



SOLVING CHRONIC PAIN: AN IMMERSIVE WEEKEND RETREAT

**FRIDAY – SUNDAY, MAY 21-23, 2021
ALL TIMES LISTED ARE PT**

FRIDAY, MAY 21

5:00 – 5:45pm | Overview/ Intro

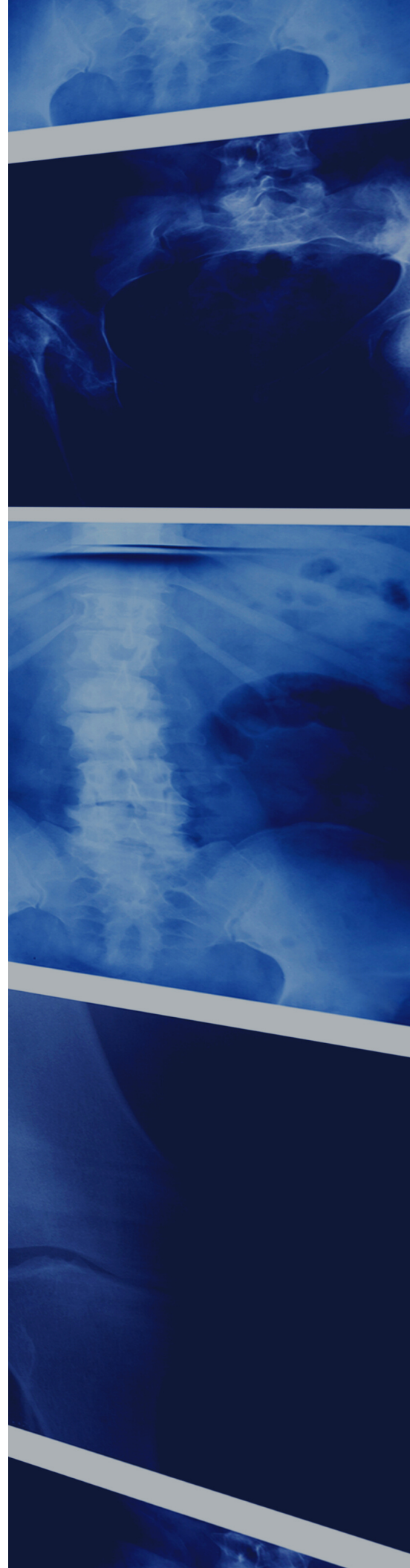
- Introduction to the workshop/ What do want to accomplish with Les Aria
- Workshop Ground Rules with David Hanscom
- Divide into small groups of four or five
- Expressive writing activity with Babs Yohai
- Active Meditation activity with Jasmine Yohai-Rifkin

5:45 – 6:05 | Your body's neurochemical response to stress with David Hanscom

6:05 – 6:30 | Connecting with Your Own Healing Capacity with Les Aria

6:30 – 7:15 | Somatic session with Jasmine Yohai-Rifkin & Babs Yohai

7:15 – 7:30 | Wrap – up/ homework with Les Aria





SATURDAY, MAY 22

***All times are PT**

Morning

Morning homework

9:00 – 9:30 | Warmup with Jasmine Yohai-Rifkin & Babs Yohai

9:30 – 9:50 | Three aspects of processing anger with David Hanscom

9:50 – 10:20 | Expressive arts exercises with Jasmine Yohai-Rifkin

10:20 – 10:35 - Break

10:35 – 10:45 | Scarves with Jasmine Yohai-Rifkin & Babs Yohai

10:45 – 11:15 | The state of your nervous system with Les Aria

11:15 – 11:30 | Inner child exercise with Jasmine Yohai-Rifkin

11:30 – 12:00 | Cup song

12:00 -12:30 | Video – patient story video

Lunch

12:30 – 1:15 | Lunch with small groups

1:15 – 1:45 | Break

Afternoon

1:45 – 2:00 | Open Q&A session with Les Aria & David Hanscom

2:00 – 2:30 | Your Physiological States Determines Your Psychological States with Les Aria

2:30 – 2:45 | Rhythm with Jasmine Yohai-Rifkin & Babs Yohai

2:45 – 3:45 | How to Relate Differently to Your Inner Critic with Les Aria

3:45 – 4:00 | Wrap up/ Homework/ overview of evening session with David Hanscom

Dinner

4:00 – 5:00 | Quiet time

Evening

5:00 – 7:00 | Sharing you – small and large group sessions

Evening homework





SUNDAY, MAY 23

***All times are PT**

Morning

Sunday am homework | Consider your vision of what you want your life to look like

8:30 – 9:00 | Warmup with Jasmine Yohai-Rifkin & Babs Yohai

9:00 – 9:20 | Learning another language – Creating and execution your vision with David Hanscom

9:20 – 9:50 | Rhythm/ Cups with Jasmine Yohai-Rifkin & Babs Yohai

9:50 – 10:00 | Break

10:00 – 10:30 | Tools to create safety at home with Les Aria

10:30 – 11:00 | Self-portraits with Jasmine Yohai-Rifkin & Babs Yohai

11:00 – 12:00 | Sharing with Les Aria, David Hanscom, Jasmine Yohai-Rifkin & Babs Yohai

12:00 – Adjourn

