

# YOGA AND MEDITATION RETREAT

Rejuvenate yourself and your healing abilities with an incredible retreat in the Garrison Institute, a former Capuchin monastery overlooking the beautiful Hudson River. Earning 22 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, art expression, 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 [pesi.com/express/68823](http://pesi.com/express/68823)

## 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-RENOWNED 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: [pesi.com/express/68823](http://pesi.com/express/68823)

Choose the easiest registration method for you:

ONLINE	<a href="http://pesi.com/express/68823">pesi.com/express/68823</a>
PHONE	800-844-8260
RETREAT LOCATION	Please have credit card available Garrison Institute 14 Mary's Way Garrison, NY, 10524 (845) 424-4800
FAX	800-554-9775
MAIL	PESI PO BOX 1000 Eau Claire, WI 54702-1000

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

**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 4-nights stay (68823GSN) April 1-5, 2019**

<input type="checkbox"/> Early bird by 2/25/19	\$1,799 per person
<input type="checkbox"/> Standard	\$1,999 per person

CE Certificate & Course manual  
Healthful vegetarian cuisine (3 meals daily)  
Yoga mat for use during your stay  
Included Included Included

**\*\*Bring a friend and SAVE \$200 each!**

Tuition and 4-nights stay, double occupancy

<input type="checkbox"/> Early bird by 2/25/19	\$1,599 per person
<input type="checkbox"/> Standard	\$1,799 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-code #: \_\_\_\_\_

For additional details, cancellation policy and FAQ go to: [pesi.com/express/68823](http://pesi.com/express/68823)

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## ★★ CERTIFICATE PROGRAM ★★

# YOGA and MEDITATION RETREAT

for MENTAL HEALTH PROFESSIONALS

Earn 22 CE Hours

April 1 - 5, 2019  
Garrison Institute, Garrison, NY  
[pesi.com/express/68823](http://pesi.com/express/68823)

No Yoga or Meditation experience needed!

PESI sponsored retreat located at  
Garrison Institute, Garrison, NY

GARRISON INSTITUTE

Reserve today!  
Limited availability



## Facilitators

**Mary NurrieStearns, MSW, LCSW, RYT**, 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 *Healing Anxiety, Depression and Unworthiness: 78 Brain-Changing Mindfulness and Yoga Practices* (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. **Non-financial:** Mary NurrieStearns has no relevant non-financial 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-led yoga/meditation retreats for 14 years.

**SPEAKER DISCLOSURES: 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.

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**PESI**



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

Powerful communication practice “Beginning Anew”  
Inquiry into transient nature of life  
Primary components of meditation  
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  
Practice for accessing beneficial ancestor qualities



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 self-compassion on brain  
Primary and secondary causes of pain  
Heal shame with understanding, compassion and non-shame physiology  
Brain wave activity and cultivating healthy thoughts  
Access truest values to guide therapy

April 1-5, 2019  
Garrison Institute, Garrison, NY

Retreat Outcomes

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.
11. Explain how to teach clients to dis-identify from a narrative of unworthiness.
12. Explain the relationship between “inner critic”, shame, and treatment according to evolutionary psychology.
13. Assess mindful eating for its usefulness as a therapeutic tool.
14. Teach mindfulness practices to address negative thoughts regarding chronic pain.
15. Practice yoga poses and yoga nidra applicable to the clinical setting for depression, shame and emotional trauma/anxiety.
16. Construct a life review-eulogy to help focus therapy on client’s most important values.
17. Evaluate a mindful communications process for conflict resolution and emotional bonding.
18. Incorporate mindfulness and self-compassion techniques to help regulate emotional distress.
19. Demonstrate breathing interventions/ practices that may help reduce anxiety and depression.

20. Develop processes for reducing rumination and negative thinking with clients.
21. Practice teaching from script for brief therapeutic chair yoga for anxiety to use with clients.
22. Practice teaching from script for brief chair yoga for shame to use with clients.

for more info visit:  
[pesi.com/express/68823](https://pesi.com/express/68823)



Retreat Schedule  
Monday-Friday, April 1-5, 2019

YOGA  
MEDITATION  
RETREAT  
for MENTAL HEALTH PROFESSIONALS

Monday

1:00–3:30 pm\* Check In  
3:45 pm Orientation  
4:45 pm\* Yoga / meditation  
5:45 pm\* Dinner  
7:00 pm Evening meeting  
8:40 pm\* Meditation  
9:00 pm\* Break for the night

Tuesday, Wednesday & Thursday

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  
4:15 pm\* Break  
4:30 pm\* Walking meditation/practice teaching  
5:45 pm\* Dinner  
7:00 pm Evening meeting  
8:40 pm\* Meditation  
9:00 pm\* Break for the night

Friday

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

\* CE hours are not awarded for this time.



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](mailto: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.

**ADDICTION 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 PRACTITIONER/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 AC-CME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maryland, Missouri, Nebraska, New Hampshire, New Jersey, New Mexico, Pennsylvania and South Carolina. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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

**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 22.0 (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 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.

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

For additional information: [pesi.com/express/68823](https://pesi.com/express/68823)