



MIND & LIFE
INSTITUTE

2023 Summer Research Institute

Trauma, Healing, and Flourishing | Garrison Institute, NY | June 4-10, 2023

Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
Sunday, June 4	Monday, June 5	Tuesday, June 6	Wednesday, June	Thursday, June 8	Friday, June 9	Saturday, June 10
	MINDFUL MOVEMENT					
	MEDITATION					
	BREAKFAST					
	ANNOUNCEMENTS	CONTEMPLATIVE RETREAT	ANNOUNCEMENTS	CONTEMPLATIVE RETREAT	ANNOUNCEMENTS	CHECK-OUT & DEPARTURE PRIOR TO 12:00 PM
	SESSION		SESSION		SESSION	
	SESSION		SESSION		SESSION	
	LUNCH					
ARRIVAL & CHECK-IN 2:00-6:00 PM ———— Intro to contemplative meditation 5:00-5:30 pm ———— Volunteer meeting 5:30-5:50 pm	SESSION	SESSION	REST SPACE	SESSION	SESSION	
	SMALL GROUPS	BREAKOUTS	CELEBRATING 20 YEARS OF SRI	BREAKOUTS	SMALL GROUPS	
	QI GONG					
	DINNER					
WELCOME	NETWORKING	POSTER SESSION	MIND & LIFE GRANT PRESENTATIONS	POSTER SESSION	CLOSING REMARKS & CELEBRATION	
MEDITATION						
SILENCE OBSERVED 10:00 PM-8:00 AM						

Schedule is subject to change
Updated: April 18, 2023
www.mindandlife.org