

YOGA AND MEDITATION RETREAT

Rejuvenate yourself and your healing abilities with an educational retreat in the majestic Blue Ridge Mountains of North Carolina. Earn up to 20 CE hours in an incredible environment!

Experience the transformational practices of meditation, yoga, self-inquiry, present moment awareness, self-compassion and noble silence, along with their clinical applications, in an ideal setting-the beautiful Art of Living Retreat Center in Boone, North Carolina. This is the perfect setting to deepen your learning of both yoga and meditation! All levels are welcome.

This meditation and yoga retreat is a rich exploration into practices that can cultivate happiness and healing. We will follow a balanced schedule of meditation, clinical teachings and group discussion, gentle yoga movement, experiential mindfulness practices, mindful eating, walking meditation, noble silence and deep rest. We will journal our responses to inquiry questions, practice emotional regulation skills, learn to witness thoughts and calm our nervous systems.

To ensure rejuvenation, there is plenty of free time for walking, contemplation and resting. The Art of Living Retreat Center offers an exquisite landscape, 380-acres for garden walks, and healthful vegetarian cuisine and stylish accommodation. At times during the retreat, we will maintain silence to facilitate deep transformation.

Limited availability! Register today at www.pesi.com/BooneOctober

HIGHLIGHTS OF THE CENTER

- HEALTHFUL (AND TASTY!) VEGETARIAN CUISINE
- STYLISH ACCOMMODATIONS
- YOGA MAT FOR YOUR USE DURING YOUR STAY
- 380 ACRE PRISTINE FOREST
- COOL AND CLEAR MOUNTAIN AIR
- LABYRINTH
- NURTURING AND RELAXING ENVIRONMENT
- INCREDIBLE LANDSCAPES

No Yoga or Meditation experience needed!

Facilitators

Mary NurrieStearns, MSW, LCSW, C-IAYT, teaches seminars and retreats to teach clinicians how to take mindfulness skills, brain-based protocols for treating shame and office-based yoga back to their clients. These evidence-based clinical interventions move therapy forward by improving emotional regulation, restoring healthy nervous system functioning and cultivating healthier thought patterns. Both mindfulness and yoga practices have brought healing and calm to Mary's clients and students.

Mary provides participants with the latest research results and pulls together the work of experts in the mental health field who are proponents of both practices (i.e. Bessel van der Kolk, Jon Kabat-Zinn). She draws on 37 years as a mental health professional counselor and 27 years of meditation and yoga practice. She is a certified yoga therapist, seasoned yoga teacher and ordained member of Thich Naht Hahn's Order of Interbeing.

Mary is the author of *Brain-Based Protocols for Treating Shame, Anxiety and Depression: A Mindfulness and Self-Compassion Workbook* (2018), *Yoga for Anxiety*, *Yoga for Emotional Trauma*, *Yoga Mind – Peaceful Mind*, and *Daily Meditations for Healing and Happiness*.. Mary is the co-editor of *Soulful Living* and former editor of *Personal Transformation* magazine. She has produced DVDs on yoga for emotional trauma and depression. Mary teaches across the United States.

SPEAKER DISCLOSURE:
Financial: Mary NurrieStearns maintains a private practice. She receives royalties as an author for New Harbinger's Publishing. Ms. NurrieStearns receives a speaking honorarium from PESI, Inc.
Non-financial: Mary NurrieStearns has no relevant non-financial relationship to disclose

Rick NurrieStearns, has co-led yoga/meditation retreats for 14 years. He has been immersed in consciousness studies, meditation and mindfulness practices for four decades. For 20 years he was involved in publishing transformational books and magazines. He was the publisher of *Lotus* and *Personal Transformation* magazines, and co-author of the books *Soulful Living*, *Yoga for Anxiety*, *Yoga for Emotional Trauma* and *Yoga Mind, Peaceful Mind*. He is a long-time mindfulness student of Thich Nhat Hanh and a member of the Order of Interbeing. Rick experiences chronic pain from an airplane crash and suffered from a tick borne disease. He relies on mindfulness practices for healing and has learned that you can cultivate happiness and inner peace even when you are hurting.

SPEAKER DISCLOSURE:
Financial: Rick NurrieStearns receives royalties as an author for New Harbinger's Publishing.
Non-financial: Rick NurrieStearns has no relevant non-financial relationship to disclose.



How to Register

For additional details: www.pesi.com/BooneOctober

Choose the easiest registration method for you:

ONLINE	www.pesi.com/BooneOctober	FAX	800-554-9775
PHONE	800-844-8260	EMAIL	events@pesi.com
Please have credit card available			
RETREAT LOCATION	The Art of Living Retreat Center 136 Virgil Day Road Boone, NC 28607	MAIL	PESI PO BOX 1000 Eau Claire, WI 54702-1000

RETREAT IS LIMITED TO TRAINING PARTICIPANTS ONLY.

1 Please complete entire form (to notify you of retreat changes); please print; staple duplicate forms.

Name	Profession
Dept./Floor/Suite	
City	County
State	Zip
Home/Cell Ph ()	
Dept. Ph ()	
E-mail address	

For your convenience, confirmations are sent via email.

2 Tuition and 4-nights stay (62875BNE) October 3-7, 2018 <i>Registration closes September 14th</i> CE Certificate & Course manual Healthful vegetarian cuisine (3 meals daily) Yoga mat for use during your stay	<input type="checkbox"/> Early bird by 8/18/18 <input type="checkbox"/> Standard	\$1,799 per person \$1,999 per person
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****Bring a friend and SAVE \$200 each!**

Tuition and 4 nights stay, double occupancy* ☐ Early bird by 8/18/18 ☐ Standard \$1,599 per person \$1,799 per person

To register for double occupancy, please submit both registration forms at the same time

Roommate's name: _____

3 Please indicate method of payment.

☐ Check enclosed payable to **PESI, Inc.**

☐ Am. Exp. (15 Digits) ☐ VISA (13-16 Digits) ☐ MC (16 Digits) ☐ Discover/Novus (16 Digits)

Card Number: _____ Card Expires: ____/____/____

Signature: _____ V-Code #: _____

Total

For cancellation policy and FAQ go to: www.pesi.com/BooneOctober

For additional details: www.pesi.com/BooneOctober

CERTIFICATE PROGRAM

YOGA and MEDITATION RETREAT for MENTAL HEALTH PROFESSIONALS

October 3-7, 2018

The Art of Living Retreat Center
Boone, North-Carolina

No Yoga or Meditation experience needed!

Earn Your Certificate & up to 20 CE Hours in a retreat setting!

www.pesi.com/BooneOctober



Retreat Content

Brain Perspective

Triune brain and mental healing
Negativity bias of the brain for survival
Default network, salience network, central executive network
Social brain: causes and conditions

Meditation and Yoga

Powerful communication practice “Beginning Anew”
Inquiry into transient nature of life
Primary components of meditation
Teaching meditation to clients
Impact of yoga on nervous system
Utilize simple yoga in treatment
Emotional self-regulation
Body scan and sensory input
Breath awareness and breathing practices
Approaching, not avoiding emotions
Cultivating inner refuge and pleasant inner atmosphere

Cultivate Healthy Thinking

Detach from thoughts that wound
Use of mantras, chants, songs for healing

Store consciousness/mind consciousness and therapeutic implications
Habit tendencies and neuronal pathways
Naming thoughts
Creating inner space and witnessing thoughts
Nourishing wholesome thoughts
Compassion and healing
Healing impact of compassion on brain
Primary and secondary causes of suffering
Heal shame with understanding, compassion and non-shame physiology
Non-anxious presence as clinician



CERTIFICATE PROGRAM

YOGA and MEDITATION RETREAT for MENTAL HEALTH PROFESSIONALS

October 3-7, 2018

PESI sponsored retreat located at The Art of Living Retreat Center, Boone, North Carolina



Retreat Outcomes

1. Analyze the effects of yoga and meditation on the triune brain as applied to clinical practice.

2. Distinguish between the default network, salience network and central executive network and utilize this information for client psychoeducation.

3. Articulate the concept of negativity bias in the brain as it relates to clients who have experienced trauma.

4. Characterize the social brain and use of interpersonal neurobiology to activate the affiliation system of the brain.

5. Utilize concentration, distancing, observation and distraction in treating depression producing thoughts.

6. Apply breathing practices, simple body movement and self-compassion for emotional regulation.

7. Describe salience network, default network and use of interoception for emotional regulation.

8. Analyze the neuroscience of anxiety, trauma and depression as it relates to treatment.

9. Apply specific mindfulness skills and practices as part of your anger management treatment regimen.

10. Teach components of mindful self – compassion and discuss its clinical applications with clients.
11. Describe the benefits of a mind/body approach to improve mental health symptoms in clients.

12. Explain the relationship between “inner critic”, shame, and treatment according to evolutionary psychology.

13. Articulate the psychological impact and long-term effects of emotional trauma on a client’s mental health.

14. Teach mindfulness practices to address negative thoughts regarding chronic pain.

15. Practice yoga poses applicable to the clinical setting for depression and for emotional trauma.

16. Teach ways to engage the prefrontal cortex as a strategy for emotional regulation.

17. Summarize the efficacy of cultivating mindfulness in trauma treatment.

18. Incorporate mindfulness and compassion techniques to help regulate emotional distress.

19. Demonstrate breathing interventions/practices that may help reduce anxiety and depression.

20. Develop processes for reducing rumination and negative thinking with clients.



Retreat Schedule

October 3-7, 2018

Wednesday

- 4:00 pm

Check In
- 4:45 pm

Retreat orientation
- 5:00 pm

Welcome, Introduction to meditation and Yoga
- 6:00 pm

Dinner
- 7:00 pm

Evening meeting
- 8:30 pm

Break
- 8:40 pm

Meditation
- 9:00 pm

Break for the night

Thursday, Friday and Saturday

- 6:45 am

Meditation
- 7:30 am

Breakfast
- 8:30 am

Morning Meeting
- 10:30 am

Break
- 11:00 am

Yoga
- 12:00 Noon

Lunch
- 2:45 pm

Transformative practice
- 4:25 pm

Break
- 4:45 pm

Walking meditation
- 5:30 pm

Break
- 5:45 pm

Dinner
- 7:00 pm

Evening meeting
- 8:40 pm

Break
- 8:45 pm

Meditation
- 9:00 pm

Break for the night

Sunday

- 6:45 am

Meditation
- 7:30 am

Breakfast
- 8:30 am

Morning Meeting
- 10:30 am

Break
- 10:45 am

Contemplation and closing
- 12:00 Noon

Social lunch



Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 20.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 20.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 1200 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity consists of 20.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from this activity and contact your state board or organization to determine specific filing requirements.

PSYCHOLOGISTS: The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Alabama, Arkansas, California, Georgia, Illinois, Indiana, Kentucky, Maryland, Missouri, Nebraska, New Hampshire, New Jersey, New Mexico, and Pennsylvania. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 20.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 20.0 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

OTHER PROFESSIONS: This activity qualifies for 1200 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

Target Audience: Counselors, Social Workers, Psychotherapists, Marriage and Family Therapists, Nurses, Psychologists, Addiction Counselors, Mental Health Professionals

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