



Personal Growth Workshop

# THRIVE

## Going to the Next Level

### WHO IS THIS WORKSHOP RIGHT FOR?

helpful for anyone (especially alumni) dealing with a wide range of issues

### ALL ABOUT THIS WORKSHOP

Designed by world-renowned psychodramatist and Meadows Senior Fellow Tian Dayton (MA, PhD, TEP), Thrive: Going to the Next Level is an experiential intensive that takes you to the next level of recovery. Hanging on to old pain keeps us preoccupied with our past and anxious about our future, rather than living in the present. Releasing dysfunctional roles and embracing new ones empowers us to experience our full potential. But before we're able to release worn-out roles, we need to give voice and shape to them.

This action-oriented process will provide a unique opportunity to engage in an exploration that will lead you to a greater sense of aliveness and purpose: a life-changing new experience carved out of time to energize and revitalize — to live your actualized life!

The workshop will emphasize:

- Forgiveness
- Resilience training
- Post-traumatic growth
- Consolidating recovery gains

### LOCATION

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

### DATES

Visit [RioRetreatCenter.com/Calendar](http://RioRetreatCenter.com/Calendar) for the most up-to-date workshop schedule.

### COST

Workshop pricing includes meals, evening activities, and Brain Center and gym access. We also offer several on-site lodging options. (NOTE: Most workshops are eligible for reimbursement through most insurance plans.)

### REGISTRATION

Workshops fill up quickly, so we encourage planning ahead. Register at [RioRetreatCenter.com](http://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](http://RioRetreatCenter.com).





# Rio Retreat Center

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 \$600 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.