



RISE™ FOR HEALTHCARE PROFESSIONALS

Your Program Session Schedule

SUNDAY

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

MONDAY

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

TUESDAY

6:30–7:45 am	Kripalu Yoga Classes (class times vary)
7:00–9:00	Breakfast
9:00–11:45	Cultivating Clarity: The Mindful Clinical Advantage
11:30 am–1:30 pm	Lunch
1:30–4:00	Deepening Connection: Compassionate Self and Patient Care
4:15–5:30 pm	Kripalu Yoga classes (class times vary)
5:00–7:00	Dinner
7:30–9:00	Kripalu Evening Activities

WEDNESDAY

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

Please note Rooms are ready by 4:00 pm. You may store your bags in the Luggage Room until your room is available.

Dinner is served everyday 5:00–7:30 pm in July and August. Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in for details and room locations.