

Oversight days plus active participation in plenary sessions:

Tuesday morning: (Intake)	intentions, meeting the group, set group rules (group mind), oversight
Tuesday afternoon: (session 1, attention)	Intake, diagnostics, DSM-5, in- and exclusions, assessment, giving hope Inquiry
Wednesday morning:	Yoga, flow (George Langenberg)
Wednesday afternoon: (Session 2, body)	Bodyscan 4 participants: 2 bodyscan Michaela Martina, 2 inquiry Peter Michele, around 10 min per part, 10 min for feedback
(session 3, breath)	Practicing yoga
Friday morning: Flow (research, questionnaires)	8 participants: 2 movement astrid usha, 2 yoga (week2/5) Julia Sarina, 2 sitmeditation breath/body Marko Bernadette, 2 inquiry Petra Marianne 1 hour in total, around 10 min per part, so that we have 20 min for feedback
Friday afternoon: (session 4, stress)	Mindful2work through Zoom and for youth (Esther de Bruin) Working with own burnout experiences
Saturday morning: (session 5, difficulties)	Flow 8 participants: 2 movement Jan Eva-Maria, 2 yoga (week3/6) Hannes, Mascha 2 meditation loving kindness Ulli Ursula, 2 inquiry Silke Nicole 1 hour in total, around 10 min per part, so that we have 20 min for feedback Acceptance and compassion
Saturday afternoon: (Session 6, selfcare) (Session 7: on your own)	“Difficult” groups/people Object sharing Final meditation 2 participants: Susanne Carina around 10 min