

What is the daily schedule of the workshops?

We are together from 10am to 6pm for each of the three days. Beverages and snacks will be available in our meeting room, and we will take a working lunch break of 1 to 1 1/2 hours. Each day consists of a stretching/movement component, a teaching component, group practice, individual practice, and group discussions. We thoroughly explore key components of the recovery process such as core stressors, basic needs, coping strategies, self-awareness and our resistance to it and our relationships with others and how they help and hinder our healing.