

# BRAIN LONGEVITY® THERAPY TRAINING

## SCHEDULE AT A GLANCE

24-27 October 2019 / Scottsdale, AZ

### Thursday, October 24, 2019

- 4:00 pm Registration
- 4:15- 6:00 pm Orientation  
Kirti Khalsa, ARPF CEO

### Friday, October 25, 2019

- 7:00-7:45 am Breakfast and Networking
- 7:45-8:20 am Chair Yoga and Teaching to Older Adults  
Kirti Khalsa, ARPF CEO
- 8:30- 10:00 am Applied Yoga Research in Alzheimer's Prevention  
Dr. Chris Walling, PsyD, C-IAYT
- 10:00-10:15 am Coffee Break
- 10:15-12:00 pm The Psychology of Longevity  
Dr. Chris Walling, PsyD, C-IAYT
- 12:00-1:00 pm Lunch on Your Own
- 1:00-2:30 pm Motivational Techniques for Creating Behavioral Change  
Dr. Chris Walling, PsyD, C-IAYT
- 2:30-5:30 pm Small Group Discussion & Practicum
- 3:15-3:30 pm Coffee break
- 5:30-6:00 pm Closing  
Dr. Chris Walling PsyD, C-IAYT

### Saturday, October 26, 2019

- 7:00-7:45 am Breakfast and Networking

# BRAIN LONGEVITY® THERAPY TRAINING

7:45-8:20 am	Healing the Healer: Chair Yoga to Maximize Your Wellbeing Mahan Kirn Kaur, Master Healer
8:30- 9:30 am	FINGER Study Update (livestream) Miia Kivipelto, MD, PhD
9:30-10:45 am	Feed Your Brain: What to Eat to Fend off Alzheimer's and Other Dementias Annie Fenn, MD
10:45-11:00 am	Coffee Break
11:00-12:30 pm	West Virginia University Research: Kirtan Kriya Meditation for Adults with Early Memory Loss. What Have We Learned and Where do We Go from Here? Kim Innes, MSPH, PhD
12:30-2:00 pm	Lunch with the Expert (boxed lunch provided)
2:00-3:15 pm	Latest Updates in Alzheimer's Prevention Dharma Singh Khalsa, MD
3:15-3:30 pm	Coffee Break
3:30-6:00 pm	Small Group Discussion by Professional Interest
6:00 pm	Adjourned
6:30-8:30 pm	Awards Reception and Graduation Ceremony at Orange Tree Golf Club (3.1 miles away)

## **Sunday, October 27, 2019**

7:00-7:45 am	Breakfast and Networking
7:45-8:20 am	Healing the Healer: Chair Yoga to Maximize Your Wellbeing Mahan Kirn Kaur, Master Healer
8:30- 10:00 am	Building Your Brain: Why Neuroplasticity is Crucial for Brain Longevity Christian Habeck, PhD
10:00-10:15 am	Coffee Break

# BRAIN LONGEVITY® THERAPY TRAINING

- 10:15-12:00 pm      Yoga Therapy in Healthcare: Opportunities and Best Practices  
Lori Rubenstein Fazzio, DPT, C-IAYT
- 12:00-1:00 pm      Review, Q&A and Closing  
Dr. Chris Walling, PsyD, C-IAYT

## Additional information:

The Ina Levine Jewish Community Center is located at 12701 N Scottsdale Rd, Scottsdale, AZ 85254.

For assistance contact:

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