



RISE for Healthcare Professionals

Sunday, October 21–Wednesday, October 24

Your Program Session Schedule

Sunday, October 21

4:00 pm	Arrival and Registration
5:30–7:00	Dinner
7:30–9:00	Welcome and Program Introduction

Monday, October 22

9:00–11:45 am	Riding the Wave: The RISE Model for Mindful Stress Resilience
12:00–1:30 pm	Lunch
1:45–3:45	Embodying Calm: The Foundation of Clinician Resilience
4:15–5:30	Kripalu Yoga
5:00–7:00	Dinner
7:00–9:00	Kripalu Evening Activities

Tuesday, October 23

6:30–8:00 am	Kripalu Yoga Classes (class times vary)
7:00–8:30	Breakfast
9:00–11:45	Cultivating Clarity: The Mindful Clinician Advantage
11:45–1:45	Lunch
1:45–3:45	Deepening Connection: Compassionate Self and Patient Care
5:30–7:00	Dinner
7:00–9:00	Kripalu Evening Activities

Wednesday, October 24

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