

REVITALIZE PHYSICIAN RENEWAL RETREAT

April 9-11, 2026

Red Mountain Resort
Southern Utah



Conference Agenda

Thursday, April 9

4:00pm check-in

4:30pm Anchoring in Nature with
Mary Wilde, MD

5:30pm Welcome Dinner & Reception

**6:30pm "Leaning Out" as a Medical
Professional** with Dawn Baker, MD,
MS

7:30pm Seven Types of Rest with
Saundra Dalton-Smith, MD

**8:30 Journaling and Personal
Reflection Hour**

Friday, April 10

**6:30 am-2:00pm Hiking in Zion
National Park**

3:00pm Writing Workshop I with
Bryan Kono, MD

**4:00pm Finding Joy in Work,
Innovation, & Entrepreneurship** with
Cynthia Libert, MD

5:00pm Integrative Mindfulness with
John Carbone, MD

6:00pm Dinner

7:30pm Cultural Event (optional)

Saturday, April 11

**8:00am Writing Workshop: The
Prescription Is The Poetic** with Bryan
Kono, MD

**9:00am Outdoor Yoga in Snow
Canyon**

12:00pm Lunch

**1:00pm Drawing Together is
Medicine: Artistic Explorations** with
Andy Barnes, MD

**2:00pm Everyday Spirituality:
Rediscovering Meaning, Purpose, &
Connection** with Mary Wilde, MD

**3:00pm Facilitated Group Session:
Integration**

4:00pm-4:30pm Closing Ceremony



Register at:

<https://bit.ly/2026renewal>



Book your room:

435-275-0055

*special event rate thru 3/9 (subject to availability)



Reconnect with yourself and others through
this healing weekend of hiking, mindfulness,
yoga, art, and poetry (12h CME)



REGISTER NOW!

***Get the Early Bird rate of \$2225 through March 1st! (\$2550 thereafter)**

What's included:

- 3 days of renewal, growth, & connection
- inspiring presentations & workshops
- a Welcome Reception & other select meals
- supportive community of like-minded physicians
- CME: up to 12 hours of category 1 AMA credits
- a chartered half-day trip to Zion National Park
- outdoor yoga, meditation, art, & poetry

*Travel, lodging, alcoholic beverages, & personal upgrades or purchases not included



TIME FOR YOU!

Time to pause. Time to rest. Time to breathe. Under blue, sunny skies and surrounded by majestic red mountains, come rediscover yourself! Prioritizing your own health and well-being is what allows you to keep doing the important work you do! Join us in beautiful Southern Utah to reset, renew, and reconnect with your best & most creative self! The time is now for greater joy & fulfillment. MD's/DO's of all specialties, medical educators, & healthcare professionals welcome! (Spouses may also register & attend.)

FACULTY

Mary Wilde, MD: Integrative Pediatrician, program creator, course director (Southern UT)

Dawn Baker, MD, MS: Anesthesiologist, physician coach, speaker (Southern UT)

Saundra Dalton-Smith, MD: Internal Medicine Physician, author, speaker (AL)

Bryan Kono, MD: Integrative Pediatrician, practice owner, poet (CO)

Cynthia Libert, MD: Family Practice Physician, practice owner, speaker (NC)

John Carbone, MD: Family Practice Physician, mindfulness teacher (CT)

Andy Barnes, MD, MPH: Developmental Behavioral Pediatrician, fellowship director, artist (MN)

*Full bios at <https://bit.ly/2026renewal>



Red Mountain Resort

(1275 Red Mountain Cir, Ivins, UT 84738) is conveniently located just outside of Snow Canyon State Park & about 1 hour from Zion National Park!

