception

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Sunday, October 21

TIME	LOCATION	SESSION
7:30-8:00am	Meditation Hall	Tibetan Healing Meditation
8:00-8:45am	Main Lodge	Breakfast*
8:45-10:45am	Conference Center	<i>Balint</i> Session
10:45-11:00am	Main Lodge	Break
11:00-11:45am	Meditation Hall	<i>Kum Nye</i> (Tibetan Yoga)
11:45-12:15pm	Conference Center	Closing session: Next Steps? Operationalizing our Learning
12:15		Pack and Clean Cabins
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 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 Steps? How to bring what we learn and experience in this retreat back into our everyday professional and personal lives.