



Emotional Trauma Workshop

SPIRIT

Self-Discovery Through Horses

WHO IS THIS WORKSHOP RIGHT FOR?

Anyone needing help with self-esteem, boundaries, trauma, honoring reality, emotional regulation, wants and needs, or spontaneity

ALL ABOUT THIS WORKSHOP

Spirit: Self-Discovery Through Horses is a unique equine workshop that 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 that is particularly beneficial for those dealing with trauma. An outdoor experience, this program consists of experiential activities with horses and addresses self-esteem, boundaries, honoring reality, wants and needs, emotional regulation, and spontaneity. Because of the interactive nature of this workshop, it was created exclusively for a small group of no more than five participants.

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

LOCATION

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

DATES

Visit RioRetreatCenter.com/Calendar for the most up-to-date workshop dates.

COST

Workshop pricing includes meals, evening activities, and Brain Center and gym access. We also offer several on-site lodging options.

REGISTRATION

Workshops fill up quickly, so we encourage planning ahead. Register at RioRetreatCenter.com.

SCHEDULE

Workshop groups run Monday through Friday from approximately 8:30 am to 4 pm, with evening programming provided after dinner.

MORE INFO

For additional details, scan the QR code or visit us online at RioRetreatCenter.com.





RioRetreatCenter

AT THE MEADOWS

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 are perfect for those who are new in recovery, are stable in recovery and want to deepen their experience, or simply anyone 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.



TRANSPORTATION

Ground transportation to Rio Retreat Center is available from and to the Phoenix airport with three convenient shuttle service pickup times for those staying on campus. Details will be sent with your confirmation email upon completion of the registration process.

AMENITIES

Workshop participants enjoy three healthy meals a day prepared at our facility and included in the registration cost. Additional complimentary activities may include:

- Expressive arts
- Challenge courses
- Acupuncture
- Workout facility
- 12-step meetings
- Pool (seasonal)
- Yoga
- Brain Center
- Tai Chi
- Labyrinth
- Equine experiential
- Live music

LODGING

Our on-site rooms are available on a first-come, first-served basis and are simply appointed and designed to be conducive to the healing and recovery process.



ESTANCIA:

Double occupancy with queen-size beds



BUNKHOUSE:

Double occupancy with full-size beds



HACIENDA:

Single occupancy with one queen-size bed for those who prefer a bit more space and privacy

CANCELLATION POLICY:

We rely on an accurate attendance count to make the necessary 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 need to cancel your registration, please contact our Admissions Department at 833-749-4891 as soon as possible.