

YOGA AND MEDITATION RETREAT

Rejuvenate yourself and your healing abilities with an educational retreat near the majestic mountains of Sedona, Arizona. Earn 20 CE hours in an incredible environment!

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 beautiful Sedona Mago Retreat Center in Sedona, Arizona. This is the perfect setting to deepen your learning of both yoga and meditation! All levels are welcome.

This meditation and yoga retreat is a rich exploration into practices that can cultivate happiness and healing. We will follow a balanced schedule of meditation, clinical teachings and group discussion, gentle yoga movement, experiential mindfulness 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 and calm our nervous systems.

To ensure rejuvenation there is plenty of free time for walking, contemplation and resting. The Sedona Mago Retreat Center offers an exquisite landscape, waterfalls, garden walks, and healthful, pesco-vegetarian cuisine and stylish accommodation. At times during the retreat, we will maintain silence to facilitate deep transformation.

HIGHLIGHTS OF THE CENTER

- HEALTHFUL (AND TASTY!) PESCO-VEGETARIAN CUISINE
- STYLISH ACCOMMODATIONS
- YOGA MAT FOR YOUR USE DURING YOUR STAY
- HEALING GARDEN AND LAKE
- VORTEXES
- COVERED PATIOS AND MEDITATION AREAS
- LOUNGE (WITH WIFI ACCESS)
- INCREDIBLE LANDSCAPES

No Yoga or Meditation experience needed!



Limited availability! Register today at www.pesi.com/sedonaMay

How to Register

For additional details: www.pesi.com/sedonaMay

Choose the easiest registration method for you:

ONLINE	www.pesi.com/sedonaMay	FAX	800-554-9775
PHONE	800-844-8260		
Please have credit card available			
RETREAT LOCATION	Sedona Mago Retreat Center 3500 E. Bill Gray Rd Sedona, AZ, 86336 (800) 875-2256	MAIL	PESI PO BOX 1000 Eau Claire, WI 54702-1000

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



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

Name _____ Profession _____

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 (61669SED) \$1,799 per person

May 15-19, 2018 Registration closes April 30th

CE Certificate & Course manual Included

Healthful pesco-vegetarian cuisine (3 meals daily) Included

Yoga mat for use during your stay Included

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

Tuition and 4 nights stay, double occupancy* Standard \$1,799 per person Early bird by 3/05/18 \$1,599 per person

To register for double occupancy, please submit both registration forms at the same time

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)

Roommate's name: _____

Card Number: _____ Expire: _____ Total _____

Signature: _____ V-Code #: _____

ADA needs: We would be happy to accommodate your ADA needs; please call at least four weeks prior to the retreat.

For cancellation policy and FAQ go to: www.pesi.com/sedonaMay

For additional details: www.pesi.com/sedonaMay

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★★★ CERTIFICATE PROGRAM ★★★

YOGA and MEDITATION RETREAT for MENTAL HEALTH PROFESSIONALS

May 15-19, 2018

Sedona Mago Retreat Center • Sedona, AZ
www.pesi.com/sedonaMay

No Yoga or Meditation experience needed!

Earn Your Certificate & 20 CE Hours

In a retreat setting!

PESI sponsored retreat located at Sedona Mago Retreat Center, Sedona, AZ



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 DISCLOSURE: 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, has co-led yoga/meditation retreats for 14 years. He has been immersed in consciousness studies, meditation and mindfulness practices for four decades. For 20 years he was involved in publishing transformational books and magazines. He was the publisher of *Lotus* and *Personal Transformation* magazines, and co-author of the books *Soulful Living*, *Yoga for Anxiety*, *Yoga for Emotional Trauma* and *Yoga Mind, Peaceful Mind*. He is a long time mindfulness student of Thich Nhat Hanh and a member of the Order of Interbeing. Rick experiences chronic pain from an airplane crash and suffered from a tick borne disease. He relies on mindfulness practices for healing and has learned that you can cultivate happiness and inner peace even when you are hurting.

SPEAKER DISCLOSURE: 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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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
 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

May 15 - 19, 2018
 Sedona Mago Retreat Center
 Sedona, AZ

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 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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Retreat Schedule

May 15-19, 2018

Tuesday

- 4:00 pm Check In
- 4:45 pm Retreat orientation (Mago Hall)
- 5:00 pm Welcome, Introduction to meditation and Yoga
- 6:00 pm Dinner
- 7:00 pm Evening meeting
- 8:30 pm Break
- 8:40 pm Meditation
- 9:00 pm Break for the night

Wednesday, Thursday and Friday

- 6:30 am Meditation
- 7:15 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

Saturday

- 6:30 am Meditation
- 7:15 am Breakfast
- 8:30 am Morning meeting
- 10:30 am Break
- 10:45 am Contemplation and closing
- 12:00 noon Social lunch



Retreat Outcomes

- Analyze the effects of yoga and meditation on the triune brain as applied to clinical practice.
- Distinguish between the default network, salience network and central executive network and utilize this information for client psychoeducation.
- Articulate the concept of negativity bias in the brain as it relates to clients who have experienced trauma.
- Characterize the social brain and use of interpersonal neurobiology to activate the affiliation system of the brain.
- Utilize concentration, distancing, observation and distraction in treating depression producing thoughts.
- Apply breathing practices, simple body movement and self-compassion for emotional regulation.
- Describe salience network, default network and use of interoception for emotional regulation.
- Analyze the neuroscience of anxiety, trauma and depression as it relates to treatment.
- Apply specific mindfulness skills and practices as part of your anger management treatment regimen.
- Teach components of mindful self – compassion and discuss its clinical applications with clients.
- Describe the benefits of a mind/body approach to improve mental health symptoms in clients.
- Explain the relationship between "inner critic", shame, and treatment according to evolutionary psychology.
- Articulate the psychological impact and long-term effects of emotional trauma on a client's mental health.
- Teach mindfulness practices to address negative thoughts regarding chronic pain.
- Practice yoga poses applicable to the clinical setting for depression and for emotional trauma.
- Teach ways to engage the prefrontal cortex as a strategy for emotional regulation.
- Summarize the efficacy of cultivating mindfulness in trauma treatment.
- Incorporate mindfulness and compassion techniques to help regulate emotional distress.
- Demonstrate breathing interventions/practices that may help reduce anxiety and depression.
- Develop processes for reducing rumination and negative thinking with clients.



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 cespi@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.

ADDITION COUNSELORS: This activity consists of 20.0 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 20.0 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 1200 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 intermediate activity consists of 20.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

PSYCHOLOGISTS: This course is for informational purposes only. No continuing education credit is available for this event.

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 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 20.0 (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 1200 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

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