



Watson Caring
Science Institute

CARITAS COMMUNITY CONFERENCE WORKSHOPS

BOULDER, CO • JULY 15, 2023

45 MINUTES • SATURDAY, 1:00PM - 4:30PM

watsoncaringscience.org/cc2023



Integrated Evidence-informed Experiential Body, Mind, Spirit Modalities for Wellbeing

with Laura Gorby, MSN, RN-BC, Caritas Coach®, Capacitar Multiplier

This workshop offers integrated evidence-informed wellbeing practices that have been taught for the past 35 years for self-care and for use with others by Capacitar teams to grassroots people and professionals in over 45 countries around the world. Practices include Tai Chi, Pal dan Gum, EFT Tapping, Switching and more to offer simple ways to manage traumatic stress and burnout and to awaken and balance core energy. Wear comfortable shoes and loose clothing.



[Learn More](#)

Movement and Sound Combined Practices

with Alice Jacobs Vestergaard EdD, MBA, MS, MA, MCHES, Caritas Coach®

This workshop uses interactive and experiential techniques to assist and guide participants in using sound and body movements to promote personal healing and self-care. Participants will use movement-based techniques to attune to their bodies, identifying and releasing negative and positive emotions, and releasing stress. Methods of using sound and movement for centering, grounding, and emotional balance are main content themes. Loose clothing is recommended. No movement or dance experience is required. This workshop is open to all mobility levels. Chair participation and other mobility factors welcome.



[Learn More](#)

Healing Through Music

with Laura Tongi, Care Experience Leader, Caritas Coach®

Patients and health care workers can get burned out by the amount of information related to them. Music is a means by which we can connect to even the most vulnerable people. This workshop will help people understand how music can help to heal and a tool useful in many situations both in a tough hospital situation to winding down after a hard day of work.



[Learn More](#)

OPTIONAL SUNRISE WORKSHOPS

Sunrise Qi Gong | Saturday – 6:30AM to 7:30AM

with Dianne G. Reid MS, BSN RN, NE-BC, WCSI Faculty & Program Enrichment Director

Qigong is a Chinese system of physical exercises and breathing control related to tai chi. Qigong is a mind-body-spirit practice that improves mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. “Qi” can generally be translated as energy, life force, vital energy, or Spirit. Qi can also mean “breath.” “Gong” can be translated into cultivation, work, skill, or mastery.



[Learn More](#)

All-Levels Sunrise Yoga | Sunday 7:00 AM-8:00 AM

with Sarah Jayne DeGroot (SJ), Local Boulder Yoga Teacher

Start your day with a class designed to energize your body, mind, and spirit! You'll leave with a calm and grounded focus that will help you deftly navigate the rest of your day. The class is open to all levels of students, from beginner to advanced. Bring yourself, your yoga mat (or a towel/blanket), and a water bottle.



[Learn More](#)