

# GRIEF, LOSS & HEARTBREAK WORKSHOP

~ Reeder's Alley Interpretive & Convention Center ~

Saturday, December 10<sup>th</sup>

10am – 4:30pm

- 10:00am - 10:15am:** Arrival, Sign-In, Get Comfy
- 10:15am - 10:20am:** Workshop Intro & Basic Run-Down of who, what, why, how, etc.
- 10:20am – 10:25am:** *Transition to meditation/reflection*
- 10:25am – 10:35am:** **Opening Meditation/reflection**
- 10:35am – 10:40am:** *Transition to yoga*
- 10:40am – 11:10am:** **Yoga/stretch** (*Nicky Twitchell*, Cert. Yoga Instructor, Owner of Hot Yoga Helena)
- 11:10am – 11:15am:** *Transition to poetry/reading/heart share\**
- 11:15am - 11:25am:** **Poetry/reading/heart share\*** (*Troy DaRonco*)
- 11:25pm – 11:30am:** *Transition to presentation (presenter set-up)*
- 11:30am – 12:00pm:** **Presentation** – Transpersonal Counseling & Grief/Loss/Change + Q & A (*Jamie Anesi*, M.A., LCPC)
- 12:00pm – 12:05pm:** *Transition to poetry/reading/heart share*
- 12:05pm - 12:15pm:** **Poetry/reading/heart share\*** (*Jamie Anesi*)
- 12:15pm – 12:20pm:** *Transition to meditation/reflection*
- 12:20pm - 12:30pm:** **Meditation/reflection with writing exercise instruction/transition to lunch break**
- 12:30pm – 1:30pm - Lunch Break (On-Site)**
- 1:30pm – 1:35pm:** Arrival, Get Comfy
- 1:35pm – 1:45pm:** **Meditation/reflection**
- 1:45pm – 1:50pm:** *Transition to presentation (presenter set-up)*
- 1:50pm – 2:15pm:** **Presentation** – Mindfulness, Buddhism & Grief/Loss/Change + Q & A (*Justin Whitaker*, M.A., Ph.D. *pending final revisions/paperwork*, Cert. Mindfulness Meditation Instructor, Philosophical Advisor for Merlin CCC)
- 2:15pm – 2:20pm:** *Transition to poetry/reading/heart share*
- 2:20pm - 2:30pm:** **Poetry/reading/heart share\*** (*Marisa Diaz-Waian*)
- 2:30pm – 2:35pm:** *Transition to yoga*
- 2:35pm – 3:05pm:** **Yoga/stretch** (*Nicky Twitchell*, Cert. Yoga Instructor, Owner of Hot Yoga Helena)
- 3:05pm – 3:10pm:** *Transition to presentation (presenter set-up)*
- 3:10pm – 3:35pm:** **Presentation** – Philosophical Counseling & Grief/Loss/Change + Q & A (*Marisa Diaz-Waian*, M.A., Cert. L.B.T. Practitioner, Founder & ED of Merlin CCC)
- 3:35pm – 3:40pm:** *Transition to poetry/reading/heart share*
- 3:40pm - 3:50pm:** **Poetry/reading/heart share\*** (*Justin Whitaker*)
- 3:50pm – 3:55pm:** *Transition to presentation (presenter set-up)*
- 3:55pm – 4:20pm:** **Presentation** – Grief/Loss/Change Navigation Tools + Q & A (*Troy DaRonco*, Life Coach, Mentor for boystomen.org & Board Member for Merlin CCC)
- 4:20am – 4:25am:** *Transition to meditation/reflection*
- 4:25pm – 4:30pm:** **Closing Meditation/reflection**