

YOGA AND MEDITATION RETREAT for Mental Health Professionals

Rejuvenate yourself and your healing abilities with an educational retreat near the majestic mountains of Sedona, Arizona. Earning up to 25.5 CE hours has never been more relaxing.

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. Through meditation, clinical teachings and group discussion, gentle yoga movement, experiential mindfulness practices, mindful eating, walking meditation, noble silence and deep rest, this retreat will follow balanced schedule to journal our responses to inquiry questions, practice emotional regulation skills, learn to witness thoughts and calm our nervous systems. Additional time will be spent on the study and practice of teaching mindful breathing and movement.

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.

Limited availability! Register today at pesi.com/express/67939

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!

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



HOW TO REGISTER YOGA & MEDITATION RETREAT

Choose the easiest registration method for you:

ONLINE	pesi.com/express/67939	PHONE	800-844-8260
MAIL	PESI, Inc. PO BOX 1000 Eau Claire, WI 54702-1000	FAX	800-554-9775

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

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 (_____) _____	
E-mail address _____	

Registration email address is required to receive your certificate of completion and registration confirmation.

2 **Tuition and 5-night stay (67939SED)**

September 24–29, 2019

Registration closes September 13, 2019

CE Certificate & Course manual	<input type="checkbox"/> Early bird by 8/20/19	\$2,399 per person
Healthful pesco-vegetarian cuisine (3 meals daily)	<input type="checkbox"/> Standard	\$2,599 per person
Yoga mat for use during your stay	Included	
**Bring a friend and SAVE \$200 each!		
Tuition and 5-night stay, double occupancy*	<input type="checkbox"/> Early bird by 8/20/19	\$2,199 per person
	<input type="checkbox"/> Standard	\$2,399 per person

To register for double occupancy, please submit both registration forms at the same time
Roommate's name: _____

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)

Total

Card Number: _____ Card Expires: ____/____/____
Signature: _____ V-Code #: _____

For cancellation policy, FAQ and additional details go to:
pesi.com/express/67939



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.



6-DAY CERTIFICATE PROGRAM

YOGA & MEDITATION RETREAT

for Mental Health Professionals

Earn Your
Certificate &
up to 25.5 CE Hours

In a retreat setting!

September 24–29, 2019
Sedona Mago Retreat Center
Sedona, AZ



Register today:
pesi.com/express/67939

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
polyvagal nerve theory and clinical applications

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
Practice teaching mindful breathing and movement

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



Retreat Learning Outcomes

1. Analyze the effects of yoga and meditation on the triune brain as applied to clinical practice.

2. Distinguish between the default network, salience network and central executive network and utilize this information for client psychoeducation.

3. Articulate the concept of negativity bias in the brain as it relates to clients who have experienced trauma.

4. Characterize the social brain and use of interpersonal neurobiology to activate the affiliation system of the brain.

5. Utilize concentration, distancing, observation and distraction in treating depression producing thoughts.

6. Apply breathing practices, simple body movement and self-compassion for emotional regulation.

7. Describe salience network, default network and use of interoception for emotional regulation.

8. Analyze the neuroscience of anxiety, trauma and depression as it relates to treatment.
9. Apply specific mindfulness skills and practices as part of your anger management treatment regimen.

10. Teach components of mindful self – compassion and discuss its clinical applications with clients.

11. Describe the benefits of a mind/body approach to improve mental health symptoms in clients.

12. Explain the relationship between “inner critic”, shame, and treatment according to evolutionary psychology.

13. Articulate the psychological impact and long-term effects of emotional trauma on a client’s mental health.

14. Teach mindfulness practices to address negative thoughts regarding chronic pain.

15. Practice yoga poses applicable to the clinical setting for depression and for emotional trauma.

16. Teach ways to engage the prefrontal cortex as a strategy for emotional regulation.

17. Summarize the efficacy of cultivating mindfulness in trauma treatment.



To view the complete learning outcomes visit:
pesi.com/express/67939

Retreat Schedule

Tuesday, September 24

- 4:00 pm

Check In
- 4:45 pm

Retreat orientation (Mago Hall)
- 5:00 pm

Welcome – Educational Introduction*
- 6:00 pm

Dinner
- 7:00 pm

Educational Program*
- 8:40 pm

Meditation
- 9:00 pm

Break for the night

Wednesday-Saturday, September 25-28

- 6:30 am

Meditation
- 7:15 am

Breakfast
- 8:30 am

Educational Program*
- 10:30 am

Break
- 11:00 am

Yoga
- 12:00 noon

Lunch
- 2:30 pm

Educational Program/Transformative Practice*
- 4:15 pm

Break
- 4:30 pm

Walking meditation/practice teaching
- 5:30 pm

Break
- 5:45 pm

Dinner
- 7:00 pm

Educational Program*
- 8:40 pm

Meditation
- 9:00 pm

Break for the night

Sunday, September 29

- 6:30 am

Meditation
- 7:15 am

Breakfast
- 8:30 am

Educational Program*
- 10:30 am

Break
- 10:45 am

Contemplation and closing
- 12:00 noon

Social lunch

*CE is awarded during these specified times



Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure 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 cepesi@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 profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 25.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 25.5 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.

ARIZONA COUNSELORS: This intermediate activity consists of 25.5 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.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 1530 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.

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 25.5 contact hours. Partial contact hours will be awarded for partial attendance.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 25.5 contact hours or 2.55 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PSYCHOLOGISTS: This activity consists of 25.5 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance. PESI, Inc. designates this live activity for a maximum of 25.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

ARIZONA PSYCHOLOGISTS: This activity consists of 1530 minutes of continuing education instruction and is designed to meet the requirements of the Arizona Board of Psychologist Examiners. Please save the course outline, certificate of completion, and any other supporting documentation you receive from this live activity in case it is requested by the board.

SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 25.5 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. 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 1530 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: Counselors • Social Workers • Psychologists • Psychotherapists
Marriage & Family Therapists • Occupational Therapists • Occupational Therapy Assistants
Nurses • Addiction Counselors • Mental Health Professionals

For additional information: pesi.com/express/67939

RETREAT LOCATION

Sedona Mago Retreat Center
3500 E. Bill Gray Rd
Sedona, AZ, 86336
(800) 875-2256

