

Weekend Agenda (subject to modification)

Friday Evening, October 5

- 6 PM - 8:30 PM **Optional Pre-Conference Event**
Casual evening get-together with Hors d'oeuvres and beverages. Event is to be held at Mark Waldman's home: Camarillo California 93012. Bring a swimming suit and towel!

DAY 1: Saturday, October 6

Saturday. Morning

- 9:00 AM - 9:30 AM Welcome by Bernadette Wilson and Mark Waldman
- 9:30 AM - 10:30 AM *A NeuroCoaching Group Transformational Experience*
- 10:30 AM -11:00 AM Group Creative Problem Solving
- 11:00 AM - 12:00 PM Panel Discussion: *"The Business of Mindfulness"*
Four 5-minute presentations, with 40 minutes Q & A
- 12:00 PM -1:00 PM Poolside Lunch and Mindful Eating exercise

Saturday Afternoon

- 1:00 PM - 2:30 PM Experiential Training: Pain and Mindful Movement
- 2:30 PM - 2:45 PM Mindful Walking Break
- 2:45 PM - 3:30 PM Panel Discussion: Using Experimental Strategies
- 3:30 PM - 5:00 PM Chris Van Buren: Marketing for Mindfulness Coaches

Saturday Evening

Dinner: *Free Time - Possibly dinner together as a group at [Thai Peru Restaurant, ½ block from Courtyard Marriott Camarillo](#)*

DAY 2: [Sunday, October 7](#)

Sunday Morning

- 9:00 AM - 11:00 AM *Psychoanalysis, Deep Listening, and Insight Meditation: Experiencing the “Inquiry” Process*
- 11:00 AM- 11:15 AM Break
- 11:15 AM -12:00 PM Group Creative Problem Solving
- 11:00 AM - 12:00 PM Panel Discussion: “ *Language, Culture and Religion* ”
- 12:00 PM -1:00 PM Poolside Lunch

Sunday Afternoon

- 1:00 PM - 2:45 PM Hot Seat Demonstrations: Rapid-Fire Problem-Solving
- 2:45 PM - 3:45 PM Mindful Sharing and Going Forward - Conference Take-a-ways
- 4:00-5:00 PM Conference Conclusion and Socializing