

Veterans Yoga Project: Mindful Resilience Training for Trauma Recovery

with **Dr. Daniel Libby and Brianna Renner**

August 13 - 15
Seminar Room

Friday, August 13

6:00 p.m.	Prayers and meditation <i>Sri Vidya Shrine</i>
6:00 – 7:00 p.m.	Dinner
7:00 – 7:45 p.m.	Opening Circle: Introductions and Expectations
7:45 – 8:45 p.m.	Trauma and PTSD
8:45 – 9:15 p.m.	Holding Space: Self-Care and Avoiding Vicarious Traumatization
9:15 – 10:00 p.m.	Sharing the Practice: Yoga Nidra
10:00 p.m.	Silence observed until 7:30 a.m.

Saturday, August 14

6:00 a.m.	Prayers and meditation <i>Sri Vidya Shrine</i>
7:30 – 8:30 a.m.	Breakfast
9:00 a.m. – 9:45 a.m.	Review & Holding Space: Mindfulness, Authenticity, and Presence
9:45 a.m. – 10:45 a.m.	Autonomic Regulation, Window of Tolerance, and the Polyvagal Theory
10:45 a.m. – 12:15 p.m.	Sharing the practice: Mindful Movement
12:15 p.m. – 12:30 p.m.	Break
12:30 – 1:30 p.m.	Lunch
1:30 p.m. – 2:30 p.m.	Inhibition: in the Nervous system, in Mindfulness, in PTS Symptoms <i>and</i>
	Interoception: Sensation as a Foundation for Grounding in the Present
2:30 p.m. – 3:30 p.m.	Holding Space: Safety, Predictability, and Control in the Classroom
3:30 p.m. – 4:30 p.m.	Discussion of Movement and Guiding Principles of Mindful Resilience
4:30 p.m. – 5:30 p.m.	Sharing the practice: Breathing
6:00 p.m.	Prayers and meditation <i>Sri Vidya Shrine</i>
6:00 – 7:00 p.m.	Dinner

The Sri Vidya Shrine is open from 5:30 a.m. – 12:00 p.m. & 3:00 p.m. – 9:00 p.m.

10:00 p.m.

Silence observed until 7:30 a.m.

Sunday, August 15

6:00 a.m.

Prayers and meditation | *Sri Vidya Shrine*

7:30 – 8:30 a.m.

Breakfast

9:00 a.m. – 10:00 a.m.

Review & Sharing the Practice: Meditation

10:00 a.m. – 11:00 a.m.

Sharing the practice: Class Structure and Formatting

11:00 a.m. – 12:15 p.m.

Sharing the practice: Mindful Movement

12:15 p.m. – 12:30 p.m.

Break

12:30 – 1:30 p.m.

Lunch

1:30 p.m. – 2:15 p.m.

Integrated PTSD Treatment

2:15 p.m. – 3:00 p.m.

Military Culture

3:00 p.m. – 3:30 p.m.

Review and Wrap-up