

HEALING, COMPASSION & MINDFULNESS RETREAT SCHEDULE: 2014 RETREATS

Friday, April 4/ October 17			
TIME	LOCATION	SESSION	FACULTY
3:00-4:00pm	Main Lodge/Cottages	Arrive and check-in. Free time to explore premises	
5:30-6:15pm	Main Lodge	Dinner*	
6:45-8:15 pm	Conference Center	Introduction & Goals: Cultivating Empathy and Compassion in the Practice of Medicine and the Healing Arts	Faculty Panel

* All food served at Ratna Ling is vegetarian

Saturday, April 5/ October 18			
TIME	LOCATION	SESSION	FACULTY
7:30-8:00am	Meditation Hall	Tibetan Healing Meditation	Rosalyn White
8:00-8:45am	Main Lodge	Breakfast*	
8:45-10:30am	Conference Center	Balint Session	Ritch Addison, Ellen Barnett, Bob Dozor
10:30-10:45am	Main Lodge	Break	
10:45am-11:30am	Conference Center	Balint Session	Ritch Addison, Ellen Barnett, Bob Dozor
11:30- 12:15 pm	Meditation Hall	Kum Nye (Tibetan Yoga)	Rosalyn White
12:15-1:00pm	Main Lodge	Lunch*	
1:30-3:00pm	Conference Center	Balint Session	Ritch Addison, Ellen Barnett, Bob Dozor
3:00-5:30pm	Dharma Publishing	Break/Visit Dharma Publishing/Help at Yeshe De	
5:30-6:15pm	Main Lodge	Dinner*	
6:45-8:15pm	Conference Center	Presentation "Healing" in the Practice of Medicine	Bob Dozor
8:15-8:45pm	Conference Center	Tibetan Aid Project Reception	

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Sunday, April 6/ October 19			
TIME	LOCATION	SESSION	FACULTY
7:30-8:00am	Meditation Hall	Tibetan Healing Meditation	Rosalyn White
8:00-8:45am	Main Lodge	Breakfast*	
8:45-10:15am	Conference Center	Balint Session	Ritch Addison, Ellen Barnett, Bob Dozor, & Mariah Hansen
10:15-10:45am	Conference Center	Balint Debrief	Ritch Addison, Ellen Barnett, Bob Dozor, & Mariah Hansen
10:45-11:00am	Main Lodge	Break	
11:00-11:45am	Meditation Hall	Kum Nye (Tibetan Yoga)	Rosalyn White
11:45-12:15pm	Meditation Hall Deck	Closing session : Where Might We Go From Here?	Faculty & Participants
12:15	Main Lodge	Pick-up Lunch-to-go*	
1:00pm		Check-out/Departure	

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SESSION DESCRIPTIONS

Cultivating Empathy and Compassion in the Practice of Medicine and the Healing Arts: A discussion covering the holistic model of human beings and healing and how to develop the “skill” of empathy and the “instrument” of compassion. Includes ideas of how meditation allows practitioners to hone these skills. Mindfulness generated through these meditative practices can lead to stress reduction allowing for enhanced health and healing.

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. In this session we will explore the healing quality of these techniques.

Balint: Named after Michael Balint, a psychoanalyst, this technique is a group process that enhances self awareness and addresses the emotional content of patient/practitioner relationships. It sometimes is called counter-transference training.

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

“Healing” in the Practice of Medicine: The efficacy of the integrative approach in healing a multitude of conditions. A power point presentation will illustrate systems in the human body that interrelate to foster healing.

Where Might We Go From Here?: This retreat is one of a series of retreats working on the general issue of integrating mindfulness and meditation into professional healing practice.