Monday, August 25th – Friday, August 30th, 2019

**MBOT (OCTH 209): Intensive Training Retreat**  
**Rochelle McLaughlin**

The intensive 5-day residential training retreat in Mindfulness-Based Occupational Therapy (MBOT) includes periods of silent mindfulness practice and time for group discussion and learning focused on further developing participants’ skills in bringing mindfulness into their occupational therapy practice.  
Prerequisite: MBSR, OCTH 205

Learn more and register at 1440.org/program/program-title (TBD)

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- State-of-the-art campus with holistic amenities
- Daily wellness classes and locally sourced, seasonal cuisine
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