MSTP Spring Retreat 2019
Health & Wellness During MSTP Training and Beyond
Deer Creek Lodge & Conference Center
May 3-4, 2019

Retreat Goals
1. Learn an evidence-based approach to the mind-body connection.
2. Learn mind/body skills to cultivate the effective habits of self-care.
3. Recognize your habitual mind/body patterns, and replace them with new healthy patterns.

Friday, May 3, 2019

2:00 pm: Arrival and Check-In – (Lobby)

2:30 pm – 2:35 pm: Welcome and Agenda – (Grand Ballroom)
   Led by Kathryn Wikenheiser-Brokamp, MD, PhD
   Mary Bedard (G1), Rohit Rao (G3), Pablo Alarcon (M2)

2:40 pm – 3:55 pm: Building a Healthy Mind and Body Connection – (Grand Ballroom)
   Session led by Pooja Malhotra, C-IAYT
   Integrative Healthcare Teacher
   Certified Yoga Therapist

Part 1: 2:40 pm - 3:10 pm (30 mins)
   Introduction
   Evidence Based Program
   Short Presentation/Talk on Self Care
   Science Behind Stress
   Mind/Body Connection
   Results from Self-Care Assessment

Part 2: 3:10 pm - 3:40 pm (30 mins)
   Awareness Based Movement
   Gentle Standing Movement
   Recognizing Habitual Patterns
   Movement with Stability & Alignment

Part 3: 3:40 pm - 3:55 pm (15 mins)
   Cultivating Life Skills
   Progressive Deep Relaxation
   Mindfulness
   Take Home Practice
4:00 pm – 4:30 pm: Break
   Recommended Use for Time: Any students who were unable to check-in can do so now and bring their bags to their rooms. Students can also use this time to change into more athletic clothing to participate in Pooja Malhotra’s yoga session or for using Deer Creek property facilities.

   o MSTP Leadership: Strategic Planning Discussion (Meet in Lobby)

4:30 pm – 5:30 pm:
   o Student Option 1: Yoga Session – (Grand Ballroom)
      (Please Note: Attendance is required by the students who signed up for this session.)
      Led by Pooja Malhotra, C-IAYT
      Integrative Healthcare Teacher
      Certified Yoga Therapist

   o Student Option 2: Free Time to Enjoy Deer Creek Property Activities

   o MSTP Leadership: Strategic Planning Discussion

5:30 pm – 6:00 pm: Break
   Recommended Use for Time: Change into nicer clothing for the reception/group photos.

6:00 pm - 6:30 pm: Group Photos – (Meet in Lobby)
   Led by Jennifer Rindler Fridrich, MBA

6:30 pm – 7:00 pm: Reception – (Greater Mezzanine)

7:00 pm - 9:00 pm: Dinner Honoring Graduating Students – (Greater Mezzanine)
   MCs: Bryan Maliken (M3), Arya Zandvakili (M3)

9:30 pm - 10:30 pm: S’mores at the Bonfire – (Lakeside Firepit)
   Featuring music played by The Mudder Phudders Band: Ethan Adkins (M1), Pablo Alarcon (M2), Seth Reighard (G4), Jared Travers (M4).

   (Please Note: If weather is unfavorable, The Mudder Phudders Band will instead play during Saturday’s lunch.)

Saturday, May 4, 2019

8:30 am - 9:30 am: Checkout & Buffet Breakfast – (Grand Ballroom)

9:00 am – 9:55 am: Optional Morning Student-Led Yoga Session – (Upper Lobby Area)
   Led by Kim Kraus, G1

10:00 am – 10:55 am: M4 Presentations – Part 1 – (Grand Ballroom)
   Moderated by Mary Bedard, G1

11:00 am – 12:00 pm: Scavenger Hunt – (Starts & ends in the Grand Ballroom)
   Led by Sara Cohen

12:00 pm – 1:00 pm: Lunch – (Outside shelter area. If weather is unfavorable, lunch will be in the Grand Ballroom)
1:00 pm – 1:30 pm: “MSTP Unofficial Survival Guide” Student-Led Discussion – (Grand Ballroom)
Led by Calvin Chan (G4), Seth Reighard (G4), Bryan Maliken (M3)

1:30 pm - 2:30 pm: M4 Presentations – Part 2 – (Grand Ballroom)
Moderated by Mary Bedard, G1

2:30 pm – 3:00 pm: Wrap-Up, Announce Scavenger Hunt Winners, Survey & Adjourn – (Grand Ballroom)
Led by Kathryn Wikenheiser-Brokamp, MD, PhD
Mary Bedard (G1), Rohit Rao (G3), Pablo Alarcon (M2)
Jenny Rindler Fridrich, MBA; Sara Cohen