

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 – 12:45 am	Lunch at Myrtue
12:45 – 3:15 pm	Theories & Modalities Part III
3:15 – 3:30 pm	Break
3:30 – 5:00 pm	Movement Therapy for Adults Presession and Sessions 1/2

Tuesday, September 15, 2026 – 4.5 CEs	
Morning	Optional Group Activity: TBD: possible options bike ride, state park hike, sound bath
	Lunch Provided
12:30 – 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 – 8.5 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 – 12:45 am	Lunch at Myrtue
12:45 – 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 6/7/8 Part I

Friday, September 18, 2026 – 5 CEs	
8:00 – 10:00 am	Movement Therapy for Families Sessions 6/7/8 Part II
10:00 – 10:15 am	Break
10:15 – 11:15 am	Movement Therapy for Families Follow-up Sessions
11:15 – 11:45 pm	Lunch at Myrtue
11:45 – 1:45 pm	Operations 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.

Monday, Oct 12, 2026
9:00 am - 10:00 am

Tuesday, Oct 20, 2026
8:00 am - 9:00 am

Monday, Oct 26, 2026
9:00 am - 10:00 am

Tuesday, Nov 3, 2026
8:00 am - 9:00 am

Monday, Nov 16, 2026
9:00 - 10:00 am

Monday, Nov 23, 2026
9:00 am - 10:00 am

Tuesday, Dec 1, 2026
8:00 am - 9:00 am

Monday, Dec 7, 2026
9:00 am - 10:00 am

Monday, Dec 14, 2026
8:00 am - 9:00 am

Monday, Jan 11, 2026
8:00 am - 9:00 am