

Movement Therapy Training Retreat

Program Agenda
Total CE Hours Available: 40

Monday, September 14, 2026 – 8 CEs	
8:00 – 10:00 am	Introductions, Overview of Learning Objectives, Connection Building Theories & Modalities Part I
10:00 – 10:15 am	Break
10:15 – 12:15 am	Theories & Modalities Part II
12:15 – 11:15 am	Lunch at Myrtue
1:15 – 3:15 pm	Theories & Modalities Part III
3:15 – 3:30 pm	Break
3:30 – 5:30 pm	Movement Therapy for Adults Sessions 1/2

Tuesday, September 15, 2026 – 4 CEs	
Morning	Optional Group Activity: TBD: possible options bike ride, state park hike, sound bath
	Lunch Provided
1:00 – 3:00 pm	Adult Movement Therapy Sessions 3/4
3:00 – 3:15 pm	Break
3:15 – 5:15 pm	Movement Therapy for Adults Sessions 5/6

Wednesday, September 16, 2026 – 4 CEs	
8:00 – 10:00 am	Movement Therapy for Families Sessions 1/2/3
10:00 – 10:15 am	Break
10:15 – 12:15 am	Movement Therapy for Families Sessions 4/5
12:15 – 1:15 pm	Group Lunch at Milk & Honey

Wednesday continued	
Afternoon	Optional Retreat Activities on your own Suggested options: massage, explore state park, nap, journal, read
6:00 – 7:00 pm	Optional Group Activity: Yoga to Love Our Bodies class

Thursday, September 17, 2026 – 8 CEs	
8:00 – 10:00 am	Movement Therapy for Adults Sessions 7/8
10:00 – 10:15 am	Break
10:15 – 12:15 am	Movement Therapy for Adults Sessions 9/10
12:15 – 11:15 am	Lunch at Myrtue
1:15 – 3:15 pm	Movement Therapy for Adults Sessions 11/12
3:15 – 3:30 pm	Break
3:30 – 5:30 pm	Movement Therapy for Families Sessions 6/7

Friday, September 18, 2026 – 6 CEs	
8:00 – 10:00 am	Movement Therapy for Families Sessions 8/9
10:00 – 10:15 am	Break
10:15 – 12:15 am	Movement Therapy for Families Family Follow-up
12:15 – 1:00 pm	Lunch at Myrtue
1:00 – 3:00 pm	Operational Considerations Retreat Wrap-up

Consultation Sessions – 10 CEs
We will provide 10 additional consultation sessions for the cohort after the conclusion of the treating retreat. These sessions will take place via zoom. Each session will last an hour and will include a structured agenda to provide ongoing support and clarification to implement Movement Therapy into your clinical setting. The consultation schedule will be provided at a later date.