

Tentative Schedule for the Eco-Awareness Workshop Small Group Intensive

See the main workshop webpage for detailed description of workshop “Session Topics”

In a supportive community of other MBSR/MBCT/MBI teachers, you will learn, practice, share and grow together, outdoors whenever possible. You will experience in each session:

- * Land-based practices to deepen your own connection of being *a part of* nature
- * Facilitated exercises to “turn towards” your own experience of eco-grief and eco-anxiety
- * Watching or reading selected resources together followed by discussion
- * Reflections, sharing, integration of material and land-based practices
- * Applying an earth-informed lens to the MBSR/MBCT Curriculum, Exploring Teaching Questions, Considering Action Learning Possibilities
- * Practice Guiding Meditations already part of the MBSR/MBCT curriculum in an earth-informed manner (starting in session 4)

Thursday August 6

Noon – 1:30pm **Arriving** into Community with light lunch (Optional, attend as able)

1:30 – 4:30pm* **Session 1: Start Where You Are/Curriculum – Orientation & Class 1**

4:30 – 6:00pm **Dinner Break:** on your own

6:00 – 9pm* **Session 2: Resourcing for the Journey/Curriculum -Class 2 & 3**

Friday August 7

8:30 am – 11:30am* **Session 3: Honoring Our Pain for the World/Curriculum – Class 4 & 5**

11:30am – 1:00 pm **Lunch Break**

1:00 – 4:30pm* **Session 4: Deepening into Practice/Curriculum - All-day retreat**

4:30 – 6:00pm Dinner Break

6:00 – 9:00pm* **Session 5: Sustainability in the Midst of it All/Curriculum – Class 6 & 7.**

Saturday August 8

8:30am – noon* **Session 6: Integration and Going Forth/Curriculum – Class 8**

Noon Fond Farewells, lunch afterwards for those who wish

*Must stay till 12:00pm Sat & attend all sessions to be eligible for the Certificate of Completion and for CEs. Do not arrange for any transport, taxis, airport shuttles, etc. prior to 12:00pm Sat.