

How to Register

Yoga and Meditation Retreat for Mental Health Professionals

1 Please complete entire form

(to notify you of retreat changes); please print; staple duplicate forms.

Name _____
 Profession _____
 Address _____
 City _____
 County _____
 State _____ Zip _____
 Home/Cell Ph () _____
 Work Ph () _____
 E-mail address _____

Choose the easiest registration method for you:

- ONLINE** pesi.com/express/80911
- PHONE** 800-844-8260
Please have credit card available
- FAX** 800-554-9775
- MAIL** PESI
PO BOX 1000
Eau Claire, WI
54702-1000

By placing this order you agree to continue to receive exclusive offers and resources from the best professionals in the world as outlined in our (PESI) privacy policy. Please visit pesirehab.com/privacy for more information.

E-mail required to receive registration confirmation, CE Certificate and retreat updates.

2 Registration (80911BNE) October 7-11, 2020 (Registration closes September 30th)

Sleeping Room Reservation **Bring a colleague and save \$200 each

Retreat Style

- \$1999 Single Room—per person
- \$1799 Double Room—per person

Hotel Style

- \$2399 Single Room—per person
- \$2199 Double Room—per person

* All prices increase by \$200 after August 7, 2020

Registration Includes:

- 4-Night Sleeping Accommodations
- Healthful Vegetarian Cuisine (3 Meals Daily)
- CE Certificate & Course manual
- Yoga Mat For Use During Your Stay

3 Please indicate method of payment.

All registrations must be prepaid.

- Check enclosed payable to PESI, Inc.
- Purchase order enclosed (Fed ID # 26-3896894)
- MC VISA AE Discover Novus

Card # _____
 Card Exp. _____ CVV#* _____
 Signature _____

_____ Total

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (*American Express: 4-digit # above account # on face of card.)

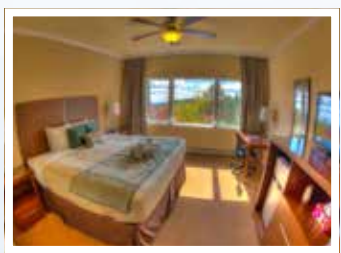
ADA needs: We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least one month prior to the retreat date.

For cancellation policy, FAQ and additional details go to: pesi.com/express/80911

Retreat Location



Embrace the art of living in a pristine natural setting in the Blue Ridge Mountains in Boone, North Carolina. Here in this vast mountain range under serene blue skies, you will find beauty to feed your soul and peace to ease your mind. The Art of Living Retreat Center offers a balance of rest and activities to begin your journey:



- Hotel and Retreat Sleeping Rooms – All with Private Baths
- 380-acre setting in the peaceful Blue Ridge Mountains
- Healthful Vegetarian Cuisine (3 Meals Daily)
- Shikara Ayurveda Spa
- Nature Trails
- Yoga Classes
- Mind & Meditation Classes
- Labyrinth
- Fire Circle (Sat only)
- Kirtan
- Pottery Studio
- Nearest Airports:



- Charlotte-Douglas International Airport (CLT) in Charlotte, NC (100 miles)
- Tri-Cities Regional Airport (TRI) in Johnson City, TN (80 miles)
- Piedmont Triad International Airport (GSO) in Greensboro, NC (110 miles)
- Airport shuttle service to and from Charlotte airport can be arranged in advance through Hickory Hop Shuttle (additional fees)



The Art of Living Retreat Center
 639 Whispering Hills • Boone, NC 28607
 800-392-6870 • www.artoflivingretreatcenter.org

Please note: mobility is needed from sleeping room, training room and dining hall.

Yoga and Meditation RETREAT for Mental Health Professionals

PESI, Inc.
 P.O. Box 1000
 Eau Claire, WI 54702-1000
 A Division of PESI, Inc.

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October 7-11, 2020
 The Art of Living Retreat Center
 Boone, NC

Reserve today, limited availability! pesi.com/express/80911

Yoga and Meditation RETREAT

for Mental Health Professionals

Earn up to
**22 CE
 Hours**

October 7-11, 2020
 The Art of Living Retreat Center
 Boone, NC



Reserve today, limited availability! pesi.com/express/80911

Yoga and Meditation RETREAT

for Mental Health Professionals

Rejuvenate yourself and your healing abilities with an educational retreat in the majestic Blue Ridge Mountains of North Carolina. Earn up to 22 CE hours in an incredible environment!

Experience the transformational practices of meditation, yoga, self-inquiry, present moment awareness, self-compassion and noble silence, along with their clinical applications, in an ideal setting—the beautiful Art of Living Retreat Center in Boone, North Carolina. This is the perfect setting to deepen your learning of both yoga and meditation! All levels are welcome.

This meditation and yoga retreat is a rich exploration into practices that can cultivate happiness and healing. We will follow a balanced schedule of meditation, clinical teachings and group discussion, gentle yoga movement, experiential mindfulness practices, mindful eating, walking meditation, noble silence and deep rest. We will journal our responses to inquiry questions, practice emotional regulation skills, learn to witness thoughts and calm our nervous systems.

To ensure rejuvenation, there is plenty of free time for walking, contemplation and resting. The Art of Living Retreat Center offers an exquisite landscape, 380-acres for garden walks, and healthful vegetarian cuisine and stylish accommodation. At times during the retreat, we will maintain silence to facilitate deep transformation.

No Yoga or Meditation experience needed!



Target Audience: Counselors • Social Workers • Psychotherapists • Marriage and Family Therapists
Nurses • Occupational Therapists • Occupational Therapists Assistants • Psychologists
Addiction Counselors • Mental Health Professionals

Retreat Outline

Brain Perspective

Triune brain and mental healing
Negativity bias of the brain for survival
Default network, salience network, central executive network
Social brain: causes and conditions

Meditation and Yoga

Powerful communication practice “Beginning Anew”
Inquiry into transient nature of life
Primary components of meditation
Teaching meditation to clients
Impact of yoga on nervous system
Utilize simple yoga in treatment
Emotional self-regulation
Body scan and sensory input
Breath awareness and breathing practices
Approaching, not avoiding emotions
Cultivating inner refuge and pleasant inner atmosphere

Cultivate Healthy Thinking

Detach from thoughts that wound
Use of mantras, chants, songs for healing
Store consciousness/mind consciousness and therapeutic implications
Habit tendencies and neuronal pathways
Naming thoughts
Creating inner space and witnessing thoughts
Nourishing wholesome thoughts
Compassion and healing
Healing impact of compassion on brain
Primary and secondary causes of suffering
Heal shame with understanding, compassion and non-shame physiology
Non-anxious presence as clinician

Objectives

1. Analyze the effects of yoga and meditation on the triune brain as applied to clinical practice.
2. Distinguish between the default network, salience network and central executive network and utilize this information for client psychoeducation.
3. Articulate the concept of negativity bias in the brain as it relates to clients who have experienced trauma.
4. Characterize the social brain, use of interpersonal neurobiology and accessing beneficial ancestor qualities to activate the affiliation system of the brain.
5. Utilize concentration, distancing, observation and distraction in treating depression producing thoughts.
6. Apply breathing practices, simple body movement, emotional freedom technique and self-compassion for emotional regulation.
7. Describe salience network, default network and use of sensory input for emotional regulation.
8. Analyze the neuroscience of anxiety, trauma and depression as it relates to treatment.
9. Apply specific mindfulness skills and practices as part of your anger management treatment regimen.
10. Teach components of mindful self-compassion and discuss its clinical applications with clients.

To view more objectives, go to pesi.com/express/80911

Retreat Schedule

Wednesday, October 7, 2020

4:00 pm Check-in at retreat center
5:15 pm Welcome & orientation
6:00 pm Dinner
7:30 pm Educational program*
9:00 pm Break for the night

Thursday, Friday & Saturday October 8-10, 2020

7:30 am Breakfast
8:30 am Educational program*
10:40 am Break
11:00 am Hatha yoga & meditation
12:00 pm Lunch & free time
2:30 pm Educational program*
4:30 pm Break
4:45 pm Yoga, yoga nidra, meditation
6:00 pm Dinner
7:00 pm Educational program*
9:00 pm Break for the night

Sunday, October 11, 2020

7:30 am Breakfast
8:30 am Educational program*
10:30 am Break
10:45 am Closing circle
12:00 pm Social lunch

*CE is awarded during these specified times



Retreat Instructor



Mary NurrieStearns, MSW, LCSW, C-IAYT, teaches seminars and retreats to teach clinicians how to take mindfulness skills, brain-based protocols for treating shame and office-based yoga back to their clients. These evidence-based clinical interventions move therapy forward by improving emotional regulation, restoring healthy nervous system functioning and cultivating healthier thought patterns. Both mindfulness and yoga practices have brought healing and calm to Mary's clients and students.

Mary provides participants with the latest research results and pulls together the work of experts in the mental health field who are proponents of both practices (i.e. Bessel van der Kolk, Jon Kabat-Zinn). She draws on 37 years as a mental health professional counselor and 27 years of meditation and yoga practice. She is a certified yoga therapist, seasoned yoga teacher and ordained member of Thich Naht Hahn's Order of Interbeing.

Mary is the author of *Brain-Based Protocols for Treating Shame, Anxiety and Depression: A Mindfulness and Self-Compassion Workbook* (2018), *Yoga for Anxiety*, *Yoga for Emotional Trauma*, *Yoga Mind – Peaceful Mind*, and *Daily Meditations for Healing and Happiness*. Mary is the co-editor of *Soulful Living* and former editor of *Personal Transformation* magazine. She has produced DVDs on yoga for emotional trauma and depression. Mary teaches across the United States.

Speaker Disclosure:
Financial: Mary NurrieStearns maintains a private practice. She receives royalties as an author for New Harbinger's Publishing. Ms. NurrieStearns receives a speaking honorarium from PESI, Inc.
Non-financial: Mary NurrieStearns has no relevant non-financial relationship to disclose.

Rick NurrieStearns, has co-led yoga/meditation retreats for 14 years. He has been immersed in consciousness studies, meditation and mindfulness practices for four decades. For 20 years he was involved in publishing transformational books and magazines. He was the publisher of *Lotus* and *Personal Transformation* magazines, and co-author of the books *Soulful Living*, *Yoga for Anxiety*, *Yoga for Emotional Trauma* and *Yoga Mind, Peaceful Mind*. He is a long-time mindfulness student of Thich Nhat Hanh and a member of the Order of Interbeing. Rick experiences chronic pain from an airplane crash and suffered from a tick borne disease. He relies on mindfulness practices for healing and has learned that you can cultivate happiness and inner peace even when you are hurting.

Speaker Disclosure:
Financial: Rick NurrieStearns receives royalties as an author for New Harbinger's Publishing.
Non-financial: Rick NurrieStearns has no relevant non-financial relationship to disclose.

Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

Addition Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 22.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

Counselors: This intermediate activity consists of 22.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline,

the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Marriage & Family Therapists: This activity consists of 1330 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 22.1 contact hours. Partial contact hours will be awarded for partial attendance.

Occupational Therapists & Occupational Therapy Assistants: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 22.0 contact hours or 2.20 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

Psychologists: This activity consists of 22.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma,

Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 22.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 22.0 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Other Professions: This activity qualifies for 1330 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion and contact your own board or organization for specific requirements.