



RioRetreatCenter
AT THE MEADOWS

Call to register:
833.749.4891

Dates are subject to change;
please check our website for the
most up-to-date schedule.

RioRetreatCenter.com

SPIRIT: 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*

Rio Retreat Center’s transformative intensive workshops have been designed by mental health experts and are facilitated by licensed, master’s-level therapists and certified professionals. Our workshops specifically address the needs of those who are new in recovery, are stable in recovery and want to deepen their experience, or are looking for a source of renewal. Participants work on sensitive issues in a concentrated format, allowing them to enhance their journey by gaining insight into unhealthy, embroiled patterns and practicing new relational skills within a safe environment.

2023 WORKSHOP DATES

March 20-24

October 23-27

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, 12-Step meeting, and equine therapy. 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

The Rio Retreat Center provides lodging. 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 for those staying on campus. 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.