



**34th Annual Caduceus Retreat
June 11-13, 2021
Franklin Marriott Cool Springs
Franklin, TN**

*Meeting Room Locations are TBD**

FRIDAY, JUNE 11

- 4:00 pm.-7:00p.m. Registration
- Dinner (*On Your Own*)
- 7:00 p.m.–10:00 p.m. **TMF Newcomer’s Meeting and “In Remembrance”**

SATURDAY, JUNE 12

- 7:00–9:00 a.m. Breakfast (*On Your Own*)
- 7:30–8:30 a.m. Open AA Meeting
 Open NA Meeting
 Open SA Meeting
 Open Al-Anon Meeting
- 9:00 a.m. **Mindfulness Techniques for Anxiety and Relapse Prevention**
 Katie Hirst, MD
- 9:00–9:30 a.m. ***Mindfulness in Recovery from Substance Use Disorders***
 (Awareness of Breath)
- 9:30–10:15 a.m. ***Anxiety’s Role in Substance Use Disorders***
- 10:15–10:30 a.m. Break
- 10:30–11:00 a.m. ***Noticing Anxiety in the Body (Body Scan)***
- 11:00 a.m.–12:00 p.m. ***Destructive Defenses in Recovery***

SATURDAY, JUNE 12 (Cont.)

- 12:00–1:30 p.m. Lunch (*On Your Own*)
- 1:30–2:00 p.m. ***Noticing Thoughts (Thoughts as Leaves on a Stream)***
- 2:00–2:45 p.m. ***Interrupting Destructive Defenses in Recovery***
- 2:45–3:00 p.m. Break
- 3:00–3:30 p.m. ***Walking Meditation***
- 3:30–4:30 p.m. ***Using Mindfulness in Different Stages of Recovery***
- 5:00–5:30 p.m. **Caduceus Leader Meeting**
- 5:00–6:30 p.m. Dinner (*On Your Own*)

SUNDAY, JUNE 13

- 7:00–9:00 a.m. Breakfast (*On Your Own*)
- 7:30–8:30 a.m. Open AA Meeting
Open NA Meeting
Open SA Meeting
Open Al-Anon Meeting
- 9:00–10:30 a.m. **“A Recovery Story”**
Michael Todd

See you in June 2022 for the 35th Annual Caduceus Retreat!

**A detailed agenda with room locations will be provided during event check-in.*