

UZ12 Conference

		B	C	F	N	NC	S
Accredited	Total CE Hours	246.75	246.75	132.50	223.00	23.75	244.25

CE Codes: B=Bodyworkers (NCBTMB); C=Counselors (NBCC); F=Fitness & Athletic Trainers (NATABOC); N=Nurses - National (ANCC) and NC=CA Nurses only (BRN); S=MFTs & Social Workers

September 28, 2012									
CE Hours	Session 1	Yoga Therapy with Rodney & Colleen Yee	B,C,F,N,S	B	C	F	N	NC	S
0.25	7:15 - 7:30 PM	Overview							
0.50	7:30 - 8:00PM	Breath awareness experiment							
1.00	8:00 - 9:00 PM	Standing Pose Practice							
0.75	9:00 - 9:45 PM	Patient in-bed movement							
	9:45 - 10 PM	BREAK							
0.00	10:00 - 11:00 PM	Form Mentor Groups							
2.50				2.50	2.50	2.50	2.50	0.00	2.50

September 29, 2012									
CE Hours	Session 2	Yoga Therapy with Rodney Yee, Colleen Sadman	B,C,F,N,S	B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Daily pranayama							
	8:00 - 9:00 AM	BREAKFAST							
2.75	9:00 AM - 11:45 AM	PANIC™ Model/ Q&A							
		Personal Asana Practice: Hip joints							
		In bed movements: Review feet and leg movements with the breath							
		Restorative pose: Reclines Cobbler's Pose and its variations							
0.00	11:45 AM - 12:00 PM	Breath awareness: observing exhalation completion, observing pause at end of exhale							
		Announcements							
0.50	12:00 - 12:30 PM	Mentor Groups-Laboratory of In-Bed-Movements - feet & legs							
	12:30 - 2:00 PM	LUNCH							
2.25	2:00 - 4:15	Digestive restorative pose: Reclined cobbler's pose with breath work/ partner practice/ personal Asana practice							
	4:15 - 4:30 PM	BREAK							
1.50	4:30 - 6:00 PM	Q & A - Yoga Therapy; Savasana meditation							
	6 - 7:30 PM	DINNER							
0.75	7:30 - 8:15	Mentor Groups-Laboratory of In-Bed-Movements: voicing instructions and demonstrating - hands and arms							
0.75	8:15-9:00 PM	Partners: Breath instruction							
1.00	9:00 - 10:00 PM	UZIT class demonstration							
10.50				10.50	10.50	10.50	10.50	0.00	10.50

September 30, 2012									
CE Hours	Session 3	Yoga Therapy with Rodney & Colleen Yee and Contemplative Practice with Chodo Campbell and Koshin Paley	B,C,F,N,S	B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Daily pranayama							
	8:00 - 9:00 AM	BREAKFAST							
3.00	9:00 AM - 12:00 PM	Introduction to self-care							
0.50	12:00 - 12:30 PM	Mentor Groups							
	12:00 - 2:30 PM	LUNCH							
4.00	2:00 PM - 6:00 PM	Digestive restorative pose: reclined simple cross-legged pose;							
		Personal Asana Practice: Focusing on the spine							
		In-bed movements: focusing on spine							
		The body scan							
		Q & A ; Review; Closing Meditation							
	6:00 - 7:30 PM	DINNER							
1.00	7:30 PM - 8:30 PM	Case study and implementaion of the four points: in-bed movements, restorative poses, breath awarness, meditation							
0.50	8:30 - 9:00 PM	In-bed movement laboratory: Focus on movements of the spine							
0.50	9:00 - 9:30 PM	Homework; Review Study Guide							
0.50	9:30 - 10:00 PM	Restorative/Body Scan/Closing Savasana							
11.00	CE Hours			11.00	11.00	11.00	11.00	0.00	11.00

October 1, 2012											
CE Hours	Session 4	Reiki with Lena Falth, Geoffrey Roninger	B,C,N,S			B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Daily pranayama									
	8:00 - 9:00 AM	BREAKFAST									
1.25	9:00 AM - 10:15 AM	Asana: Focus on sun salutations into hero's pose Rocking the pelvic floor Meditation focus on pelvic floor Constructive Rest going through self reiki hand positions									
	10:15 AM - 10:30 AM	BREAK									
2.00	10:30 AM - 12:30 PM	Introduction to Reiki bio-field energy First attunement Explanation and demonstration of self-Reiki Mentor groups									
	12:30 - 2:00 PM	LUNCH									
0.50	2:00 PM - 2:30 PM	Asana: reclined sun salutation (mimicking mild in-bed movement)									
0.75	2:30 - 3:15 PM	History of Reiki: Usui, Hyashi, Takata The five principles of Reiki What is Reiki How Reiki works									
0.75	3:15 - 4:00 PM	Supta Baddha Konasana variation with Reiki self-care hand positions Supported savasana with Reiki self-carehand positions									
1.00	4:00 - 5:00 PM	Second attunement									
1.00	5:00 - 6:00 PM	Q & A Reiki Grounding Meditation									
		DINNER									
2.50	7:30 PM - 10:00 PM	Mentor Groups: Review of Reiki self-care hand positions Constructive rest led in self-care hand positions Q & A Reiki Closing Savasana									
10.75				10.75		10.75	10.75	0.00	10.75	0.00	10.75
October 2, 2012											
CE Hours	Session 5	Reiki with Lena Falth and Geoffrey Roninger	B,C,N,S			B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Daily pranayama									
		BREAKFAST									
1.25	9:00 AM - 10:15 AM	Asana: standing pose, sun salutation with breath/vinyasa Constructive rest reviewing self-Reiki hand positions									
	10:15 AM - 10:30 AM	BREAK									
1.50	10:30 AM - 12:00 PM	Supported backbend, four variations Meditation focusing on heart opening Third attunement Grounding Closing Meditation									
0.50	12:00 - 12:30	Mentor Groups									
		AFTERNOON OFF									
1.75	7:30 PM - 9:15 PM	Reiki practice - performing Reiki on others Instruction on Gassho, Reiji-Ho, Chriyo; Reiki Session - Front body hand positions; Energy anatomy									
0.75	9:15 - 10:00 PM	Homework review & assignments; closing Savasana									
6.75				6.75		6.75	6.75	0.00	6.75	0.00	6.75

October 3, 2012											
CE Hours	Session 6	Reiki with Lena Falth and Geoffrey Roninger	B,C,N,S			B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Daily pranayama									
		BREAKFAST									
3.50	9:00 AM - 12:30 PM	Sears portrait pose									
		Anatasana									
		Restorative setu bandasana									
		Viipariti karani									
		Meditation focusing on throat diaphragm									
		Constructive rest reviewing self-care hand positions									
		Fourth attunement									
		Seated Reiki									
		Mentor Groups									
		LUNCH									
2.75	2:00 PM - 4:45 PM	Supported child's pose									
		Back body hand position on others									
		Back Body Hand Positions in Supported Child's Pose - practice with partners									
	4:45 - 5:00 PM	BREAK									
1.00	5:00 - 6:00 PM	Q & A; Grounding Meditation									
		DINNER									
2.00	7:30 PM - 9:30 PM	Grounding body scan									
		Fundamentals of self-care									
		Self-care exercise in Mentor Groups									
		Group debrief									
0.50	9:30 - 10:00 PM	Closing Savasana									
10.75				10.75	10.75	10.75	0.00	10.75	0.00	10.75	

October 4, 2012											
CE Hours	Session 7	Essential Oil Therapy with Tracy Griffiths	B,C,NC*,S			B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Daily pranayama	B,C,F,NC,S								
		BREAKFAST									
3.75	9:00 AM - 12:30 PM	Asana: review sun salutations									
		Introduction to modlity, course outline, syllabus, assignments & assigned reading									
		How to use Essential Oil Desk Reference (EODR/EOPR)									
		Student Oils kit: intention, expectations and attunement									
		History of essential oils									
		Ancient healing art of aromatherapy and its tie to ayurvedic medicine									
		Mentor Groups									
		LUNCH									
1.75	2:00 PM - 3:45 PM	Restorative pose with breath awareness									
		History of essential oils, continued									
		Experience lemon									
	3:45 PM - 4:00 PM	BREAK									
2.00	4:00 PM - 6:00 PM	Chemistry of essential oils									
		Understanding plants, "constituents"									
		Distilling essential oils, capturing the essence of the plant									
		Therapeutic-grade potency									
		Experience frankincense									
		Essential oils and the human body									
		Basic physiology and sense of smell									
		Homework: Profile of an essential oil - peppermint									
		DINNER									
2.50	7:30 PM - 10:00 PM	How to use essential oils: inhalation, topical, consumption									
		Contraindications, safety and responsibility									
		Oils and meditation, mindfulness: frankincense									
		Skills Lab: Integration with oils/reiki and yoga therapy									
		Closing Savasana									
11.00			*NC=CA Nurses	11.00	11.00	11.00	1.00	0.00	11.00	11.00	

October 5, 2012											
CE Hours	Session 8	Essential Oil Therapy with Tracy Griffiths	B,C,NC*,S			B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Daily pranayama	B,C,F,NC,S								
		BREAKFAST									
2.00	9:00 AM - 11:00 AM	Yoga addressing pain and anxiety Mentor Groups; Testing on issues already presented Experience Valor									
	11:00 AM - 11:15 AM	BREAK									
1.25	11:15 AM - 12:30 PM	Self-care and essential oils for the integrative therapist Self-care techniques: how to integrate oils with yoga and reiki Experience Pan Away (topical application) Mentor Groups									
		LUNCH									
1.50	2:00 PM - 3:30 PM	Restorative pose with breath awareness - integratio - digestive oil/pose/self-reike - constipation Yoga addressing insomnia and fatigue Experience lavender									
	3:30 PM - 3:45 PM	BREAK									
2.25	3:45 PM - 6:00 PM	Experience peace and calming: inhalation and topical application Vita-Flex in Mentor Groups using P&C Integration - practice with partner Precautions and contraindications Assessing PANIC™									
		DINNER									
2.25	7:30 - 9:45 PM	Integrative case study									
10.25				10.25		10.25	10.25	1.00	0.00	10.25	10.25

10/6/2012: No formal classroom studies; practice and homework

October 7, 2012											
CE Hours	Session 9	Contemplative Practices with Chodo Campbell, Koshin Paley, Susan Luck	B,C,N,S			B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Yoga addressing exhaustion	BCFNS								
		BREAKFAST									
2.25	9:00 AM - 11:15 AM	Poison and medicine in caregiving Zazen: seated meditation Walking meditation Dyads									
	11:15 AM - 11:30 AM	BREAK									
0.75	11:30 AM - 12:15 PM	Dharma talk on compassion, Q&A, Zazen									
		LUNCH									
1.75	2:00 PM - 3:45 PM	Restorative pose with breath awariness: integration Zazen Dharma talk Dyads									
	3:45 PM - 4:00 PM	BREAK									
2.00	4:00 PM - 6:00 PM	Boundaries Closing Meditation Q & A Savasana									
		DINNER									
1.25	7:30 PM - 8:45 PM	Introduction to functional nutrition									
	8:45 - 9:00 PM	BREAK									
1.00	9:00 - 10:00 PM	Anatomy & Physiology - Bones Review; Closing Meditation	B,C,F,N,S								
10.00				10.00		10.00	10.00	2.00	10.00	0.00	10.00

October 8, 2012											
CE Hours	Session 10	Foundations of Functional Nutrition with Susan and Ed Dailey	B,C,N,S			B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Daily pranayama									
		BREAKFAST									
1.50	9:00 AM - 10:30 AM	Asana Practice									
	10:30 AM - 10:45 AM	BREAK									
1.50	10:45 AM - 12:15 PM	Functional nutrition - Part II									
0.00	12:15 - 2:00 PM	MINDFUL EATING - LUNCH ASSIGNMENT									
2.00	2:00 PM - 4:00 PM	Restorative pose with breath awareness: integration									
		Zazen; walking meditation									
		Functional nutrition Part III: environmental issues									
	4:00 PM - 4:15 PM	BREAK									
1.75	4:15 PM - 6:00 PM	Rasin Exercise									
		Mindful movement									
		Review fundamentals of functional nutrition									
		Closing savasana									
		DINNER									
1.00	7:30 PM - 8:30 PM	Anatomy & Physiology - Major muscles review									
1.50	8:30 - 10:00 PM	Mentor groups: homework & practice									
		Group debrief - nutrition									
		Mentor group presentations & group findings									
		Closing savasana									
10.25				10.25		10.25	10.25	3.00	10.25	0.00	10.25
October 9, 2012											
CE Hours	Session 11	Yoga Therapy and Self-Care with Ed Dailey, RN	B,C,F,N,S			B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Daily pranayama									
		BREAKFAST									
1.50	9:00 AM - 10:30 AM	Asana: 10 minute chair routine for boosting energy									
		How to shorten routines: 3 minutes, 5 minutes									
		Each member of a mentor group leads 3 minute routine									
	10:30 AM - 10:45 AM	BREAK									
1.75	10:45 AM - 12:30 PM	"The Introduction" (including demonstration of folding blankets while talking)									
		Skills lab: working with patients									
		Mentor Groups									
	12:30 - 7:30 PM	LUNCH & AFTERNOON OFF									
1.50	7:30 PM - 9:00 PM	Anatomy & Physiology - Autonomic Nervous System									
1.00	9:00 - 10:00 PM	Partners: Full session w/ introduction and all modalities (assuming typo)									
6.75				6.75		6.75	6.75	6.75	6.75	0.00	6.75

October 10, 2012										
CE Hours	Session 12	Yoga Therapy and Clinical Prep with Ed Dailey, RN		B	C	F	N	NC	S	
1.00	7:00 AM - 8:00 AM	Daily pranayama								
		BREAKFAST	B,C,F,N,S							
3.00	9:00 AM - 12:00 PM	Asana: reclined twists (gross to subtle, mimicking in-bed movements)								
		Digestive body scan								
		Clinical PP								
		Who's who in a clinical setting/getting report								
		Patient assessment: the physiology of PANIC™								
		STEPP and clinical thinking using PANIC™ / Q&A								
0.50	12:00 - 12:30 PM	Mentor Groups								
		LUNCH								
1.75	2:00 PM - 3:45 PM	Restorative pose and body scan								
		The hospital bed: an introduction								
		Propping in a seemingly propless world: skills lab								
		Skills Lab: Practice Intro w/ blanket folding, prop gathering and STEPP								
	3:45 PM - 4:00 PM	BREAK								
2.00	4:00 PM - 6:00 PM	Asana: 10 minute chair routine for grounding								
		How to shorten routine: 3 minutes, 5 minutes								
		The Staff Class								
		Skills lab: Case study focusing on in-bed movements and propping								
		Zazen: sitting meditation								
		DINNER								
2.50	7:30 PM - 10:00 PM	Mentor Groups								
		Skills Lab: Anatomy & Physiology - Looking at the Systems								
		Student Led - full session								
		Closing Savasana								
10.75			10.75	10.75	10.75	10.75	10.75	0.00	10.75	
October 11, 2012										
CE Hours	Session 13	Yoga Therapy and Clinical Prep with Ed Dailey, RN	B,C,F,N,S	B	C	F	N	NC	S	
1.00	7:00 AM - 8:00 AM	Daily pranayama								
		BREAKFAST								
3.50	9:00 AM - 12:30 PM	Asana: chair routine for anxiety								
		How to shorten routine: 3 minutes, 5 minutes								
		Review: all poses and propping with or without yoga props								
		Mentor Groups								
		LUNCH								
1.25	2:00 PM - 3:15 PM	Restorative pose and body scan								
		Skills lab: anxiety								
		Intro/ In-Bed Movements/Restorative/BA/EOT/Reiki								
		Call-out - Anxiety								
	3:15 PM - 3:30 PM	BREAK								
2.50	3:30 PM - 6:00 PM	Asana: 10 minute chair routine for exhaustion								
		How to shorten routine: 3 minutes, 5 minutes								
		Skills lab: anxiety								
		Intro/ In-Bed Movements/Restorative/BA/EOT/Reiki								
		Call-out - Anxiety								
		Case studies								
		Closing Meditation								
		DINNER								
1.50	7:30 PM - 9:00 PM	Practice: propping for all poses								
		Student teaching: body scans								
1.00	9:00 - 10:00PM	Kinesiology								
10.75			10.75	10.75	10.75	10.75	10.75	0.00	10.75	

			October 12, 2012						
CE Hours	Session 14	Pranayama with Richard Rosen	B,C,F,N,S	B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Daily pranayama: breathing technique 1: The Witness							
		BREAKFAST							
3.50	9:00 AM - 12:30 PM	Asana and Shavasana 1; Q&A Mentor groups							
		LUNCH							
2.75	2:00 PM - 4:45 PM	Student Teaching: Restorative pose with body scan Using props: bolster, straps, blocks							
	4:45 PM - 5:00 PM	BREAK							
1.00	5:00 PM - 6:00 PM	Breathing technique 2: the unspoken mantra, equal ration breathing							
		DINNER							
2.50	7:30 PM - 10:00 PM	Shavasana 2 Anatomy & Philiology Skills Lab: Adjustments inSavasana Closing Meditation							
10.75			10.75	10.75	10.75	10.75	10.75	0.00	10.75
10/13/12: No formal classroom studies; practice and homework									
			October 14, 2012						
CE Hours	Session 15	Pranayama with Richard Rosen	B,C,F,N,S	B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Daily pranayama Cho-Ko dharma talk: Our Demons							
		BREAKFAST							
3.00	9:00 AM - 12:00 PM	Adjusting in Shavasana (Mentor Groups); Q&A							
0.50	12:00 - 12:30 PM	Mentor Groups							
		LUNCH							
1.75	2:00 PM - 3:45 PM	Student Teaching: Restorative pose with breath awareness Chair yoga							
	3:45 PM - 4:00 PM	BREAK							
2.00	4:00 PM - 6:00 PM	Shavasana 3 Physiology and breath							
		DINNER							
2.50	7:30 PM - 10:00 PM	Mentor Groups - Homework & Check-in Mentor Groups - Anatomy & Physiology Student teaching in Mentor Groups Closing Meditation							
10.75			10.75	10.75	10.75	10.75	10.75	0.00	10.75
			October 15, 2012						
CE Hours	Session 16	Pranayama with Richard Rosen	B,C,F,N,S	B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Daily pranayama							
		BREAKFAST							
2.25	9:00 AM - 11:15 AM	Asana and Shavasana 4							
0.75	11:15 - 12:00	Breath and autonomic nervous system							
0.50	12:00 - 12:30 PM	Mentor Groups							
		LUNCH							
2.75	2:00 PM - 4:45 PM	Student Teaching: restorative pose with breath awareness Sequencing for PANIC™							
	4:45 PM - 5:00 PM	BREAK							
1.00	5:00 PM - 6:00 PM	Shavasana 3							
		DINNER							
2.50	7:30 PM - 10:00 PM	Mentor Groups - Homework & Check-in Mentor Groups - Anatomy & Physiology Skills Lab: Student teaching body scans Closing Savasana							
10.75			10.75	10.75	10.75	10.75	10.75	0.00	10.75

			October 16, 2012								
CE Hours	Session 17	YT/Reike/EOT Exam Prep and Reiki Assessments with Lena Faith and Mary Beth Charno				B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Daily pranayama	B,C,F,N,S								
		BREAKFAST									
1.25	9:00 AM - 10:15 AM	Yoga therapy asana	B,C,F,N,S								
	10:15 AM - 10:30 AM	BREAK									
0.75	10:30 AM - 11:15 AM	Yoga therapy exam study guide review; Q&A	B,C,F,N,S								
0.75	11:15 AM - 12:00 PM	EOT Exam Study Guide Review; Q&A	B,C,NC*,S								
0.50	12:00 - 12:30 PM	Mentor Groups. Assessment prep: Individual modality assessments	B,C,F,N,S								
		LUNCH									
		Going deeper in Reiki	B,C,N,S								
		Reiki - Exam Study Guide Review; Q&A	B,C,N,S								
	4:15 PM - 4:30 PM	BREAK									
1.50	4:30 PM - 6:00 PM	Reiki assessments	B,C,N,S								
		DINNER									
1.50	7:30 PM - 9:00 PM	Reiki assessments	B,C,N,S								
1.00	9:00 - 10:00 PM	Continuation of daytime Reike lecture	B,C,N,S								
8.25				8.25	8.25	8.25	7.50	7.50	0.75	7.50	
			October 17, 2012								
CE Hours	Session 18	Yoga Therapy and Exam Prep and Assessment with Rodney Yee, Colleen Saidman Yee and Mary Beth Charno				B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Daily pranayama	B,C,F,N,S								
		BREAKFAST									
1.75	9:00 AM - 10:45 AM	Yoga therapy asana									
	10:45 AM - 11:00 AM	BREAK									
1.00	11:00 AM - 12:00 PM	Yoga therapy review; Q&A									
0.50	12:00 - 12:30 PM	Mentor Groups									
		LUNCH									
2.00	2:00 PM - 4:00 PM	Yoga therapy assessments									
	4:00 PM - 4:15 PM	BREAK									
1.75	4:15 PM - 6:00 PM	Yoga therapy: going deeper									
		DINNER									
1.50	7:30 PM - 9:00 PM	Yoga therapy assessments									
1.00	9:00 - 10:00PM	Lecture: Yoga Therapy									
10.50				10.50	10.50	10.50	10.50	10.50	0.00	10.50	
			October 18, 2012								
CE Hours	Session 19	EOT Exam & Assessments/Mock Clinical Case Studies - Full Integration Mary Beth Charno, RN & various staff				B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Daily pranayama	B,C,N,S								
		BREAKFAST									
1.75	9:00 AM - 10:30 AM	Asana	B,C,N,S								
	10:30 AM - 10:45 AM	BREAK									
0.75	10:45 AM - 11:30 AM	EOT - Closed Book Written Exam	B,C,NC*,S								
1.00	11:30 AM - 12:30 PM	Mentor Groups - Practical Preparation									
		LUNCH									
0.50	2:00 - 2:30 PM	Student Led: Restorative pose and breath awareness									
1.00	2:30 - 3:30 PM	EOT - Practical Assessments in Mentor Groups	B,C,NC*,S								
	3:30 PM - 3:45 PM	BREAK									
2.25	3:45 PM - 6:00 PM	Mock clinical setting with case studies									
1.50	7:30 PM - 9:00 PM	Review and Q&A about PANIC™/STEPPT™ and sequencing integrative sessions	B,C,N,S								
1.00	9:00 - 10:00 PM	Group Assessment around hospital bed - in Mentor Groups									
10.75				10.75	10.75	10.75	9.00	9.00	1.75	9.00	

October 22, 2012											
CE Hours	Session 22	Contemplative End-of-Life Care with Chodo Campbell, Koshin Paley and Mary Taylor	B,C,N,S			B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Zazen									
		BREAKFAST									
1.25	9:00 AM - 10:15 AM	Patient inquiry, overview of model Why a contemplative approach is essential to end-of-life care Reflective Practice: Mindfulness (focussed attention) for attentional balance, perspective Debrief									
	10:15 AM - 10:30 AM	BREAK									
1.50	10:30 AM - 12:00 PM	Contemplative End-of-life care training; discussion and Q&A									
0.50	12:00 - 12:30 PM	Mentor Groups									
		LUNCH									
1.00	2:00 - 3:00 PM	Experiential practice: Views of dying: exploration of worldview and end-of-life care									
0.50	3:00 PM - 3:30 PM	Debrief in dyads then in large group									
	3:30 PM - 3:45 PM	BREAK									
0.50	3:45 - 4:15 PM	Walking Meditation									
1.75	4:15 PM - 6:00 PM	Experiential practice: Exploration of being/doing - small groups Council: Challenges to and integration of being/doing Feedback with large group									
		DINNER									
1.00	7:30 - 8:30 PM	Asana - Yoga Therapy									
1.50	8:30 PM - 10:00 PM	Mindful nutrition									
10.50				10.50		10.50	10.50	0.00	10.50	0.00	10.50
October 23, 2012											
CE Hours	Session 23	Contemplative End-of-Life Care with Chodo Campbell, Koshin Bailey, Mary Taylor	B,C,N,S			B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Zazen: sitting meditation									
		BREAKFAST									
1.00	9:00 AM - 10:00 AM	Asana									
	10:00 AM - 10:15 AM	BREAK									
2.25	10:15 AM - 12:30 PM	Reflective practice: boundless abodes Value of prosocial mental training: compassion and resilience: types of compassion PPT: Spiritual aspects of being with death Mentor Groups									
		LUNCH									
1.50	2:00 - 3:30 PM	Asana									
	3:30 PM - 3:45 PM	BREAK									
0.25	3:45 - 4:00 PM	Walking Meditation									
2.00	4:00 PM - 6:00 PM	Reflective practice: compassion Debrief in Councils and large group									
		DINNER									
1.50	7:30 PM - 9:00 PM	Self-care plan									
1.00	9:00 - 10:00 PM	Closing Meditation									
10.50				10.50		10.50	10.50	0.00	10.50	0.00	10.50

October 24, 2012											
CE Hours	Session 24	Contemplative End-of-Life Care with Chodo Campbell, Koshin Bailey, Mary Taylor	B,C,N,S			B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Zazen									
		BREAKFAST									
1.00	9:00 AM - 10:00 AM	Asana Practice									
	10:00 AM - 10:15 AM	BREAK									
1.00	10:15 AM - 11:15 AM	The Peri-death Phenomena									
0.75	11:15 - 12:00 PM	How do you mark the death of a patient?									
0.50	12:00 - 12:30 PM	Mentor Groups									
		LUNCH									
2.00	2:00 PM - 4:00 PM	Restorative pose with breath awareness Asana Practice Debrief in Large Group: Peri-death Phenomenon; Marking Death Ethics									
	4:00 PM - 4:15 PM	BREAK									
1.75	4:15 PM - 6:00 PM	Debrief in Large Group: Peri-death Phenomenon; Marking Death Summary of end-of-life module Meditation on intention Closing savasana									
		DINNER									
1.50	7:30 - 9:00 PM	How to run a UZIT class									
1.00	9:00 - 10:00 PM	UZIT Class - Mentor Led									
10.50				10.50		10.50	10.50	0.00	10.50	0.00	10.50

October 25, 2012											
CE Hours	Session 25	Yoga Philosophy with Richard Freeman and Mary Taylor	B,C,N,S			B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Paranayama									
		BREAKFAST									
1.00	9:00 AM - 10:00 AM	Asana Practice									
	10:00 AM - 10:15 AM	BREAK									
2.25	10:15 AM - 12:30 PM	Yoga and healing (talk/discussion) The art of discriminating awareness (mindfulness practice/talk/discussion) Sitting and walking meditations Mentor Groups									
		LUNCH									
1.50	2:00 PM - 3:30 PM	Restorative pose with breath awareness Identifying appropriate means for restoration/Q&A									
	3:30 PM - 3:45 PM	BREAK									
2.25	3:45 PM - 6:00 PM ?	Impermanence: attachment and repulsion from ideas and forms Q&A Closing savasana									
		DINNER									
	7:30 PM - 10:00 PM	Chanting/kirtan and sanskrit -historical base									
8.00				8.00		8.00	8.00	0.00	8.00	0.00	8.00

October 26, 2012											
Yoga Philosophy with Richard Freeman and Mary Taylor											
CE Hours	Session 26	Completion Ceremony with Full Staff	B,C,N,S			B	C	F	N	NC	S
1.00	7:00 AM - 8:00 AM	Daily pranayama									
		BREAKFAST									
1.50	9:00 AM - 10:30 AM	Awakening the body as a medium of perception Fear and avoidance of sensation Awakening the body's natural intelligence Yoga and healing (talk/discussion)									
0.00	10:30 - 11:30 AM	The art of discriminating awareness (mindfulness practice/talk/discussion) Closing ceremony									
2.50				2.50		2.50	2.50	2.50	2.50	0.00	2.50

Total Hours

246.75

B	C	F	N	NC	S
246.75	246.75	132.50	223.00	23.75	244.25