



RioRetreatCenter
AT THE MEADOWS

Call to Register: 800.244.4949
www.rioretreatcenter.com

2020 WORKSHOP DATES

February 10-14

June 22-26

October 19-23

JOURNEY OF A WOMAN'S HEART: Finding True Intimacy

The Rio Retreat Center at The Meadows one-of-a-kind workshops offer healing and empowerment to individuals in various stages of their recovery. Our workshops address the needs of those who have just begun a recovery process, as well as those who have been on a recovery path and may have hit a plateau 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 jump-start and enhance their personal recovery journey by gaining insight into unhealthy patterns and practicing new relational skills within a safe environment.

ABOUT THE WORKSHOP

This workshop was created for women who want to explore unhealthy sexual patterns and behaviors that deeply impact their ability to connect relationally in healthy ways. Whether the issues involved are past or present trauma, cultural messages, or negative beliefs, all can serve as roadblocks to true intimacy. Understanding the neurobiology that leads to sexual obsession and compulsivity offers a foundation to shame reduction, and the alleviation of self-loathing. Emotional regulation, body image, triggers for sexual acting out, and grief related to the myriad of associated losses are just a few of the many issues that are explored. Methods of enhancing esteem from within, rather than seeking validation from other sources, are instilled. Critical to ongoing recovery, the ability to differentiate the behavior from one's worth offers the participant greater compassion for self. Participants garner necessary tools and develop their own individual recovery plan. This workshop offers each individual a safe, supportive environment in which to explore sensitive issues.

REGISTRATION

Since workshops fill quickly, we encourage making reservations three to four weeks in advance. Register by contacting our Workshop Coordinator at **800-244-4949**.

COST

\$3,100 – All-inclusive are meals and evening activities: Yoga, Tai Chi, Auricular Acupuncture, Live Music, and 12-step meeting. Access to the Brain Spa and gym are also included in the cost of the workshop.

LOCATION

Rio Retreat Center at The Meadows
1245 Jack Burden Road, Wickenburg, Arizona 85390

LODGING AND TRANSPORTATION

Lodging is available at the Rio Retreat Center on a first come, first served basis. Rooms are simply appointed and designed to be conducive to the process of healing and recovery. We offer both shared and private rooms. For those staying on campus, transportation will be available from and to the Phoenix airport with two convenient pickup times. Details will be sent with your confirmation email upon completion of the sign-up process. Those who do not stay at the Rio Retreat Center will be responsible for arranging and paying for their own transportation and lodging in the Wickenburg area. A list of lodging and transportation options will be sent with your workshop confirmation email.

PLEASE NOTE

Workshop groups run Monday through Friday from approximately 8:30 a.m. to 4:00 p.m. The schedule is somewhat flexible to accommodate the size of the group and group process. Evening programming is provided after dinner. The Rio Retreat Center campus is strictly alcohol and drug free and has a dress code, cell phone, and smoking policy. Please consult our Workshop Coordinator for more information.

CANCELLATION/TRANSFER POLICY

We rely on an accurate attendance count to make important arrangements for your workshop. If a cancellation occurs more than 14 days prior to the start of the workshop, a full refund, less a \$600 administrative fee will be issued or an allowance is made for a one-time transfer to another workshop date. There is a \$100 transfer fee for this service. No cancellation or transfer within 14 days of the workshop date. If you have to cancel or transfer your workshop, please contact our Intake Department at 800-244-4949 as soon as possible—we often have a waiting list of people who want to attend.