

PART I: FOUNDATIONS SCHEDULE

Day 1: Self-Awareness, Neuroanatomy, Ethics, Foundations

9-9:15	Intro + Agreements + agenda
9:15-9:30	Mindfulness
9:30-9:45	Check in + what brings you here
9:45-10:00	Intro to touch
10:00-10:30	Getting to know thyself
10:30-11:15	Activity
11:15-11:30	BREAK
11:30-12:30	Neuroanatomy of Touch
12:30 – 2:00	LUNCH
2:00 – 2:30	Ethics and touch
2:30-3:30	Small groups discussion
3:30-3:45	BREAK
3:45-4:15	Touch foundations
4:15-4:45	Practice
4:45-5:00	Closing

Day 2: Mechanics and Inner navigation

9-9:10	Intro to day content
9:10-9:20	Mindfulness
9:20-9:30	Q & A
9:30-10:00	Mechanics of touch
10:00-10:30	Practice
10:30-10:45	Q & A
10:45-11:00	BREAK
11:00-11:30	Inner navigation
11:30-12:00	Demo A
12:00-12:30	Practice A1
12:30 – 2:00	LUNCH
2:00-2:30	Practice A2
2:30-2:45	Q & A
2:45-3:00	Inner navigation
3:00-3:30	Demo B
3:30-4:00	Practice B1
4:00 – 4:15	BREAK
4:15-4:45	Practice B2
4:45-5:00	Q & A

Day 3: Power and culture and Containment

9-9:15	Intro to day content
9:15-9:30	Mindfulness
9:30-9:45	Check in
9:45-10:15	Touch, culture and power
10:15-10:45	Practice 2
10:45-11:00	BREAK
11:00-11:20	Touch and PTSD
11:20-12:15	Containment

Day 3 continued:

12:15-12:30	Illustration containment touch
12:30-2:00	LUNCH
2:00-2:20	Demo A
2:20–2:40	Containment practice A1
2:40 – 3:00	Containment practice A2
3:00 – 3:15	Q&A
3:15-3:30	BREAK
3:30-4:00	Demo B
4:00 – 4:30	Containment practice B1
4:30 – 5:00	Containment practice B2

Day 4: Modulation

9-9:15	Intro to day content
9:15-9:30	Mindfulness
9:30-9:45	Check-in and Q&A y
9:45-10:15	Modulation touch
10:15-11:00	Illustration modulation types
11:00-11:15	BREAK
11:15-11:45	Modulation demo A
11:45-12:15	Practice modulation touch A1
12:30 – 2:00	LUNCH
2:00-2:30	Practice modulation touch A2
2:30 – 2:45	Q&A
2:45-3:15	Modulation demo B
3:15-3:30	BREAK
3:30 – 4:00	Practice modulation touch B1
4:00-4:30	Practice modulation touch B2
4:30-5:00	Reflection and closing

Day 5: Awareness and Accessing Skills

9-9:15	Intro to day content
9:15-9:30	Mindfulness
9:30-9:45	Check in
9:45-10:00	Awareness touch
10:00-10:45	Demo
10:45-11:30	Practice awareness touch 1
11:30-11:45	BREAK
11:45-12:30	Practice awareness touch 2
12:30 – 2:00	LUNCH
2:00-2:45	Practice awareness touch 3
2:45-3:15	Q & A
3:15-3:30	BREAK
3:30-4:00	Medicine work and touch
4:00-5:00	Reflection and closing