

Training in Structural Integration

Syllabus of a 300 hour training

Day 1 - (7 hours)	Day 2 - (7 hours)
9:00	9:00
Myofascia - basic anatomy and physiology. Neurophysiology of fascial release. "Magic Spots"	Nervous system: ANS, CNS and PNS. Implications for fascial work
10:30	10:00
Break	Demo: MFR for Cervical Region
10:45	10:20
Demo: MFR to iliac crest, gluteus medius, greater trochanter and ITB.	Break
11:15	10:35
Student Exchange	Student Exchange
12:30 - 1:30 Lunch	11:15
Demo: MFR for hamstrings	Demo: Seated MFR
1:45	11:45
Student Exchange	Student Exchange
2:30	12:30 - 1:30 Lunch
Break	Demo: Superficial abdominal MFR
2:45	1:50
Demo: MFR for axilla and anterior shoulder region	Student Exchange
3:15	3:00
Student Exchange	Break
4:30	3:15
Review. Q. & A.	Demo: Hip Flexors
5:00 Close	3:45
	Student Exchange
	5:00 Close

Day 3 - (7 hours)	Day 4 - (7 hours)	Day 5 - (7 hours)
<p>9:00</p> <p>Orientation to SI course: introductions, handouts, syllabus, assessments, written paper requirement etc</p> <p>10:30</p> <p>Break</p> <p>10:45</p> <p>History of Dr Rolf, Structural Integration, Schools etc.</p> <p>11:45</p> <p>Dr Maitland's 3-paradigms</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>Models of Structure</p> <ul style="list-style-type: none"> • internal external • tilt and shift • blocks • meridians • plumb line • Godard - reach/push <p>2:45</p> <p>Break</p> <p>3:00</p> <p>Models of Structure (cont.)</p> <p>5:00 CLOSE</p>	<p>9:00</p> <p>Topics for written paper with requirements re: referencing style etc. Length 3,000 words. Presentation of 20 minutes in final weekend</p> <p>10:30</p> <p>Break</p> <p>10:45</p> <p>Set up computing imaging and take first set of photos.</p> <p>11:45</p> <p>Structural Elements: nomenclature etc</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>Models of Structure with MFR</p> <ul style="list-style-type: none"> • interventions into tilt and shift • internal - external <p>2:45</p> <p>Break</p> <p>3:00</p> <p>The Recipe (1 x 10)</p> <ul style="list-style-type: none"> • different views • logic • flexibility <p>5:00 CLOSE</p>	<p>9:00</p> <p>Fascial anatomy/tonic function/gravity</p> <p>10:30</p> <p>Break</p> <p>10:45</p> <p>Fascial anatomy/tonic function (cont.)</p> <p>11:45</p> <p>Tensegrity: Robbie, Ingber, Fuller etc.</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>Models of Structure with MFR</p> <ul style="list-style-type: none"> • meridians <p>2:45</p> <p>Break</p> <p>3:00</p> <p>Model assignments. Group A. Group B etc. Initial orientation.</p> <p>3:30</p> <p>Reading assignments for Module #3: Maupin, Schleip. Outline of how readings will be incorporated into modules</p> <p>5:00 CLOSE</p>

Day 6 - (7 hours)	Day 7 - (7 hours)	Day 8 - (7 hours)
<p>9:00</p> <p>The Recipe – Session 1</p> <p>9:45</p> <p>1st session anatomy</p> <p>10:30</p> <p>Break</p> <p>10:45</p> <p>Teacher's 1st Model</p> <p>12:00</p> <p>Q. & A. 1st session</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>Students' 1st session Group A</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>Students' 1st session Group B</p> <p>4:45</p> <p>Q. & A. Discussion</p> <p>5:00 Close</p>	<p>9:00</p> <p>Video – Dr Rolf's 1st hour or discussion of readings</p> <p>10:15</p> <p>Teacher's 2nd Model #1</p> <p>11:30</p> <p>Q. & A. 1st session (teacher and students' from yesterday)</p> <p>12:00</p> <p>1st session movement awareness</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>1:30 1st Model #1 Group A (Group B observes)</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>1st Model #1 Group B (Group A observes)</p> <p>4:45</p> <p>Journal Entry</p> <p>5:00 Close</p>	<p>9:00</p> <p>Video – Robert Schleip on fascia</p> <p>10:15</p> <p>Teacher's 3rd Model #1</p> <p>11:30</p> <p>Q. & A. 1st session (teacher and students' from yesterday)</p> <p>12:00</p> <p>2nd session movement awareness</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>2nd Model #1 Group A (Group B observes)</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>2nd Model #1 Group B (Group A observes)</p> <p>4:45</p> <p>Reading assignments for Module #5: Frank et al, Maitland</p> <p>5:00 Close</p>

Day 9 - (7 hours)	Day 10 - (7 hours)	Day 11 - (7 hours)
9:00	9:00	9:00
The Recipe – Session 2	Discussion of readings	Video – From Fascial Congress
9:45	10:15	10:15
2 nd session anatomy	Teacher’s 2 nd Model #2	Teacher’s 3 rd Model #2
10:30	11:30	11:30
Break	Q. & A. 2 nd session (teacher and students’ from yesterday)	Q. & A. 2 nd session (teacher and students’ from yesterday)
10:45	12:00	12:00
Teacher’s 1 st Model #2	2 nd session movement awareness	2 nd session movement awareness
12:00	12:30	12:30
Q. & A. 2 nd session	Lunch	Lunch
12:30	1:30	1:30
Lunch	1 st Model #2 Group A (Group B observes)	2 nd Model #2 Group A (Group B observes)
1:30	3:00	3:00
Students’ 2 nd session Group A	Break	Break
3:00	3:15	3:15
Break	1 st Model #2 Group B (Group A observes)	2 nd Model #2 Group B (Group A observes)
3:15	4:45	4:45
Students’ 2 nd session Group B	Journal Entry	Reading assignments for Module #6: Myers
4:45	5:00 Close	5:00 Close
Q. & A. Discussion		
5:00 Close		

Day 12 - (7 hours)	Day 13 - (7 hours)	Day 14 - (7 hours)
<p>9:00</p> <p>The Recipe – Session 3</p> <p>9:45</p> <p>3rd session anatomy</p> <p>10:30</p> <p>Break</p> <p>10:45</p> <p>Teacher’s 1st Model #3</p> <p>12:00</p> <p>Q. & A. 3rd session</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>Students’ 3rd session Group A</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>Students’ 3rd session Group B</p> <p>4:45</p> <p>Q. & A. Discussion</p> <p>5:00 Close</p>	<p>9:00</p> <p>Video - From Fascial Congress</p> <p>10:15</p> <p>Teacher’s 2nd Model #3</p> <p>11:30</p> <p>Q. & A. 3rd session (teacher and students’ from yesterday)</p> <p>12:00</p> <p>3rd session movement awareness</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>1st Model #3 Group A (Group B observes)</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>1st Model #3 Group B (Group A observes)</p> <p>4:45</p> <p>Journal Entry</p> <p>5:00 Close</p>	<p>9:00</p> <p>Video – From Fascial Congress</p> <p>10:15</p> <p>Teacher’s 3rd Model #3</p> <p>11:30</p> <p>Q. & A. 3rd session (teacher and students’ from yesterday)</p> <p>12:00</p> <p>3rd session movement awareness</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>2nd Model #2 Group A (Group B observes)</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>2nd Model #2 Group B (Group A observes)</p> <p>4:45</p> <p>Reading assignments for Module #7: Rolf, Smith</p> <p>5:00 Close</p>

Day 15 - (7 hours)	Day 16 - (7 hours)	Day 17 - (7 hours)
<p>9:00</p> <p>The Recipe – Session 4</p> <p>9:45</p> <p>4th session anatomy</p> <p>10:30</p> <p>Break</p> <p>10:45</p> <p>Teacher's 1st Model #4</p> <p>12:00</p> <p>Q. & A. 4th session</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>Students' 4th session Group A</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>Students' 4th session Group B</p> <p>4:45</p> <p>Q. & A. Discussion</p> <p>5:00 Close</p>	<p>9:00</p> <p>Discussion of readings from Module</p> <p>10:15</p> <p>Teacher's 2nd Model #3</p> <p>11:30</p> <p>Q. & A. 4th session (teacher and students' from yesterday)</p> <p>12:00</p> <p>4th session movement awareness</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>1st Model #4 Group A (Group B observes)</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>1st Model #4 Group B (Group A observes)</p> <p>4:45</p> <p>Journal Entry</p> <p>5:00 Close</p>	<p>9:00</p> <p>Video – From Fascial Congress</p> <p>10:15</p> <p>Teacher's 3rd Model #2</p> <p>11:30</p> <p>Q. & A. 4th session (teacher and students' from yesterday)</p> <p>12:00</p> <p>4th session movement awareness</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>2nd Model #4 Group A (Group B observes)</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>2nd Model #4 Group B (Group A observes)</p> <p>4:45</p> <p>Reading assignments for Module #8: Frank and McHose</p> <p>5:00 Close</p>

Day 18 - (7 hours)	Day 18 - (7 hours)	Day 20 - (7 hours)
<p>9:00</p> <p>The Recipe – Session 5</p> <p>9:45</p> <p>5th session anatomy</p> <p>10:30</p> <p>Break</p> <p>10:45</p> <p>Teacher’s 1st Model #5</p> <p>12:00</p> <p>Q. & A. 5th session</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>Students’ 5th session Group A</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>Students’ 5th session Group B</p> <p>4:45</p> <p>Q. & A. Discussion</p> <p>5:00 Close</p>	<p>9:00</p> <p>Discussion of readings from Module</p> <p>10:15</p> <p>Teacher’s 2nd Model #5</p> <p>11:30</p> <p>Q. & A. 5th session (teacher and students’ from yesterday)</p> <p>12:00</p> <p>5th session movement awareness</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>1st Model #5 Group A (Group B observes)</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>1st Model #5 Group B (Group A observes)</p> <p>4:45</p> <p>Journal Entry</p> <p>5:00 Close</p>	<p>9:00</p> <p>Video – Diane Lee on Form/Force Closure</p> <p>10:15</p> <p>Teacher’s 3rd Model #5</p> <p>11:30</p> <p>Q. & A. 5th session (teacher and students’ from yesterday)</p> <p>12:00</p> <p>5th session movement awareness</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>2nd Model #5 Group A (Group B observes)</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>2nd Model #5 Group B (Group A observes)</p> <p>4:45</p> <p>Reading assignments for Module #9: Alon</p> <p>5:00 Close</p>

Day 21 - (7 hours)	Day 22 - (7 hours)	Day 23 - (7 hours)
<p>9:00</p> <p>The Recipe – Session 6</p> <p>9:45</p> <p>6th session anatomy</p> <p>10:30</p> <p>Break</p> <p>10:45</p> <p>Teacher’s 1st Model #6</p> <p>12:00</p> <p>Q. & A. 6th session</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>Students’ 6th session Group A</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>Students’ 6th session Group B</p> <p>4:45</p> <p>Q. & A. Discussion</p> <p>5:00 Close</p>	<p>9:00</p> <p>Discussion of readings from Module</p> <p>10:15</p> <p>Teacher’s 2nd Model #6</p> <p>11:30</p> <p>Q. & A. 6th session (teacher and students’ from yesterday)</p> <p>12:00</p> <p>6th session movement awareness</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>1st Model #6 Group A (Group B observes)</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>1st Model #6 Group B (Group A observes)</p> <p>4:45</p> <p>Journal Entry</p> <p>5:00 Close</p>	<p>9:00</p> <p>Pilates Mat Exercises</p> <p>10:15</p> <p>Teacher’s 3rd Model #6</p> <p>11:30</p> <p>Q. & A. 6th session (teacher and students’ from yesterday)</p> <p>12:00</p> <p>6th session movement awareness</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>2nd Model #6 Group A (Group B observes)</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>2nd Model #6 Group B (Group A observes)</p> <p>4:45</p> <p>Reading assignments for Module #10: Rolf</p> <p>5:00 Close</p>

Day 24 - (7 hours)	Day 25 - (7 hours)	Day 26 - (7 hours)
<p>9:00</p> <p>The Recipe – Session 7</p> <p>9:45</p> <p>7th session anatomy</p> <p>10:30</p> <p>Break</p> <p>10:45</p> <p>Teacher’s 1st Model #7</p> <p>12:00</p> <p>Q. & A. 7th session</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>Students’ 7th session Group A</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>Students’ 7th session Group B</p> <p>4:45</p> <p>Q. & A. Discussion</p> <p>5:00 Close</p>	<p>9:00</p> <p>Discussion of readings from Module</p> <p>10:15</p> <p>Teacher’s 2nd Model #7</p> <p>11:30</p> <p>Q. & A. 7th session (teacher and students’ from yesterday)</p> <p>12:00</p> <p>7th session movement awareness</p> <p>12:30</p> <p>Lunch</p> <p>1:30 – 3:00</p> <p>1st Model #7 Group A (Group B observes)</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>1st Model #7 Group B (Group A observes)</p> <p>4:45</p> <p>Journal Entry</p> <p>5:00 Close</p>	<p>9:00</p> <p>Pilates Mat Exercises</p> <p>10:15</p> <p>Teacher’s 3rd Model #7</p> <p>11:30</p> <p>Q. & A. 7th session (teacher and students’ from yesterday)</p> <p>12:00</p> <p>7th session movement awareness</p> <p>12:30</p> <p>Lunch</p> <p>1:30 – 3:00</p> <p>2nd Model #7 Group A (Group B observes)</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>2nd Model #7 Group B (Group A observes)</p> <p>4:45</p> <p>Reading assignments for Module #11: Alon</p> <p>5:00 Close</p>

Day 27 - (7 hours)	Day 27 - (7 hours)	Day 29 - (7 hours)
<p>9:00</p> <p>The Recipe – Session 8</p> <p>9:45</p> <p>8th session anatomy</p> <p>10:30</p> <p>Break</p> <p>10:45</p> <p>Teacher’s 1st Model #8</p> <p>12:00</p> <p>Q. & A. 8th session</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>Students’ 8th session Group A</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>Students’ 8th session Group B</p> <p>4:45</p> <p>Q. & A. Discussion</p> <p>5:00 Close</p>	<p>9:00</p> <p>Discussion of readings from Module</p> <p>10:15</p> <p>Teacher’s 2nd Model #8</p> <p>11:30</p> <p>Q. & A. 8th session (teacher and students’ from yesterday)</p> <p>12:00</p> <p>8th session movement awareness</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>1st Model #8 Group A (Group B observes)</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>1st Model #8 Group B (Group A observes)</p> <p>4:45</p> <p>Journal Entry</p> <p>5:00 Close</p>	<p>9:00</p> <p>Pilates Mat Exercises</p> <p>10:15</p> <p>Teacher’s 3rd Model #8</p> <p>11:30</p> <p>Q. & A. 8th session (teacher and students’ from yesterday)</p> <p>12:00</p> <p>8th session movement awareness</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>2nd Model #8 Group A (Group B observes)</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>2nd Model #8 Group B (Group A observes)</p> <p>4:45</p> <p>Reading assignments for Module #12: Alon</p> <p>5:00 Close</p>

Day 30 - (7 hours)	Day 31 - (7 hours)	Day 32 - (7 hours)
<p>9:00</p> <p>The Recipe – Session 9</p> <p>9:45</p> <p>9th session anatomy</p> <p>10:30</p> <p>Break</p> <p>10:45</p> <p>Teacher’s 1st Model #9</p> <p>12:00</p> <p>Q. & A. 9th session</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>Students’ 9th session Group A</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>Students’ 9th session Group B</p> <p>4:45</p> <p>Q. & A. Discussion</p> <p>5:00 Close</p>	<p>9:00</p> <p>Discussion of readings from Module</p> <p>10:15</p> <p>Teacher’s 2nd Model #9</p> <p>11:30</p> <p>Q. & A. 9th session (teacher and students’ from yesterday)</p> <p>12:00</p> <p>9th session movement awareness</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>1st Model #9 Group A (Group B observes)</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>1st Model #9 Group B (Group A observes)</p> <p>4:45</p> <p>Journal Entry</p> <p>5:00 Close</p>	<p>9:00</p> <p>Pilates Mat Exercises</p> <p>10:15</p> <p>Teacher’s 3rd Model #9</p> <p>11:30</p> <p>Q. & A. 9th session (teacher and students’ from yesterday)</p> <p>12:00</p> <p>9th session movement awareness</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>2nd Model #9 Group A (Group B observes)</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>2nd Model #9 Group B (Group A observes)</p> <p>4:45</p> <p>Reading assignments for Module #13: Rolf</p> <p>5:00 Close</p>

Day 33 - (7 hours)	Day 34 - (7 hours)	Day 35 - (7 hours)
<p>9:00</p> <p>The Recipe – Session 10</p> <p>9:45</p> <p>10th session anatomy</p> <p>10:30</p> <p>Break</p> <p>10:45</p> <p>Teacher’s 1st Model #10</p> <p>12:00</p> <p>Q. & A. 10th session</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>Students’ 10th session Group A</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>Students’ 10th session Group B</p> <p>4:45</p> <p>Q. & A. Discussion</p> <p>5:00 Close</p>	<p>9:00</p> <p>Discussion of readings from Module</p> <p>10:15</p> <p>Teacher’s 2nd Model #10</p> <p>11:30</p> <p>Q. & A. 10th session (teacher and students’ from yesterday)</p> <p>12:00</p> <p>10th session movement awareness</p> <p>12:30</p> <p>Lunch</p> <p>1:30 – 3:00</p> <p>1st Model #10 Group A (Group B observes)</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>1st Model #10 Group B (Group A observes)</p> <p>4:45</p> <p>Journal Entry</p> <p>5:00 Close</p>	<p>9:00</p> <p>Pilates Mat Exercises</p> <p>10:15</p> <p>Teacher’s 3rd Model #9</p> <p>11:30</p> <p>Q. & A. 10th session (teacher and students’ from yesterday)</p> <p>12:00</p> <p>Open</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>2nd Model #9 Group A (Group B observes)</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>2nd Model #9 Group B (Group A observes)</p> <p>4:45</p> <p>Begin to collate photos etc</p> <p>5:00 Close</p>

Day 36 - (7 hours)	Day 37 - (7 hours)	Day 38 - (7 hours)
<p>9:00</p> <p>Spinal Mechanics - Pelvic/Sacral</p> <p>10:30</p> <p>Break</p> <p>10:45</p> <p>Spinal Mechanics - Lumbar</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>Spinal Mechanics - Lumbar (cont.)</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>Spinal Mechanics - Thoracic</p> <p>5:00 Close</p>	<p>9:00</p> <p>Discussion of readings from Module</p> <p>10:00</p> <p>Spinal Mechanics - Cervical Typical</p> <p>10:30</p> <p>Break</p> <p>10:45</p> <p>Spinal Mechanics - Cervical Typical (cont.)</p> <p>12:30 - 1:30 Lunch</p> <p>1:30</p> <p>Spinal Mechanics - Cervical Atypical</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>Model from public for spinal assessment and treatment</p> <p>4:15</p> <p>Open</p> <p>5:00 Close</p>	<p>9:00</p> <p>Pilates Mat Exercises</p> <p>10:15</p> <p>MFR/Manual Therapy using SI principles</p> <p>11:00</p> <p>Break</p> <p>11:15</p> <p>Teacher Demonstration MFR/Manual Therapy using SI principles</p> <p>12:30</p> <p>Lunch</p> <p>1:30 – 3:00</p> <p>1st model MFR/Manual Therapy</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>2nd model MFR/Manual Therapy</p> <p>4:45</p> <p>Hand in 3000 word assignment</p> <p>5:00 Close</p>

Day 39 - (7 hours)	Day 40 - (7 hours)	Day 41 - (7 hours)
<p>9:00</p> <p>Post 10 - single and 3 x series</p> <p>10:30</p> <p>Break</p> <p>10:45</p> <p>Teacher's Model Post 10</p> <p>12:00</p> <p>Q. & A. Post 10 session</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>Students' post ten session Group A</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>Students' post ten Group B</p> <p>4:45</p> <p>Q. & A. Discussion/Feedback</p> <p>5:00 Close</p>	<p>9:00</p> <p>Discussion of readings from Module</p> <p>10:15</p> <p>Teacher's 2nd Model Post 10</p> <p>11:30</p> <p>Q. & A. 10th session (teacher and student's from yesterday)</p> <p>12:00</p> <p>Open</p> <p>12:30 - 1:30 Lunch</p> <p>1:30 – 3:00</p> <p>Students' post ten session Group A</p> <p>3:00</p> <p>Break</p> <p>3:15</p> <p>Students' post ten session Group B</p> <p>4:45</p> <p>Journal Entry</p> <p>5:00 Close</p>	<p>9:00</p> <p>Student Papers - presentations</p> <p>12:30</p> <p>Lunch</p> <p>1:30</p> <p>10 minute interviews with papers returned and discussed etc.</p> <p>3:00</p> <p>Instructor/Course Evaluations</p> <p>4:00</p> <p>Group Close - certificates, hugs etc</p> <p>5:00 Close</p>