WELLNESS CONFERENCES  
January – June, 2018  
(updated 12/24/17)

JANUARY

- **New Year’s Hiking and Yoga Retreat**  
  January 1-5, 2018  
  Scotts Valley, CA
- **Mindful Self-Compassion Teacher Training**  
  January 6-12, 2018  
  Petaluma, CA
- **Mindful Self-Compassion Core Skills Workshop**  
  January 12-13, 2018  
  Houston, TX
- **Advanced Mind-Body Medicine Training**  
  January 18-22, 2018  
  Monterey, CA
- **3rd Western Positive Psychology Association Conference**  
  January 20, 2018  
  Claremont, CA
- **Make Yourself a Priority**  
  January 21-26, 2018  
  Scotts Valley, CA
- **Mastering Difficult Conflicts**  
  January 23-25, 2018  
  Scotts Valley, CA
- **2nd Annual Physician Wellness Winter Retreat**  
  January 26-28, 2018  
  Tucson, AZ
- **Put an End to Worry**  
  January 26-28, 2018  
  Scotts Valley, CA
- **Yoga for the Absolute Beginner**  
  January 28 – February 2, 2018  
  Scotts Valley, CA
- **Drawing on the Right Side of the Brain**  
  January 28 – February 2, 2018  
  Scotts Valley, CA
- **ChiRunning and Yoga: Balance in Motion**  
  January 28 – February 2, 2018  
  Scotts Valley, CA
- **Mindfulness Based Stress Reduction Class**  
  January 31, 2018 8 weeks  
  Live online

FEBRUARY

- **Mindfulness Retreat**  
  February 2-4, 2018  
  Soquel, CA
- **Teaching Kitchen Collaborative Research Day**  
  February 7, 2018  
  Napa Valley, CA
- **Healthy Kitchens, Healthy Lives: Caring for Our Patients and Ourselves**  
  February 8-11, 2018  
  Napa Valley, CA
- **Pathways to Physician Diversity: A National Summit**  
  February 9-10, 2018  
  Phoenix, AZ
- **The Science of Mindfulness and Compassion**  
  February 10-11, 2018  
  Tucson, AZ
- **Fostering Resilience: A Mindfulness-Based Cognitive Therapy Retreat for Health Professionals**  
  February 11-16, 2018  
  Petaluma, CA
- **20th Annual Conference – Southern Association for the History of Medicine and Science**  
  February 15-17, 2018  
  Augusta, GA
- **Ultimate Courage: Mindful Self-Compassion Workshop for Men**  
  February 16-18, 2018  
  San Diego, CA
- **Wisdom 2.0 2018**  
  February 22-24, 2018  
  San Francisco, CA
- **The Science of Mindfulness and Self-Compassion**  
  February 23-24, 2018  
  Berkeley, CA
- **Mindfulness Tools**  
  February 23-28, 2018  
  Petaluma, CA
- **6th Annual Student Conference for Integrative Medicine**
February 24, 2018
Los Angeles, CA
• **International Humanitarian Aid Skills Course**
  February 24-25, 2018
  Stanford, CA

• **Meditation and Visualization Practices for Everyday Living and to Enhance Peak Performance**
  February 26 – March 2, 2018
  Naples, FL

**MARCH**

• **Mindfulness Weekend**
  March 2-4, 2018
  Big Sur, CA

• **Mindful Communication: Tips and Tactics for the Busy Professional**
  March 4-9, 2018
  Scotts Valley, CA

• **Mindfulness in Mind-Body Medicine**
  March 4-11, 2018
  Scotts Valley, CA

• **Mindful Practice for Healthcare Professionals**
  March 9-11, 2018
  Stockbridge, MA

• **A Course in Mindful Living**
  March 9-11, 2018
  Scotts Valley, CA

• **The Liberating Power of Mindfulness**
  March 9-11, 2018
  Scotts Valley, CA

• **Mindful Self-Compassion Intensive**
  March 11-16, 2018
  Sedona, AZ

• **2018 Annual Consortium of Universities for Global Health Conference**
  March 15-18, 2018
  New York, NY

• **Narrative Palliative Care Workshop**
  March 23-25, 2018
  New York, NY

• **The Science and Practice of Resilience**
  March 30, 2018
  Berkeley, CA

**APRIL**

• **Mayo Clinic Wellness Coach Training**
  April 6, 2018
  Online class

• **Mindfulness and Lovingkindness Meditation**
  April 6-8, 2018
  Big Sur, CA

• **The Writer’s Journey: Crafting Personal Stories**
  April 6-8, 2018
  Big Sur, CA

• **Burnout to Brilliance: Physician Wellness Symposium**
  April 6-8, 2018
  Tucson, AZ

• **Society of Behavioral Medicine Annual Meeting**
  April 11-14, 2018
  New Orleans, LA

• **Trauma Studies in the Medical Humanities**
  April 12-14, 2018
  Durham, UK

• **Annual Conference of the Association for Applied and Therapeutic Humor**
  April 12-15, 2018
  San Diego, CA

• **Mindful Workplace Summit**
  April 13-14, 2018
  Scotts Valley, CA

• **2018 Medicine and Religion Conference**
  April 13-15, 2018
  St. Louis, Missouri

• **mPEAK: Mindful Performance Enhancement, Awareness & Knowledge**
  April 13-15, 2018
  San Diego, CA

• **Global Health & Innovation Conference**
  April 14-15, 2018
  New Haven, CT

• **Mind, Mood and Food**
  April 15-20, 2018
  Big Sur, CA

• **Reflection and Resilience: Principles and Practice for Clinicians**
  April 15-21, 2018
  Orvieto, Italy

• **International Health Humanities Consortium Conference: Frankenstein@200**
  April 20-22, 2018
  Stanford, CA
• **Cultivating Stress Resilience**  
  April 20-22, 2018  
  Scotts Valley, CA

• **Mindful Practice: Enhancing Quality of Care, Quality of Caring, and Resilience**  
  April 25-28, 2018  
  Batavia, NY

• **National Academy of Medicine Workshop – A Systems Approach to Alleviating Work-induced Stress and Improving Health, Well-being, and Resilience of Health Professionals Within and Beyond Education**  
  April 26-27, 2018  
  Washington, DC

• **Writing, Publishing, and Social Media for Healthcare Professionals**  
  April 26-28, 2018  
  Boston, MA

• **Stanford in the Wild**  
  April 26-29, 2018  
  Fallen Leaf Lake, CA

• **Creating Space VIII** (use of arts, humanities and social science in healthcare education)  
  April 27-28, 2018  
  Halifax, Canada

• **15th Annual Nutrition and Health Conference**  
  April 30-May 2, 2018  
  Boston, MA

**MAY**

• **Mediation and Psychotherapy**  
  May 4-5, 2018  
  Boston, MA

• **Mindful Self-Compassion Intensive Training**  
  May 6-11, 2018  
  Big Sur, CA

• **Academic Consortium for Integrative Medicine & Health**  
  May 8-11, 2018  
  Baltimore, MD

• **3rd Annual Meeting on Well-Being and Performance in Clinical Practice**  
  May 9-13, 2018  
  Pieria, Greece

• **9th Annual Hippocrates Poetry & Medicine Symposium**  
  May 10-11, 2018  
  Chicago, IL

• **American Association for the History of Medicine Annual Meeting**  
  May 10-13, 2018  
  Los Angeles, CA

• **Working Together to Improve Global Women’s Health**  
  May 11-12, 2018  
  Boston, MA

• **Mindfulness Retreat**  
  May 11-13, 2018  
  Bolinas, CA

• **American Osler Society Meeting**  
  May 13-16, 2018  
  Pittsburgh, PA

• **Stanford Healthy Living Retreat for Women**  
  May 17-20, 2018  
  Fallen Leaf Lake, CA

• **Mindfulness in Mind-Body Medicine**  
  May 18-25, 2018  
  France

• **Mindfulness-Based Stress Reduction Tools**  
  May 20-25, 2018  
  Big Sur, CA

• **4th Canadian Conference on Positive Psychology**  
  May 23-25, 2018  
  Toronto, Canada

• **A Mindful Society 2018: From Curiosity to Compassion**  
  May 25-27, 2018  
  Toronto, Canada

• **Radical Listening/Healing Conversations**  
  May 31 – June 3, 2018  
  Stockbridge, MA

**JUNE**

• **Narrative Healthcare Atelier**  
  June 1-4, 2018  
  Toronto, Canada

• **Mindfulness in Mind-Body Medicine**  
  June 1-8, 2018  
  Rhinebeck, NY

• **5th International Conference on Music and Medicine**  
  June 7-9, 2018  
  Barcelona, Spain

• **Understanding Global Healthcare Delivery**  
  June 8-9, 2018  
  Boston, MA
• **Mindfulness-Based Relapse Prevention**  
  June 10-15, 2018  
  Vashon Island, WA

• **Lifestyle Medicine: Tools for Promoting Healthy Change**  
  June 22-23, 2018  
  Boston, MA

• **Mindful Life**  
  June 22-23, 2018  
  Washington, DC

• **Stanford Medicine Chief Wellness Officer Course**  
  June 24-29, 2018  
  Half Moon Bay, California

• **Mindful Self-Compassion Teacher Training**  
  June 24-30, 2018  
  Ontario, Canada

• **30th Conference of the International Society for Humor Studies**  
  June 25-29, 2018  
  Tallinn, Estonia

Find wellness conferences of interest to physicians and trainees at:

[http://wellmd.stanford.edu/connected/classes-cme.html](http://wellmd.stanford.edu/connected/classes-cme.html)