



HEARTraining® HEART 5 **Schedule**

DAY 1

- 11:00 am - 11:30 am Meet and greet, welcome and introductions.
- 11:30 am - 12:00 pm Guided Strategic Use of Perception (OI mindfulness practice): Orientation.
- 12:00 pm - 12:30 pm Lecture: review of prior modules.
- 12:30 pm - 01:00 pm Student introductions (students from various groups meet for the final year).
- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*
- 03:00 pm - 03:30 pm Lecture: overview of training — increasing tracking skills, review of OI Maps, refinement of 3-Phase work, working with physiological states, 3 Pillars of OI.
- 03:30 pm - 04:00 pm Student questions and answers.
- 04:00 pm - 04:30 pm Movement exercise: Orientation and embodiment.
- 04:30 pm - 04:45 pm Review of exercise.
- 04:45 pm - 05:15 pm Student practice with lecture material in dyads: first round of practice.
- 05:15 pm - 05:30 pm *Break*
- 05:30 pm - 06:00 pm Student practice with lecture material in dyads: second round of practice.
- 06:00 pm - 06:30 pm Dyad practice review, student questions and answers.

DAY 2

- 10:00 am - 10:30 am Strategic Use of Perception (OI mindfulness practice).
- 10:30 am - 10:45 am Introduction of exercise on attuned movement.
- 10:45 am - 11:15 am Student practice in dyads: attuned movement exercise.
- 11:15 am - 11:30 am Student review of practice.
- 11:30 am - 11:45 am *Break*
- 11:45 am - 12:15 pm Lecture: skillful facilitation of work using OI Pillar of Compassion and appreciation/enjoyment.
- 12:15 pm - 01:00 pm Lecture: working in Phase 1 (Chaos) — thresholds, attunement, and setting the Initial Conditions in Phase 1.



- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*
- 03:00 pm - 03:30 pm Student questions and answers on material covered before lunch, and comparing Phase 1 with Phase 2 and Phase 3.
- 03:30 pm - 04:30 pm Demonstration session: Working with a client in Phase 1.
- 04:30 pm - 04:45 pm Review of demonstration and student questions and answers.
- 04:45 pm - 05:00 pm *Break*
- 05:00 pm - 06:30 pm Student practice in triads, first and second rounds.
- 06:30 pm - 08:00 pm *Dinner, free time*
- 08:00 pm - 09:30 pm A video of a demonstration session is shown and debriefed for key elements of OI theory and client practice.

DAY 3

- 10:00 am - 10:30 am Guided Strategic Use of Perception (OI mindfulness practice): movement and stillness.
- 10:30 am - 11:15 pm Student practice in triads, third round.
- 11:15 am - 11:30 am *Break*
- 11:30 am - 12:15 pm Review of practice, student questions and answers.
- 12:15 pm - 01:00 pm Lecture: clarifying distinction between Phases, working with the freeze state in each Phase.
- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*
- 03:00 pm - 03:15 pm Review of requirements for completion of HEARTraining and certification.
- 03:15 pm - 04:15 pm Demonstration session: working with physical injury.
- 04:15 pm - 04:30 pm *Break*
- 04:30 pm - 05:15 pm Lecture: working with physical injury.
- 05:15 pm - 05:45 pm Student questions and answers.
- 05:45 pm - 06:15 pm Student practice in triads on today's course content, first two rounds.
- 06:15 pm - 06:30 pm Practice review, student questions and answers.

DAY 4



- 10:00 am - 10:30 am Strategic Use of Perception (OI mindfulness practice).
- 10:30 am - 11:00 am Lecture: working with a client in Phase 2.
- 11:00 am - 11:30 am Exercise in dyads: Phase 2 exploration of client strategies for relief of suffering in Channels of Experience (ISOMA).
- 11:30 am - 11:45 am *Break*
- 11:45 am - 12:30 pm Demonstration session of working with ISOMA and Phase 2.
- 12:30 pm - 01:00 pm Review of demonstration, student questions and answers.
- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*
- 03:00 pm - 05:00 pm Student practice in triads, all three rounds.
- 05:00 pm - 05:15 pm *Break*
- 05:15 pm - 05:45 pm Student review of practice and questions and answers.
- 05:45 pm - 06:30 pm Lecture: biological synchrony and signaling in neurophysiology and physical structures.
- 06:30 pm - 08:00 pm *Dinner, free time*
- 08:00 pm - 09:30 pm A video of a demonstration session is shown and debriefed for key elements of OI theory and client practice.

DAY 5

- 10:00 am - 10:30 am Strategic Use of Perception (OI mindfulness practice): Metta (Loving kindness).
- 10:30 am - 10:45 am Discussion of Strategic Use of Perception (OI mindfulness practice).
- 10:45 am - 11:30 am Lecture: introduction to OI touch work, ethics and consent of therapeutic touch, looking for system coherence and pulsation which supports the client's self-organization.
- 11:30 am - 11:45 am *Break*
- 11:45 am - 12:45 pm Demonstration session: incorporating OI model into touch work: Initial Conditions (Orientation, Stabilizing Blue), attending to settling, pulsation, and coherence.
- 12:45 pm - 01:00 pm Review of demonstration, student questions and answers.
- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*



- 03:00 pm - 03:30 pm Instructions for practice on course material presented before lunch, student questions and answers.
- 03:30 pm - 04:30 pm Student practice in triads, first round.
- 04:30 pm - 04:45 pm *Break*
- 04:45 pm - 05:45 pm Student practice in triads, second round.
- 05:45 pm - 06:30 pm Practice review, student questions and answers.

DAY 6

- 08:30 am - 09:00 am Strategic Use of Perception (OI mindfulness practice): presence.
- 09:00 am - 09:15 am Review of Strategic Use of Perception (OI mindfulness practice) in the client setting.
- 09:15 am - 09:30 am Orientation to today's schedule.
- 09:30 am - 10:30 am Student practice in triads, third round.
- 10:30 am - 10:45 am *Break*
- 10:45 am - 11:30 am Student practice review and questions and answers.
- 11:30 am - 12:00 pm Closing circle.