



**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.
4. Celebrate MSTP graduates and student accomplishments.

**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)**

Introduction by Pablo Alarcon (M2)

Session led by Pooja Malhotra, C-IAYT  
Integrative Healthcare Teacher  
Certified Yoga Therapist

**Part 1: 2:40pm - 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: 3:10pm - 3:40pm (30 mins)**

Awareness Based Movement  
Gentle Standing Movement  
Recognizing Habitual Patterns  
Movement with Stability & Alignment

**Part 3: 3:40pm - 3:55pm (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.*

- **MSTP Leadership: Strategic Planning Discussion (Meet in Lobby)**

**4:30 pm – 5:30 pm:**

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