

# YOGA AND MEDITATION RETREAT

Peace, happiness, healing and transformation.

Rejuvenate yourself and your healing abilities with an incredible retreat in the Garrison Institute, a former Capuchin monastery overlooking the beautiful Hudson River. Earning 16 CE hours has never been more relaxing.

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 magnificent Hudson Valley. This perfect location is ideal for deepening your learning of both yoga and meditation! All levels are welcome.

The meditation and yoga retreat is a rich exploration into practices that cultivate happiness and healing. We will follow a balanced schedule of meditation, clinical teachings and group discussion, gentle yoga movement, transformational 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, calm our nervous systems and experience inner quiet.

To ensure rejuvenation there is plenty of free time for walking, contemplation and resting. The Garrison Institute offers an exquisite landscape, walking paths, and healthful and incredibly well prepared vegetarian cuisine. Accommodations are simple, peaceful and in keeping with the healing atmosphere of the Institute. Please go to [go.pesi.com/garrison](http://go.pesi.com/garrison) for links to additional Institute information.

Limited availability! Register today at [www.pesi.com/garrison](http://www.pesi.com/garrison)

## HIGHLIGHTS OF THE INSTITUTE

- TRANQUIL, 95-ACRE PARK-LIKE SETTING OVERLOOKING THE HUDSON RIVER
- FORMER CAPUCHIN MONASTERY
- GARDENS & GAZEBO ON THE BLUFF BY THE RIVER
- HEALTHFUL, WELL-REOWNED VEGETARIAN CUISINE
- BEAUTIFUL WALKING PATHS
- IDEAL SETTING FOR MEDITATION, CONTEMPLATION
- YOGA MAT PROVIDED

No Yoga or Meditation experience needed!

## How to Register

For additional details: [www.pesi.com/garrison](http://www.pesi.com/garrison)

Choose the easiest registration method for you:

ONLINE PHONE 800-844-8260 Please have credit card available	www.pesi.com/garrison	FAX 800-554-9775
RETREAT LOCATION 14 Mary's Way, Route 9D Garrison, NY, 10524 (845) 424-4800	MAIL PO BOX 1000 Eau Claire, WI 54702-1000	

1 Please complete entire form (to notify you of retreat changes); please print; staple duplicate forms.

Name \_\_\_\_\_ Profession \_\_\_\_\_

Employer Name \_\_\_\_\_

Employer Address \_\_\_\_\_

Dept./floor/Suite \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home/Cell Ph ( \_\_\_\_\_ ) \_\_\_\_\_

Dept. Ph ( \_\_\_\_\_ ) \_\_\_\_\_

E-mail address \_\_\_\_\_

For your convenience, confirmations are sent via email.

2 Tuition and 3-nights stay (54817GSN)  Early bird by 7/10/17 \$1,099 per person  
 September 28 - October 1, 2017  Standard \$1,299 per person  
 Registration closes September 7<sup>th</sup>  
 CE Certificate & Course manual Included  
 Healthful vegetarian cuisine (3 meals daily) Included  
 Yoga mat for use during your stay Included  
 \*\*Bring a friend and SAVE \$150 each!  
 Tuition and 3 nights stay, double occupancy  Standard \$1,149 per person  
 Early bird by 7/10/17 \$949 per person

To register for double occupancy, please submit both registration forms at the same time. Indicate your roommate's name on the line below.

Roommate's name: \_\_\_\_\_

3 Please indicate method of payment.

Check enclosed payable to PESI, Inc.  
 Am. Exp. (15 Digits)  VISA (13-16 Digits)  MC (16 Digits)  Discover Novus (16 Digits)

Card Number: \_\_\_\_\_ Card Expires: \_\_\_\_\_ Total \_\_\_\_\_

Signature: \_\_\_\_\_ V.Gate #: \_\_\_\_\_

For cancellation policy and FAQ go to: [www.pesi.com/garrison](http://www.pesi.com/garrison)

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## Guarantee

★★★★★  
 Your satisfaction is our goal — and our guarantee! If you are not satisfied with our products, we'll make it right!  
 PESI

## Facilitators

**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 DISCLOSURES: 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. **Nonfinancial:** Mary NurrieStearns has no relevant nonfinancial relationship to disclose.

## Rick NurrieStearns

will co-facilitate the retreat. He has been immersed in consciousness studies for more than four decades. For over 20 years he was involved in publishing transformational books and magazines. He was the publisher of the magazines *Lotus* and *Personal Transformation*, co-editor of the book *Soulful Living*, co-author of *Yoga for Anxiety, Yoga for Emotional Trauma* and *Yoga Mind, Peaceful Mind*. He is a long-time meditation and mindfulness student of Thich Nhat Hanh and a member of his Order of Interbeing. A seasoned facilitator, Rick has co-lead yoga/meditation retreats for 14 years.

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## ★★★ CERTIFICATE PROGRAM ★★★

# YOGA and MEDITATION RETREAT

for MENTAL HEALTH PROFESSIONALS

Earn 16 CE Hours

September 28 - October 1, 2017  
 Garrison Institute, Garrison, NY  
[www.pesi.com/garrison](http://www.pesi.com/garrison)

No Yoga or Meditation experience needed!

PESI sponsored retreat located at Garrison Institute, Garrison, NY



Reserve today!  
 Limited availability



[www.pesi.com/garrison](http://www.pesi.com/garrison)

## Retreat Content

### 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

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

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

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September 28 - October 1, 2017  
 Garrison Institute  
 Garrison, NY

## Retreat Outcomes

- Analyze the effects of yoga and meditation on the triune brain as applied to clinical practice.
- Define triune brain and how yoga and meditation affect it.
- Develop healthy habits using mental rehearsal, repetition and accountability.
- Discuss impact of compassion and mindfulness on brain and physiology.
- Utilize concentration, distancing, observation and distraction in treating pain-producing thoughts.
- Apply mindfulness and self-compassion techniques to teach emotional regulation.
- Practice non-anxious presence for client and clinician well-being.
- Explain social brain and causes and conditions for suffering and well-being.
- Demonstrate how to cultivate happiness moment by moment.
- Understand store consciousness, mind consciousness and neuronal pathways.
- Recognize and utilize beneficial influence of ancestors.
- Differentiate between inevitable suffering and mind-made suffering.
- Discuss inter-relationship of anxiety, depression, compassion and happiness.
- Summarize the transformation and healing that occurs in practices of METTA prayers and mantras.
- Practice yoga for depression and for emotional trauma.
- Practice present awareness via mindful eating and walking meditation.



## Retreat Schedule

September 28 - October 1, 2017

### Thursday

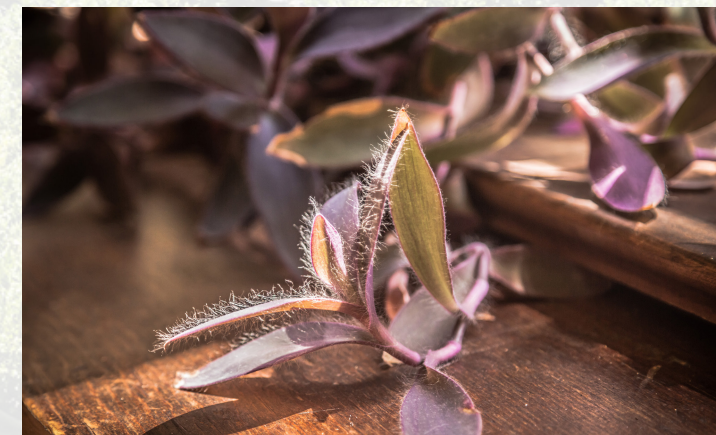
- 1:00–3:30 pm Check In
- 3:45 pm Orientation
- 4:45 pm Yoga
- 5:15 pm Introduction to meditation
- 5:45 pm Dinner
- 7:00 pm Evening meeting
- 8:30 pm Break
- 8:40 pm Meditation
- 9:00 pm Break for the night

### Friday and Saturday

- 6:45 am Meditation
- 7:30 am Breakfast
- 8:30 am Morning meeting
- 10:30 am Break
- 11:00 am Yoga
- 12:00 noon Lunch
- 2:30 pm Transformative practice
- 4:10 pm Break
- 4:30 pm Walking meditation
- 5:30 pm Break
- 5:45 pm Dinner
- 7:00 pm Evening meeting
- 8:30 pm Break
- 8:40 pm Meditation
- 9:00 pm Break for the night

### Sunday

- 6:45 am Meditation
- 7:30 am Breakfast
- 8:30 am Morning meeting
- 10:30 am Break
- 10:45 am Contemplation and closing
- 12:00 noon Social lunch



## Continuing Education Credit Information

**Credits listed below are for full attendance at the live event only.** Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), 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](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Information obtained in this course should be used within your scope of practice.

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

**ADDICTION COUNSELORS:** This activity consists of 16.0 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.

**COUNSELORS:** This intermediate activity consists of 16.0 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 960 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.

**NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS:** This activity meets the criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities. Full attendance is required; no partial credit will be awarded for partial attendance.

This activity qualifies for 16.0 contact hours.

**PSYCHOLOGISTS:** PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 16.0 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**SOCIAL WORKERS:** PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 16.0 (Clinical) continuing education clock hours for this intermediate course. 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 960 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.

**Target Audience:** Psychologists • Counselors • Social Workers • Psychotherapists  
 Marriage & Family Therapists • Nurses • Addiction Counselors  
 Mental Health Professionals

For additional information: [www.pesi.com/garrison](http://www.pesi.com/garrison)