

Conflict Resolution Schedule & Curriculum

Thursday November 12th

Orientation 5:30-7pm

- ❖ Perception of conflict
- ❖ What are the perceived outcomes of conflict?
- ❖ A new View of Conflict

Friday November 13th

5-7am Sadhana Practice

7-8am Ayurvedic Breakfast

8-9 Karma Yoga/Practice of Yamas

9-12pm

IV. Conflict according to the Yoga Sutras

Relationship Cycle or the Wheel of Karma

Spiral of Relationship

3 Stages of conflict

Ingredients of a Conflict Section

Concept of escalation or de-escalation.

Practices: Analysis of stage in relationship with significant person in life – parent, partner, child, friend

12pm Ayurvedic Lunch

1pm Walk

2-5pm V. Ancient Origins of Conflict

Right Brain/ Left Brain Theories

Context vs. Content – examples of cultures, people you know

Masculine and Feminine Polarities of Conflict

Practice: Active Listening

Ancient Archetypes of Conflict Management Kali/Durga

12pm Ayurvedic Lunch

1pm Walk

2-5pm VI. Psychological Roots of Conflict

Four Parts of Mind Practice: Meditation on the Shaktis of the Mind

Conscious to Subliminal Influences

The Collective Unconscious

Recognizing Belief Codes.
The Wheel of Cause Effect/ Tree of Cause & Effect
Practice: Analyzing the movement of Samskaras
Mind Wave Cycles – Non-painful Vrittis
Manipulation of Perception by Media/ Agendas
Practice: Analysis of Conflict situation from Kleshas

Saturday November 14

5-7am Sadhana Practice

7-8am Breakfast

8-9 Karma Yoga/Practice of Yamas

9-12pm VI. Psychological Roots of Conflict

Practice: Evaluation of Fears using Dowsing

The Power of Fear –Igor Tjarkovsky’s early work with animals.

Dialogue with Fear – Discussion

12pm

Ayurvedic Lunch

1pm

Walk

2-5pm

VI. Analysis of conflict in situations.

Watch HBO “ In Treatment” with worksheet.

What do the Sutras have to offer?

Ten Guidelines to Resolving Inner and Outer Conflict

Sunday November 15

5-7am Sadhana Practice

7-8am Breakfast

8-9 Karma Yoga/Practice of Niyamas

9-12pm VI. Empathic Communication

Control Issues/Complaints are Wants in Disguise

Empathic Listening

Personal Conflict Management

Types of Self Talk – Unproductive/ Productive

12pm

Lunch

1pm

Walk

2-5pm

VII. Active Listening

Subtle Principles of Active Listening/ Techniques

Exercise in Listening

Ten Tips on Asking Questions

Monday November 16

5-7am Sadhana Practice

7-am Breakfast

8-9 Karma Yoga/Practice of Niyamas

9-12pm

VI. Personal & Social Paradigms for Inner & Outer Peace

The Power & Magic of Hearing and Being Heard

Relationship Situations I'd like Help With

Forgiveness List

Issues and Interests/worksheet

Role Play/ Mediator Getting to the Interests

Managing the Emotional climate

Values Conflicts

12pm

Ayurvedic Lunch

1pm

Walk

2-5pm

VII. Personal & Social Paradigms for Inner & Outer
Peace

Within the Conflict are the Elements for its Solution

When you are the Recipient of another's Anger

Inner Dialogue Practice

When you are Angry at another Inner Dialogue
Practice

Cycle of Reconciliation

Reversing Emotions/ Ten Guidelines to Resolving

Inner and Outer Conflict

5pm

Completion of Seminar