



RioRetreatCenter  
AT THE MEADOWS

Call to Register: 833.749.4891  
www.rioretreatcenter.com

2021 WORKSHOP DATES

March 15-19

November 15-19

# SPIRIT QUEST: Self-Discovery Through Horses

“*The Spirit Equine program is at the forefront of therapies for trauma and the healing of emotional wounds. Colleen’s organic mastery of Somatic Experiencing® and Buddy’s calm, centered, presence, his immense horsemanship, have partnered to create a magical and transformative experience. I recommend this powerful program without reservation.*”

– Peter A Levine, PhD, Developer of Somatic Experiencing, Senior Fellow and clinical consultant for The Meadows, and author of *Waking the Tiger* and *In an Unspoken Voice*

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 unique equine workshop blends the wisdom of our skillful therapist trained in Somatic Experiencing® (SE) with an uncommon horseman and highly skilled trainer. We combine The Meadows Model, SE, mindfulness, and natural horsemanship for a distinct healing experience. The program consists of experiential activities with horses, and addresses self-esteem, boundaries, honoring reality, wants and needs, emotional regulation, and spontaneity.

This workshop is an outdoor experience facilitated by two gifted professionals and created exclusively for a small group of no more than five participants. Most of the exercises are ground work, but attendees should bring the following items to the workshop:

- Pants or jeans and long sleeve shirts; no tank tops or shorts, please
- Warm clothing, it gets cold in the morning
- Sunscreen
- Cap or hat and gloves for warmth
- Boots
- Rain gear

## 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

\$3,850 – 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.

## LODGING AND TRANSPORTATION

The Rio Retreat Center provides lodging, and all workshop guests stay on campus to preserve a safe, supportive container. Rooms are simply appointed and designed to be conducive to the process of healing and recovery. We offer private rooms and the option to share a room for guests who are fully Covid vaccinated.

Ground transportation is available from and to the Phoenix airport with two convenient pickup times. Airport transportation details are provided with your confirmation email upon completion of the enrollment process.

## 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 **833.749.4891** as soon as possible — we often have a waiting list of people who want to attend.