



RISE for Educators

Your Program Session Schedule

Sunday, July 7

4:00–7:30 pm	Arrival and Check-in
5:30–7:00	Dinner
7:30–9:00	Welcome and Program Introduction

Monday, July 8

6:30–8:00 am	Kripalu Yoga Classes (class times vary)
7:00–8:30	Breakfast
9:00–11:45	Riding the Wave : The RISE Model for Mindful Stress Resilience
11:45 am–1:30 pm	Lunch
1:30–4:00	Embodying Calm: The Foundation of Effective Teaching and Learning
4:15–6:15	Kripalu Yoga Classes (class times vary)
5:30–7:00	Dinner
7:00–9:00	Kripalu Evening Activities

Tuesday, July 9

6:30–8:00 am	Kripalu Yoga Classes (class times vary)
7:00–8:30	Breakfast
9:00–11:45	Cultivating Clarity: The Mindful Educator Advantage
11:45 am–1:30 pm	Lunch
1:30–4:00	Deepening Connection: Social Emotional Intelligence for Education
4:15–6:15	Kripalu Yoga Classes (class times vary)
5:30–7:00	Dinner
7:00–9:00	Kripalu Evening Activities

Wednesday, July 10

6:30–8:00 am	Kripalu Yoga Classes (class times vary)
7:00–8:30	Breakfast
9:00–11:45	Action Planning
11:45 am–1:30 pm	Lunch