

Programma training Aandacht in de Medische Beroepspraktijk

Sessie thema en voorlopig tijdschema

Sunday 17 November 2019

- 18:00 Check-in / Registration (registration open from 16:00)
- 18:00 – 19:00 Dinner
- 19:15 – 21:15 Introduction

Monday 18 November 2019

- 06:30 – 07:30 Morning Meditation Practice
- 07:30 – 08:45 Breakfast
- 08:45 – 09:10 Affinity Groups
- 09:15 – 12:30 Morning session
- 12:30 – 14:30 Lunch
- 14:30 – 15:00 Affinity Groups
- 15:00 – 18:00 Afternoon Session
- 18:30 – 19:45 Dinner
- 19:45 – 20:00 Affinity Groups
- 20:00 – 21:20 Contemplative Skills Practice

Tuesday 19 November 2019

- 06:30 – 07:30 Morning Meditation Practice
- 07:30 – 08:45 Silent Breakfast
- 08:45 – 12:15 Morning Session
- 12:15 – 14:45 Lunch
- 14:45 – 15:15 Affinity Groups
- 15:20 – 18:00 Afternoon Session
- 18:30 – 19:30 Dinner
- 19:30 – 21:00 Evening open

Wednesday 20 November 2019

- 06:30 – 07:30 Morning Meditation Practice
- 07:30 – 08:30 Breakfast
- 08:30 – 08:45 Affinity Groups Final Meeting
- 08:45 – 11:45 Final Session
- 12:00 End (lunch is not included on this day)