Positive Psychology is the science of human flourishing—and it's a full body experience.
Sunday
morning, afternoon, and evening
April 30
2:00 pm–7:00 pm  Check-in (Master Class)*
4:15 pm–5:45 pm  Kripalu Yoga
5:30 pm–7:00 pm  Dinner
7:30 pm–9:00 pm  Masterclass 1
  The Effort and Ease of Goal Attainment
  Opening Night: Maria Sirois
Masterclass 2
  Questions for Answers: Writing Toward Clarity
  Joan Borysenko

Monday
morning, afternoon, and evening
May 01
6:30 am–8:30 am  Kripalu Yoga, Meditation & Breakfast
8:30 am–11:30 am  Masterclass 1
  The Effort and Ease of Goal Attainment
  Caroline Miller
Masterclass 2
  Questions for Answers: Writing Toward Clarity
  Joan Borysenko
11:30 am–1:30 pm  Lunch
1:30 pm–3:30 pm  Masterclass 1
  The Effort and Ease of Goal Attainment
  Caroline Miller
Masterclass 2
  Questions for Answers: Writing Toward Clarity
  Joan Borysenko
4:15 pm–5:45 pm  Kripalu Yoga
5:30 pm–7:00 pm  Dinner
7:30 pm–9:00 pm  Welcome
  Cultivating a Growth Heartset
  Megan McDonough

Tuesday
morning and afternoon
May 02
6:30 am–8:30 am  Kripalu Yoga, Meditation & Breakfast
8:30 am–9:00 am  Music/ Meditation
  Megha Nancy Buttenheim
9:00 am–10:00 am  Keynote 1
  Seeing and Being Seen: The Virtue of Love
  Neal Mayerson
10:15 am–11:30 am  Love Your Life: How to Get Happier with Meaningful Goals & Grit
  Caroline Miller
10:15 am–11:30 am  Schools as Agents of Love: Fostering a Sense of Wholeness in Students and Teachers
  Alan Brown
10:15 am–11:30 am  Move2Love, Thriving and Soaring
  Elaine O’Brien & Lisa Buksbaum
11:30 am–1:30 pm  Lunch
12:00 noon–1:00 pm  Let Your Yoga Dance®
  Megha Nancy Buttenheim
12:00 noon–1:00 pm  Meals with Mentors
1:15 pm–2:15 pm  Keynote 2
  Love’s Biological Impact: The Cutting Edge of Mind-Body Medicine
  Joan Borysenko
2:30 pm–3:45 pm  Love & Work: Creating a Path to a Career You’ll Love
  Lynda Wallace
2:30 pm–3:45 pm  From Me to You: The Ripple Effect of Positive Psychology Learning
  Catherine Flavin & Karen Whelan-Berry
2:30 pm–3:45 pm  Stepping Out of Your Comfort Zone: Connection & Courage for Positive Action
  Stephen Redmon & Mina Simhai

*Master class registration includes all three sessions over two days, totalling 6.5 hours of deep learning time.
Tuesday
late afternoon and evening
May 02

4:15 pm—5:45 pm  Kripalu Yoga
5:30 pm—7:00 pm  Dinner
6:00 pm—7:00 pm  Peer Presentations
7:00 pm—7:30 pm  Book Signing
7:30 pm—9:30 pm  Keynote 3
   Heart Intelligence—Connecting with the Intuitive Guidance of the Heart
   Howard Martin
   Experiencing the Heart’s Intelligence
   Megha Nancy Buttenheim

Wednesday
afternoon and evening
May 03

11:30 am—1:30 pm  Lunch
12:00 noon—1:00 pm  Kripalu Yoga Dance
12:00 noon—1:00 pm  Meals with Mentors
1:15 pm—2:15 pm  Panel Discussion
   Moderator Maria Sirois
2:30 pm—3:45 pm  A Wholebeing Approach to Care During Illness
   Darshan Mehta & Maria Sirois
2:30 pm—3:45 pm  Windows to the Soul: The Impact of Eye Contact on Health, Happiness, and Well-Being
   Linda Jackson
2:30 pm—3:45 pm  Love in Teams: The Foundation of Workplace Wellbeing
   Phoebe Atkinson & Ruth Pearce
4:15 pm—5:45 pm  Kripalu Yoga
5:30 pm—7:00 pm  Dinner
6:00 pm—7:00 pm  Peer Presentations
7:00 pm—7:30 pm  Book Signing
7:30 pm—9:30 pm  Keynote 5
   The Science and Practice of Cultivating Healthy, Meaningful, Loving Relationships
   Todd Kashdan & Neal Mayerson
9:30 pm—10:00 pm  Dance Party

See board for room assignments.
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Thursday

May 04

6:30 am–8:30 am  Kripalu Yoga, Meditation & Breakfast
8:30 am–9:00 am  Music/Meditation
              Megha Nancy Buttenheim
9:00 am–10:00 am Keynote 6
              Love 2.0
              Barbara Fredrickson
10:00 am–11:30 am Practicing a Growth Heartset
              Megan McDonough
11:30 am–1:30 pm  Lunch
12:00 noon–1:00 pm Kripalu Yoga Dance
1:30 pm–3:30 pm  Masterclass 3
              The Science and Practice of Positivity Resonance
              Barbara Fredrickson
1:30 pm–3:30 pm  Masterclass 4
              The Art of Teaching Positive Psychology
              Maria Sirois
4:15 pm–5:45 pm  Kripalu Yoga
5:30 pm–7:00 pm  Dinner
7:30 pm–9:00 pm  Masterclass 3
              The Science and Practice of Positivity Resonance
              Barbara Fredrickson
7:30 pm–9:00 pm  Masterclass 4
              The Art of Teaching Positive Psychology
              Maria Sirois

Friday

May 05

morning

6:30 am–8:30 am  Kripalu Yoga, Meditation & Breakfast
8:30 am–11:30 am Masterclass 3
              The Science and Practice of Positivity Resonance
              Barbara Fredrickson
8:30 am–11:30 am Masterclass 4
              The Art of Teaching Positive Psychology
              Maria Sirois
11:30 am–1:30 pm  Lunch

See board for room assignments.

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