

The Three Wisdom Traditions

Wellness Coach Training, Integrating Yoga, Ayurveda, & Psychology

June 8 -10, 2018

Horizon Room

Friday, June 8th

2:30 - 5:00 p.m.

3WT Wrap Around Framework and Foundations for 3WT Application

5:00-6:00 pm

Joints and Glands Yoga Practice

6:00 - 7:00 p.m.

Dinner

7:15 - 9:15 p.m.

3WT Six Stage Group Model - Group Work and Case Review

9:30 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

10:00 p.m.

Silence observed until 7:30 a.m.

Saturday, June 9th

6:00 a.m.

Prayers and Meditation | *Sri Vidya Shrine*

7 - 8 a.m.

Yoga Practice: Stoking the Fire * Agni*

7:30 - 8:30 a.m.

Breakfast

9:30 - 12:30 p.m.

Applying the 3WT Clinical Grids

12:30 - 1:30 p.m.

Lunch

3:00 - 6:00 p.m.

Sangham of Ayurvedic, Yogic, and Western Psychology: Cycle of Samskara

6:00 - 7:00 p.m.

Dinner

7:15 - 9:15 p.m.

Energetics of Ayurvedic and Yogic Psychology - Prana, Tejas, and Ojas

9:30 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

10:00 p.m.

Silence observed until 7:30 a.m.

Sunday, June 10th

6:00 a.m.

Prayers and Meditation | *Sri Vidya Shrine*

7 - 8am

Yoga Practice: Building the Container

7:30 - 8:30 a.m.

Breakfast

9:30 - 10:30

Stress Response and 3WT Trauma Support

10:30 - 12:30

Designing 3WT Individual Treatment Plans and Case Review

12:30 -1:30 p.m.

Lunch

6:00 - 7:00 p.m.

Dinner

9:30 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

10:00 p.m.

Silence observed until 7:30 a.m.

**Please see the Hatha Yoga posted on bulletin boards for weekly schedule
The Sri Vidya Shrine is open from 3:00 a.m. – 12:00 p.m. & 3:00 p.m. – 12:00 a.m.
PureRejuv Wellness Center is open from 8:30 a.m. - 12:30 p.m. and 1:30 p.m. - 5:30 p.m*