

Your Daily Program Schedule  
May 20-25, 2022

(Note: specific meals and evenings held in silence)

# Fostering Resilience for Health Care Professionals

with Dr. Andrea Grabovac & Dr. Mark Lau

| TIME                              | DAY 1<br>Friday, May 20   | DAY 2<br>Saturday, May 21   | DAY 3<br>Sunday, May 22  | DAY 4<br>Monday, May 23  | DAY 5<br>Tuesday, May 24  | DAY 6<br>Wednesday, May 25  |
|-----------------------------------|---|---|--|--|---|---|
| OPTIONAL 6:00AM-7:00AM            |   | Self-Guided Meditation<br>Sanctuary Building  | Self-Guided Meditation<br>Sanctuary Building   | Self-Guided Meditation<br>Sanctuary Building   | Self-Guided Meditation<br>Sanctuary Building  | Self-Guided Meditation<br>Sanctuary Building  |
| OPTIONAL 7:00AM-8:00AM            |   | Guided Yoga Class   | Guided Yoga Class  | Guided Yoga Class  | Guided Yoga Class   | Guided Yoga Class   |
| 8:30AM-9:30AM                     |   | BREAKFAST   | BREAKFAST  | BREAKFAST<br><b>Hollyhock Garden Tour</b><br>9:00-9:45am (Meet in Garden)  | BREAKFAST   | BREAKFAST   |
| 9:30AM-12:30PM                    |   | <b>Morning Session</b><br>• Intro to mindfulness<br>• Systemic drivers of burnout<br>• Neurobiology of mindfulness<br>• Sitting practice<br>• Co-emergence Model of Reinforcement       | <b>Morning Session</b><br>• Silent practice review<br>• Sitting practice<br>• 3 minute breathing space<br>• Warning signs of burnout<br>• Sitting practice | <b>Morning Session</b><br>• Mindfulness practice<br>• Maintaining resilience<br>• Mindfulness Interoceptive Exposure Task<br>• Equanimity towards hedonic tone | <b>Morning Session</b><br>• Guided silent retreat   | <b>Morning Session</b><br>• Mindfulness practice<br>• Reflection on applying skills<br>• Resources for ongoing practice<br>• Closing practice<br>(finishing by 11:30AM) |
| 12:30PM-2:30PM                    |   |   |  |  |   | LUNCH   |
| 2:30PM-5:30PM                     |   | <b>Afternoon Session</b><br>• Body Scanning<br>• Interoception in emotion regulation<br>• Walking practice<br>• Hedonic tone: pleasant and unpleasant<br>• Hindrances or opportunities? | <b>Afternoon Session</b><br>• Self-care action plan<br>• Walking practice<br>• Role of equanimity in emotion regulation<br>• Loving kindness practice      | FREE AFTERNOON<br>(book bodywork or other activities with the Hollyhock Store)   | <b>Afternoon Session</b><br>• Inquiry into silent practice<br>• Body scanning<br>• Review of Co-emergence Model |   |
| 5:30PM-7:30PM<br>DINNER at 6:30PM |   | DINNER  | <b>Oyster Appetizer BBQ</b><br>5:30-6:30pm   | DINNER   | DINNER  |   |
|                                   |   | DINNER  |  |  |   |   |
| 7:30PM-9:30PM                     | Orientation<br>7:30-8:00pm<br>Opening Session<br>Andrea & Mark<br>8:00pm-9:30pm | Free Time<br>Optional: Teacher Interviews   | Free Time<br>Optional: Teacher Interviews  | Presenter Evening  | Free Time   |   |

**HOLLYHOCK**