

REVITALIZE PHYSICIAN RENEWAL RETREAT

April 9-11, 2026

Black Desert Resort

Southern Utah



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



Conference Agenda

Thursday, April 9

4:00pm check-in

4:30pm Anchoring in Nature with Ana Verissimo, MD

5:30pm Welcome Dinner & Reception

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

7:30pm True Rest & Renewal with Mary Wilde, 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:

1-844-237-8824

*mention you are with the Revitalize Retreat



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)

Ana Verissimo, MD, MA: Integrative Pediatrician, resilience consultant (CT)

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>



Black Desert Resort (1500 E Black Desert Dr. Ivins, UT 84738) is conveniently located just outside of Snow Canyon State Park & about 1 hour from Zion National Park!

