

The Rio Retreat Center at The Meadows offers a variety of unique workshops available to all interested individuals. Many workshops specifically address the needs of those who have just begun a recovery process while others help those who are stable in recovery and ready for the next stage or want to deepen their experience. Workshops can also be a source of renewal for anyone who has undergone treatment. Participants work on sensitive issues in a concentrated format, allowing them to enhance their personal journey by gaining insight into unhealthy, embroiled patterns, and practicing new relational skills within a safe environment.

EMOTIONAL TRAUMA

SURVIVORS I: HEALING CHILDHOOD RELATIONAL TRAUMA

Delves into childhood trauma that impacts current day life. Conducted weekly with the exception of Thanksgiving, Christmas and New Year's.

SURVIVORS II: ALUMNI CONTINUING THE HEALING JOURNEY

Addresses unresolved trauma and self-defeating behaviors that are manifested in dysfunctional patterns. (Prerequisite: Survivors I)

Jan. 13-17	May 18-22	Sept. 21-25
Feb. 17-21	Jun. 22-26	Oct. 19-23
Mar. 23-27	Jul. 20-24	Nov. 16-20
Apr. 20-24	Aug. 17-21	Dec. 14-18

THE BETRAYAL BOND: BREAKING FREE OF ABUSIVE AND EXPLOITIVE RELATIONSHIPS

Designed to help participants free themselves from, and recover from, abusive and exploitive relationships, processes, and situations.

Mar. 2-6	Sept. 7-11
Jun. 1-5	Dec. 14-18

MENDING HEARTWOUNDS: BRINGING CLOSURE AND HEALING TO UNGRIEVED, FORGOTTEN, OR HIDDEN LOSS

Serves to assist participants in furthering resolution surrounding loss.

Feb. 3-7	Jun. 15-19	Nov. 9-13
Apr. 6-10	Aug. 31-Sept. 4	

SPIRIT QUEST: SELF-DISCOVERY THROUGH HORSES

Combining The Meadows Model, Somatic Experiencing®, mindfulness, and natural horsemanship this unique, cutting edge workshop allows for a distinct healing experience.

Jan. 20-24	Nov. 2-6
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RELATIONSHIPS

MASTERING BOUNDARIES

Through interactions with horses, we will demonstrate how to value yourself enough to hold boundaries and exist in relationship with others.

Mar. 13-15	Dec. 4-6
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COUPLES BOOTCAMP

Examines and improves existing intimate relationships.

Jan. 6-10	May 11-15	Sept. 21-25
Feb. 10-14	Jun. 15-19	Oct. 26-30
Mar. 9-13	Jul. 20-24	Nov. 30-Dec. 4
Apr. 13-17	Aug. 24-28	

FAMILY MATTERS

Intervenes on dysfunction within the family system and builds family strengths. Scheduled upon request.

HEALING INTIMATE TREASON: FOR PARTNERS OF SEX ADDICTION

Designed to repair the trauma experienced by partners of sex addicts.

Jan. 27-31	May 25-29	Sept. 28-Oct. 2
Feb. 24-28	Jun. 29-Jul. 3	Oct. 26-30
Mar. 30-Apr. 3	Jul. 27-31	Nov. 30-Dec. 4
Apr. 27-May 1	Aug. 31-Sept. 4	

LOVE ADDICTION/LOVE AVOIDANCE

Explores the interactive cycle between relationship dependence and avoidance.

Jan. 13-17	May 11-15	Sept. 14-18
Feb. 17-21	Jun. 8-12	Oct. 12-16
Mar. 16-20	Jul. 13-17	Nov. 9-13
Apr. 13-17	Aug. 10-14	Dec. 7-11

PERSONAL GROWTH

COMING HOME: REACHING TRUE IDENTITY AND ORIENTATION EMPOWERMENT; FOR THE LGBTQ+ COMMUNITY

This workshop was created to help individuals embrace their true identity and orientation, gain empowerment, and overcome past hardship and isolation.

Mar. 9-13	Jul. 6-10	Nov. 16-20
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JOURNEY OF A WOMAN'S HEART: FINDING TRUE INTIMACY

Addresses sensitive sexual concerns experienced by women.

Feb. 10-14	Jun. 22-26	Oct. 19-23
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LIFE WITHOUT ED: TRANSFORM YOUR RELATIONSHIP WITH FOOD AND YOUR BODY

Based on the best-seller Life Without Ed® and co-facilitated by author Jenni Schaefer, this 3-day workshop will help participants to move beyond problems with eating and body image and to jump into their own life.

Jan. 31-Feb. 2	Jul. 17-19
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MEN'S SEXUAL RECOVERY

Offers men healthy alternatives to compulsive sexuality.

Jan. 6-10	May 4-8	Sept. 7-11
Feb. 3-7	Jun. 1-5	Oct. 5-9
Mar. 2-6	Jul. 6-10	Nov. 2-6
Apr. 6-10	Aug. 3-7	Dec. 7-11

MIND & HEART: A MINDFUL PATH TO WHOLEHEARTED LIVING

Cultivates greater awareness and compassion for the self-defeating patterns of thinking, feeling, and behaving—which are critical steps in making meaningful and lasting change.

Feb. 3-7	Oct. 19-23
Aug. 21-23 (For Professionals)	

THRIVE: GOING TO THE NEXT LEVEL

Releasing dysfunctional roles and embracing new ones empowers us to experience our full potential.

Mar. 16-20	Aug. 10-14
May 25-29	Nov. 2-6

WELLNESS RESET: A NUTRITION AND YOGA RETREAT

Wellness Reset is a holistic workshop that integrates contemporary nutrition education and body based therapies with the ancient wisdom and philosophies of yoga and mindfulness.

Mar. 20-22

Lodging is available at the Rio Retreat Center on a first come, first served basis. We offer both shared and private rooms. For those staying on campus, transportation is available from the Phoenix airport with two convenient pickup times.

Workshop participants enjoy three healthy meals a day, prepared at our facility. Meals are included in the registration cost. Additional complimentary activities include:

- Expressive Arts
- Auricular Acupuncture
- Live music performances
- Challenge courses
- Equine therapy
- Tai Chi
- 12-step meetings
- Yoga
- Fire pit