



**34th Annual Caduceus Retreat  
June 11-13, 2021  
Franklin Marriott Cool Springs  
700 Cool Springs Blvd, Franklin, TN 37067  
Franklin, TN**

**FRIDAY, JUNE 11**

- 4:00 pm-7:00 pm      Registration – *Inside Conference Center entrance*  
  
                                 Hospitality Room – *Clydesdale Room*  
  
                                 Dinner – *On Your Own*
- 7:00 pm-10:00 pm      **TMF Newcomer’s Meeting and “In Remembrance” – Salon 5**

**SATURDAY, JUNE 12**

- 7:00 am-9:00 am      Breakfast - *On Your Own*
- 7:30 am-8:30 am      Open AA Meeting – *Mustang Room*  
                                 Open NA Meeting – *Quarterhorse Room*  
                                 Open SA Meeting – *Palomino Room*
- 9:00 am                      **Mindfulness Techniques for Anxiety and Relapse Prevention**  
                                 **Katie Hirst, MD – Salon 5**
- 9:00 am-9:30 am      **Mindfulness in Recovery from Substance Use Disorders**  
                                 **(Awareness of Breath)**
- 9:30 am-10:15 am      **Anxiety’s Role in Substance Use Disorders**
- 10:15 am-10:30 am      Break
- 10:30 am-11:00 am      **Noticing Anxiety in the Body (Body Scan)**
- 11:00 am-12:00 pm      **Destructive Defenses in Recovery**
- 12:00 pm-1:30 pm      Lunch – *On Your Own*

**SATURDAY, JUNE 12 (CONT.)**

1:30 pm–2:00 pm **Noticing Thoughts (Thoughts as Leaves on a Stream) – Salon 5**

2:00 pm–2:45 pm **Interrupting Destructive Defenses in Recovery**

2:45 pm–3:00 pm Break

3:00 pm–3:30 pm **Walking Meditation**

3:30 pm–4:30 pm **Using Mindfulness in Different Stages of Recovery**

5:00 pm–5:30 pm **Caduceus Leader Meeting**

5:00 pm–6:30 pm Dinner – *On Your Own*

**SUNDAY, JUNE 13**

7:00 am–9:00 am Breakfast – *On Your Own*

7:30 am–8:30 am Open AA Meeting – *Mustang Room*  
Open NA Meeting – *Quarterhorse Room*  
Open SA Meeting – *Palomino Room*

9:00 am–10:30 am **“A Recovery Story”**  
**Michael Todd – Salon 5**

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