



Alumni Immersion Weekend with Dan Siegel

Course Description & Schedule

March 29 – 31st, 2019

This spring we are happy to present a special **Alumni Immersion Weekend**. As you know, our immersions are exciting, emotionally engaging, dynamic learning experiences with Dan in a small group setting. Exploring the latest research and implications of awareness, presence, and interpersonal neurobiology provides a foundation for this immersion, reinforcing fundamental ideas and pushing the boundaries of knowledge to further explore the nature of wisdom, kindness, and connection.

For this special *Alumni Immersion*, we will be inviting participants who have previously attended our classic Mindsight Immersion Weekend for a deeper dive with Dan into the newest scientific findings and practical applications for the professional in a range of fields. We'll extend our initial discussion from our general immersion weekend in order to provide alumni with an intensive experience and understanding of IPNB, awareness and presence.

In preparation for the weekend, we encourage you to read Dan's newest books to inform your immersion experience:

- The New York Times bestseller: *Mind: A Journey to the Heart of Being Human*
- The New York Times bestseller: *Aware: The Science and Practice of Presence*

Rather than interviewing Dan based on your readings, as we do in our classic immersions, alumni will be provided with 15 minutes to conduct a presentation about how they've incorporated the tenets of IPNB and what they've learned from our classic immersion into their personal and professional lives. In addition to the solo presentation, participants will have additional time (~15 min) to deeply explore a few questions or concepts arising from any of Dan's publications directly with Dan, as well as to engage in dialogue with the group as a whole.

Our Mindsight Immersion Weekend setting encourages active preparation both before and during the weekend in order to most fully benefit from your time with us. As alumni, in the weeks before the immersion, we will be asking for your input regarding which of Dan's topics you'd like to be discussed over the weekend. The topics with the most requests will be chosen as the foci of Dan's lectures throughout the immersion.

Get ready for some serious and fun explorations, camaraderie and all-around good cheer. We are so excited to welcome you back to Santa Monica, and are looking forward to yet another enriching and invigorating weekend.

Schedule (14 CEs)

Friday

2:00 pm – 7:00 pm (Light Refreshments)

- Welcome and Introductory Lecture by Dan Siegel
- Participants' Introductions and Weekend Orientation
- Dan's Lecture and Participants' Presentations, Part 1

Saturday

9:00 am – 12:00 pm

- Dan's Lecture and Participants' Presentations, Part 2

12:00 pm – 1:00 pm *Lunch Provided*

1:00 pm – 5:00 pm

- Dan's Lecture and Participants' Presentations, Part 3

5:00 pm – Open *Optional Walk*

Sunday

9:00 am – 1:30 pm

- Dan's Lecture and Participants' Presentations, Part 4
- Immersion Weekend Wrap-Up and receive your Certificate of Completion