Kripalu retreat + renewal

AMSA Leadership and Education Program for Students in Integrative Medicine June 19–24, 2011

sunday			
2:00-3:30 pm	Kripalu Check In	Front Desk	
4:00-5:00	LEAPS Check In	Kripalu Sanctuary	
5:30-6:30	Dinner		
6:30-7:00	Kripalu Orientation	Kripalu Sanctuary	
	Jennifer Young		
7:15–9:00	Opening Circle	Kripalu Sanctuary	
monday			
7:00-8:00am	Breakfast		
8:00-8:50	The History and Mission of the LEAPS Program	Kripalu Sanctuary	
	Dr. Wendy Kohatsu, Dr. Bill Manahan, Bethany Berman-Brady		
9:00–10:45	A Funny Thing Happened on the Way to Fourth Year of	Kripalu Sanctuary	
	Medical School: Becoming a Good Doctor Begins with		
	Being a Good Doctor to Yourself		
	Dr. Rob Saper		
10:45–12:00 pm	Small Group Discussion: The Culture of Medicine	Kripalu Sanctuary	
12:00-1:00	Kripalu YogaDance or Vinyasa Class		
12:00-1:30	Lunch		
1:30–3:45	Nutrition and Cooking Demonstration	Lakeview Room	
	Dr. Wendy Kohatsu		
4:15–5:45	Kripalu Yoga Classes		
5:30-7:00	Dinner		
7:30–8:30	Drum Circle with the Kripalu Drummers	Forest Room	
tuesday			
7:00-8:00 am	Breakfast		
8:00-9:30	Stress, Mindful Living and the Art of Nourishment	Kripalu Sanctuary	
	Dr. Susan Lord		
9:45–11:50 pm	Small Group Discussion: Public Speaking	Kripalu Sanctuary	
12:00-1:30	Lunch		
1:00–2:45	Acupuncture: Ancient Wisdom, Modern Practice	Kripalu Sanctuary	
	Dr. Mary Guerrera and Dr. Henri Roca		
3:00-4:00	What Yoga Research is Telling Us About Health and Wellness	Kripalu Sanctuary	
	Stephen Cope, MSW		
4:15–5:45 pm	Kripalu Yoga Classes		
5:30-6:30	Dinner		
		LEAPS-111	

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wednesday					
7:00-8:00 am	Breakfast				
8:00 -8:50	Formulating Your Message to Potential Project Supporters Kripalu Sanctuary				
	Ms. Shari Dogbo				
9:00–10:30	Placebo Research: The Evidence for Healing Practice Dr. Matt Fritts	Kripalu	Kripalu Sanctuary		
10:45–12:00 pm 12:00–1:00 12:00–1:30	Small Group Discussion: Project Planning and Goal Setting Kripa Kripalu YogaDance or Vinyasa Class Lunch	ılu Sanctu	ıary		
1:30-4:00 Beach	Sacred Space and Kayaking on Lake Mahkeenac	Meet	at	Kripalu	
4:15-5:45	Kripalu Yoga Classes				
5:30-6:30	Dinner				
6:30–8:15	Physicians Panel	Kripalu	Sanc	tuary	
	Dr. Mary Guerrera, Dr. Wendy Kohatsu, Dr. Henri Roca,				
	Dr. Susan Lord Dr. Bill Manahan, Dr. Kathryn Hayward, I	Dr. Rob S	aper		
thursday					
7:00-8:00 am	Breakfast				
8:00–10:00	Introduction to Functional Medicine	Kripalu	Sanc	tuary	
	Dr. Mark Hyman				
10:15–12:00 pm	Small Group Discussion: Project Planning and Reflections Kripa	ılu Sanctu	ıary		
12:00–1:00	Kripalu YogaDance or Vinyasa Class				
12:00–1:30	Lunch				
1:30–4:30	Osteopathic Manipulative Therapy Dr. Connie Earl	Kripalu	Sanc	tuary	
5:30-7:00	Dinner				
7:30–8:30	Workshop: The Art and Science of Pranayama		Fores	t Room	
friday					
7:00-8:00 am	Breakfast				
8:00-11:50	Project Presentations	Kripalu	Sanc	tuary	
11:50-12:00pm	Room Check-Out				
12:00-12:50	Lunch				
12.00 12.00	_*				

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