

Conflict Resolution Schedule & Curriculum

Thursday July 22

Orientation 5:30-7pm

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

Friday July 23

5-7am Sadhana Practice

7-7:45 Ayurvedic Breakfast

7:45-8:45 Walk

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 Yoga Nidra

1:30-4pm 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

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

Saturday July 24

5-7am Sadhana Practice

7-7:45 Ayurvedic Breakfast

7:45-8:45 Walk

9-12pm VI. Psychological Roots of Conflict

Mind Wave Cycles – Non-painful Vrittis

Manipulation of Perception by Media/ Agendas

Practice: Analysis of Conflict situation from Kleshas

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 Yoga Nidra

1:30-4pm 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 July 25

5-7am Sadhana Practice

7-7:45 Ayurvedic Breakfast

7:45-8:45 Walk

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 Yoga Nidra

1:30-4pm VII. Active Listening

Subtle Principles of Active Listening/ Techniques

Exercise in Listening

Ten Tips on Asking Questions

Monday July 26

5-7am Sadhana Practice

7-7:45 Ayurvedic Breakfast

7:45-8:45 Walk

9-12pm 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

Yoga Nidra

1:30-4pm

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

4:30pm

Completion of Seminar