

University of Calgary Office of CME&PD	
Mindful Practice	
March 10-12th, 2023	
March 10th, 2023	
Time	Session
4:00-7:00	Check-In
7:00-9:00	Reception
March 11th, 2023	
6:30-7:30	Morning Meditation Practice
7:30-8:30	Breakfast
8:30-9:00	Affinity Groups Meet
9:00-10:15	Morning Session
10:15-10:30	Nutrition Break
10:30-12:15	Morning Session
12:15-1:45	Lunch
1:45-2:15	Affinity Groups Meet
2:15-3:45	Afternoon Session
3:45-4:00	Break
4:00-6:00	Afternoon Session
6:00-7:45	Dinner
7:45-8:45	Evening Session
March 12th, 2023	
6:30-7:30	Morning Meditation Practice
7:30-8:30	Breakfast
8:30-9:00	Affinity Groups Meet
9:00-10:15	Morning Session
10:15-10:30	Nutrition Break
10:30-12:15	Morning Session
12:15-1:45	Lunch & Wrap Up

Version 1.0 June 20, 2022 - Course may change due to circumstances beyond our control.