



HEALING, MINDFULNESS & COMPASSION: RETREAT SCHEDULE: October 2019

Friday, October 25

TIME	LOCATION	SESSION
3:00-4:00pm	Main Lodge	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 26

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*
1:15-2:45pm	Conference Center	Balint Session
3:00-5:30pm	Conference Center	Free Time (Optional Kum Nye from 3:00-3:45)
5:30-6:15pm	Main Lodge	Dinner*
6:30-7:45pm	Conference Center	Presentation: The Complexity of Burnout and Compassion
7:45-8:15pm	Conference Center	Tibetan Aid Project Reception

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Sunday, October 27		
TIME	LOCATION	SESSION
7:30-8:00am	Meditation Hall	Tibetan Healing Meditation
8:00-8:45am	Main Lodge	Breakfast*
9:00-11:00am	Conference Center	<i>Balint Session</i>
11:00-11:15am	Main Lodge	Break
11:15-12:00pm	Meditation Hall	<i>Kum Nye (Tibetan Yoga)</i>
12:00-12:30pm	Conference Center	Closing session: Next Steps--Taking it Home
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 Steps —Taking it Home: How to bring what we learn and experience in this retreat back into our everyday professional and personal lives.