



RioRetreatCenter  
AT THE MEADOWS

Call to Register: 800.244.4949  
www.rioretreatcenter.com

2020 WORKSHOP DATES

February 3-7  
October 19-23

# MIND & HEART: A Mindful Path To Wholehearted Living

## ABOUT THE WORKSHOP

Life is challenging—there's no way around that one. Many of us have encountered difficult situations as children and as adults: trauma, abuse, neglect, break-ups, betrayal, disappointment, failures, illness, loss, and grief. And yet, we humans are resilient creatures—we generally find ways to survive. However, surviving isn't the same as thriving! Indeed, many times the very adaptations that helped us to survive get in the way of really living life wholeheartedly.

For example, addictive behaviors may have numbed the pain at one time, but now the addiction has become a ball-and-chain. Perfectionism and people-pleasing once helped us to avoid disapproval, but now our true sense of self is crumbling under the weight of others' expectations. Avoidance and anger may have been employed to keep potentially unsafe people at a distance, but now we are drowning in our loneliness. In other words, the methods of getting through difficult times in the past are now keeping us stuck—disconnected from the beauty of our present life.

Frequently, these self-limiting patterns of thinking, feeling, and behaving are most apparent, and most problematic, in our close relationships. Utilizing attachment theory as a guide, we can discover how these patterns were set-up in our relationships with family and romantic partners. Gaining clarity about our patterns of attachment avoidance (i.e., love avoidance) and attachment preoccupation (i.e., love addiction) empowers us to let go of old survival mechanisms that are no longer serving their purpose and establish healthier ways of relating to ourselves and others.

While it is true that we can't change the past, we can change our perception of it and our relationship to it... and that can change everything! The Mind & Heart workshop is designed to help in this process of growth and genuine change. Mindfulness, a contemplative practice and state of being that allows us to be more present with the life that is here, can facilitate increased awareness of our unique survival patterns that are now limiting our growth. Coupling mindfulness with greater compassion and acceptance for self and others can enable us to take meaningful and sustainable steps towards lasting change. Mindfulness (Mind) and compassion (Heart) are powerful tools for transforming the pain of the past by learning to accept wholeheartedly ourselves, as we are, in the present moment.



Jon Caldwell, DO, PhD

Psychiatrist, researcher, teacher, and workshop designer Dr. Jon Caldwell will personally facilitate the workshop, which is a scientifically researched intervention that entails a mixture of highly informative material and experiential exercises using mindfulness and compassion. Because these ancient practices will be applied in unique ways to heal past wounds, people of various skill levels with mindfulness can benefit from the workshop. Also, the practice of mindfulness and compassion does not need to interfere with workshop participants' spiritual beliefs, but can

serve to deepen existing belief systems. All that is needed is a curious mind, a willing heart, and an intention to heal!

## 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.