

DRINKING FROM THE RIVER OF LIGHT
THE LIFE OF EXPRESSION ~ MARK NEPO
HARMONY HILL RETREAT CENTER
OCT 25-27, 2019
AGENDA WITH CNE/CEU CONTACT HOUR INFO

Day One – Friday, Oct. 25		
4:00-5:30	Registration and Check-In	90 min (Non CNE)
5:30-6:30	Dinner	60 min (Non CNE)
6:30-6:45	Break	15 min (Non CNE)
6:45-7:00	Welcome & Introductions <i>Denise Carrico</i>	15 min (Non CNE)
7:00-9:00	“The Chord in Our Heart” <i>Mark Nepo</i> lecture-dialogue	120 min

Day Two – Saturday, Oct. 26		
7:30-8:15	Breakfast	45 min (Non CNE)
8:15-8:30	Break	15 min (Non CNE)
8:30-9:00	Opening Meditation <i>Denise Carrico</i> experiential	30 min
9:00-10:30	“What It Means to See” “Bearing Witness” <i>Mark Nepo</i> lecture-dialogue-experiential	90 min
10:30-10:45	Break	15 min (Non CNE)
10:45-12:00	“Unraveling the Self” <i>Mark Nepo</i> lecture-dialogue-experiential	75 min
12:00-1:00	Lunch	60 min (Non CNE)
1:00-2:00	Free Time	60 min (Non CNE)
2:00-3:30	“Giving and Getting Attention” <i>Mark Nepo</i> lecture-dialogue-experiential	90 min
3:30-3:45	Break	15 min (Non CNE)

3:45-5:00	“Breaking Surface” Mark Nepo lecture-dialogue-experiential	75 min
5:00-5:15	Closing Meditation Denise Carrico experiential	15 min
5:15-5:30	Break	15 min (Non CNE)
5:30-6:30	Dinner	60 min (Non CNE)
7:00-8:30	Optional Poetry/Story Session with Mark Nepo	90 min (Non CNE)
Day Three – Sunday, Oct. 27		
7:30-8:15	Breakfast	45 min (Non CNE)
8:15-8:30	Break	15 min (Non CNE)
8:30-9:00	Opening Meditation Denise Carrico experiential	30 min
9:00-10:30	“Understanding Practice” Mark Nepo lecture-dialogue-experiential	90 min
10:30-10:45	Break	15 min (Non CNE)
10:45-12:00	“Fitting Things Together” Mark Nepo lecture-dialogue-experiential	75 min
12:00-12:15	Closing and Evaluations	15 min (Non CNE)
12:15-1:00	Lunch (<i>provided</i>) and departures	45 min (Non CNE)

***TOTAL CNE/CEU = 690 MINUTES DIVIDED BY 60 = 11.5 CNE CONTACT HOURS**

Highlighted Green Times are not included with the Commuter Package.

For Nurses: This continuing nursing education activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Approved through 09/20/2021. Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.

For Social Workers, MHC, LMTFs: CEU's approved through the National Association of Social Workers – Washington Chapter, Provider #1975-437

