

MOOXLI FALL 2021 Schedule*

	Sunday 9/19	Monday 9/20	Tuesday 9/21	Wednesday 9/22	Thursday 9/23
Daily Theme	ARRIVE- getting settled in the present moment setting intentions for self care	RECEIVE-opening the heart to receive and recognize our unique gifts	BREATHE-understanding our current patterns of breathing and how they affect us both personally and professionally	RELEASE-energy and how it is stored in the body's emotions	INTEGRATE - final closing and moving forward with practice
0630-0730		60 minute heart opening class: Facilitates us being more open to receive and more humbleness Joan Mudget	60 minute class: Neck and Shoulders: Learn how unnecessary tension builds in the body and the long term effects. Simple techniques to increase flexibility and range of motion of the shoulders while protecting the neck and spine. Joan Mudget	60 minute class: Bend and Squat - How to protect the neck and spine while bending, reaching, twisting. Safe techniques will be taught that can be used on the job to preserve energy, work with the breath and protect the body from repetitive motions Joan Mudget	60 Minutes Final Group Practice: Integrating Yoga into Your Lifestyle Joan Mudget
0730-0830		Breakfast Provided	Breakfast Provided	Breakfast Provided	Breakfast Provided
0830-0930		Keynote Resilience Workshop Part 1: The Roll of Purpose in Preventing Burnout and promoting Well-being Dr. Teresa Stephens PhD	Keynote Resilience Workshop Part 2: The Roll of Priorities (values, ethics) in Our Decision Making and Impact on Personal Well Being and Resilience Dr. Teresa Stephens PhD	Keynote Resilience Workshop Part 3: The Roll of Perspective and How to Develop an Informed Perspective to Increase Resilience Dr. Teresa Stephens PhD	Keynote Resilience Workshop Part 4: The Roll of Personal Responsibility and creating SMART goals to Increase Personal Resilience Dr. Teresa Stephens PhD
0930-1030		"The Genesis of Listening" Aly McLean CRNA	"Taking Care of Your Financial Health" Sam Simaan MBA, CFA	Your Money, Your Values, Do they tell the same story? Sarah Bergakker CRNA, Sam Simaan MBA, CFA	Panel Session: Integration of Wellness into daily personal and professional life All Facilitators Panel
1045		Break	Break	Break	Break
1045-1145		Compassion Fatigue and	Breathwork Workshop for	Fierce Self Compassion	Daily Practical Breathwork

		Self Compassion: Cause and Cure	Stress and Tension Release at Work and Home Aly McLean CRNA	Sarah Bergakker CRNA	Practice for Healthcare Providers: Taking Your Practice Home with You. Joan Mudget
1145-1245		Maybe Timing is Everything: How time of day effects our ability and our decisions Sarah Bergakker CRNA	"Mindfulness for the Healthcare Provider" Aly McLean CRNA	Wholehearted Care of the Vulnerable Patient Aly Mclean CRNA	**Retreat Concludes**
1245		Lunch Provided	Lunch Provided	Lunch Provided	
1745	Dinner Provided Served at 1830 arrival day only	Dinner Provided	Dinner Provided	Mooxli Hosting Dinner Celebration!!	
1930		90 minutes candlelight slow flow with extended savasana - mindful movements as a moving meditation. End of Day Reflective Practice for Healthcare Providers Joan Mudget	Those We Carry - A guided meditation and releasing ceremony designed to help the caregiver process their own and secondary trauma associated. Skills include understanding the long-term health and work related effects of holding trauma. Joan Mudget	Yoga Nidra for improving quality of sleep for healthcare providers Joan Mudget	

*Schedule subject to change slightly in case of emergency or unforeseen events

*All sessions are 1 continuing Education Credit. Total credits for retreat = 22 Class A CEUs

Mooxli is a recognized and Approved Provider of Continuing Education Credits for the American Association of Nurse Anesthetists