



## RISE Stress Resilience Training for Law Enforcement April 4–6 | Wednesday–Friday

### Your Program Session Schedule (Subject to change.)

Wednesday, April 4	12:00–2:00 pm	Arrival and Lunch
	2:00–5:00	Program Introduction: RISE Model of High Performance
	5:00–7:00	Dinner
	7:00–9:00	RISE Embodying Calm: Creating the Foundation for Effective Policing
Thursday, April 5	6:30–8:00 am	Kripalu Yoga Classes (class times vary)
	7:00–8:30	Breakfast
	9:00–11:45	RISE Cultivating Clarity: Mindful Law Enforcement
	11:45 am–1:45 pm	Lunch
	1:45–5:30	RISE Deepening Connection: Finding strength within
	5:30–7:00	Dinner
7:00–9:00	Networking	
Friday, April 6	6:30–8:00 am	Kripalu Yoga Classes (class times vary)
	7:00–8:30	Breakfast
	9:00–11:45	Action Planning: Building the Mindful Resilient Community
	11:45 am–1:30 pm	Lunch