



RioRetreatCenter
AT THE MEADOWS

Call to Register: 833.749.4891
www.rioretreatcenter.com

2020 WORKSHOP DATES
March 20-22

WELLNESS RESET: A Nutrition and Yoga Retreat

ABOUT THE WORKSHOP

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. Connections between mind, body, heart, and spirit open participants to discover, or re-affirm, the pathways to their health and healing journey.

Finding the best methods of fueling your body is worth it. Your health, your weight, your mood, and your happiness can all be improved through nutrition.

Wellness Reset will take you on a nutrition journey to help YOU determine the path that fits the best with your lifestyle and preferences.

The nutrition portion of this workshop will include:

- Review of the connections between food and mood
- Analysis of participant food diaries and recommendations
- Food demo's and meal prep
- Tools to adopt an anti-inflammatory dietary approach
- Exploration of the trendiest diets offered today and analysis on whether they actually work

Our innovative body approaches invite you to move towards living in your body by incorporating these ancient yoga teachings and insights of modern science; Heart Rate Variability, balancing the nervous system, and compassion practices. Our journey includes activities to connect deeper to oneself and the world around you via mindful movement, various breathing exercises, sound healing, discussion of the yoga philosophies, and creating daily practices.



Krisitin Kirkpatrick



Lara Rosenberg

This workshop is co-facilitated by Kristin Kirkpatrick, best-selling author, dietitian, and Meadows Senior Fellow, and Lara Rosenberg, OM3 Yoga founder and instructor who encourage you to just come as you are!

REGISTRATION

Since workshops fill quickly, we encourage making reservations three to four weeks in advance. Register by contacting our Workshop Coordinator at **833-749-4891**.

COST

Cost is \$750 per person, all inclusive of dinner on Friday, three meals Saturday, and breakfast on Sunday, shared lodging at Rio Retreat Bunkhouse, and ground transportation from and back to the Phoenix Airport.

LOCATION

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

LODGING AND TRANSPORTATION

Lodging at the Rio Retreat Bunkhouse is included in the cost for Friday and Saturday nights, and is purposely free of the distractions that often accompany hotel lodging. Rooms are simply appointed and are shared occupancy (two guests per room); guests will be placed with a roommate who is also attending the training. Transportation will be available from and back to the Phoenix Airport, and details will be sent with your confirmation email upon completion of the registration process.

PLEASE NOTE

The workshop will run from 3:00 p.m. Friday to 12:00 p.m. Sunday. The schedule is somewhat flexible to accommodate the size of the group and group process. 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 accurate attendance count to make important arrangements for this training. If a cancellation occurs 14 or more days prior to the start of the training, a full refund, less a \$200 administrative fee, will be issued. Cancellations less than 14 days before the beginning date of the training are non-refundable. If you have to cancel your attendance, please contact our Intake Department at 833-749-4891 as soon as possible.