



**Pilot Retreat 2018**  
***In All Our Affairs***

April 18<sup>th</sup> – 21<sup>st</sup>

**Wednesday, April 18<sup>th</sup>**

3:00pm – 6:00pm

**Check-in: Morgan Run Resort & Club**  
5690 Cancha de Golf  
Rancho Santa Fe, CA 92091

6:00pm

**Dinner on Your Own**

**Thursday, April 19<sup>th</sup>**

**Morgan Run Resort (Day 1)–Del Mar Room / Terrace**

6:45 am – 7:45 am

**Meditation Training/Intro to Yoga**  
Liz Hoffmann  
Morgan Run Grounds– Glenbriar Lawn

8:00 am – 9:00 am

**Welcome Breakfast**

9:00 am – 9:15 am

**Introductions**  
Dr. Lee Johnson, CEO

9:15 am – 10:45 am

**Opening & Goals**  
Cory Reich, PhD & David Grey, LMFT, CADCIH

10:45 am – 11:00 am

**Break**

11:00 am – 12:30 pm

**Spirituality & Meaning:** *The "why" behind the "what" in healing, well-being, and achievement*  
Cory Reich, PhD

12:30 pm – 1:30 pm

**Lunch**  
Morgan Run – Del Mar Terrace

1:30 pm – 2:15 pm

**HIMS Outreach and Q&A**  
Dr. Quay Snyder

2:15 pm – 3:00 pm

**“Shame, Forgiveness and Addiction”**  
Ayesha Suneja, MA

3:00 pm – 3:30 pm

**Break – Change Clothes for Meditation Walk**

3:30 pm – 5:30 pm

**Reflective Walk**  
Nicole Karst, MA, LVN

5:30 pm – 6:30 pm

**Reflections & Take-Away from the Day**  
Nicole Karst, MA, LVN & Ayesha Suneja, MA

7:00 pm – 9:00 pm

**Dinner at Morgan Run (Seascape)**

**Friday, April 20<sup>th</sup>**

**Casa Palmera (Day 2) – Lecture Hall**

8:00 am – 9:00 am

Breakfast at Casa Palmera

9:00 am – 10:30 am

**Applied meaning knowing how to do the “What”**  
Cory Reich, PhD

10:30 am – 10:45 am

**Break**

10:45 am – 12:15 pm

**Just Saying...**  
David Grey, LMFT, CADCI

12:15 pm – 1:15 pm

**Lunch BBQ (South Courtyard)**  
Casa Palmera

1:15 pm – 2:15 pm

**“Meaning through Meditation”**  
Ayesha Suneja, MA

2:15 pm – 3:45 pm

**The Resilient Mind and Turning Wounds into Wisdom**  
Greg Buttner, PhD

3:45 pm – 4:15 pm

**Break & Light Snack**

4:15 pm – 6:15 pm

**That’s a Wrap** – Closing Remarks & Feedback: *Living it forward*  
Cory Reich, PhD & David Grey, LMFT, CADCI

6:15 pm

**Return to Morgan Run & Dinner on Your Own**

**Saturday, April 21<sup>st</sup>**

**Recreational Activity**

8:00 am

**Breakfast on Your Own**  
*Morgan Run Resort*

9:00am

Golf Tee Time at Morgan Run Resort (must pre-register with Michelle)

10:00 am

Paragliding / Hang Gliding Tandem at Torrey Pines Glider Port