

RECOVERY Extravaganza!

RETREAT

FRIDAY, SEPT 13 THRU SUNDAY, SEPT 15, 2013



HOSTED AT: THE RANCH, 6107 PINWOOD ROAD, NUNNELLY, TN 37137

COST: \$100 per person / \$150 per couple

HOST HOTELS:

The Holiday Inn Express - The Ranch Rate \$70/night
100 Barzani Blvd., Dickson, TN 37055 (615) 446-2781

The Hampton Inn - Ranch Rate: \$79/night
Group Code: RAE
1080 E Christi Dr Dickson, TN 37055 (615) 446-1088

Camping also available

SCHEDULE:

Friday, September 13th

5:45pm - 6:45pm Registration
7:00pm - 9:00pm Workshops

Saturday, September 14th

8:00am - 8:45am Late Registration
9:00am - 11:30am Workshops
11:45am - 1:45pm Lunch & Time to Visit & Relax
2:00pm - 4:30pm Workshops
5:00pm - 6:45pm Barbeque
7:00pm - 8:00pm Speakers Meeting:
John & Elaine Leadem, NJ
8:00pm - 10:00pm Music, Bonfire, Smores & Fellowship

Sunday, September 15th

9:00am - 12:00pm Sweat Lodge or Trail Riding

ALUMNI RETREAT

Friday: Alumni Speakers - Pam B. from Nashville, TN and Matthew S. from Rochester, NY

Fire Ceremony - Blue Heron & Angela Bard

Saturday: DBT Skills in Recovery - Linda Hardy

Really - Millie Nygren

Your Life's Purpose in Recovery - Charlie Frangos

Relapse Detection - Karen Brown & Alyssa Stines

Encounter in the Clouds - Bobby Chapman

Turning Over a New Leaf - Danielle Sukenik

Freedom Flotilla - Kenny Long & Megan Repass

Unconditional Practice of Love - Christine Bates

Medicine Wheel & Ancestor Circle - Blue Heron & Angela Bard

Sunday: Sweat Lodge or Trail Riding

COUPLES RETREAT

"The Belly of the Whale" with special guests, John & Elaine Leadem, authors of One in the Spirit: A Meditation Course for Recovering Couples.

Designed to help partners in romantic recovery identify the trigger points that can lead one or both partners to feeling insecure or unsafe in the relationship. Strategies are introduced and rehearsed to help the partners to intervene on and overcome defensiveness in the romance that can block open communication and mutual support. Most often the best place to find security, in the face of romantic threats, is in the soul of your partner or - The Belly of the Whale.

(As requested, this retreat is designed as a couples experience - participants should plan to attend the entire workshop Friday & Saturday.)

Sunday: Sweat Lodge or Trail Riding

REGISTER: recoveryranch.com

Alumni Retreat Workshop Options

DBT Skills in Recovery (Linda Hardy & Lauren Herman)

Individuals will explore and practice three important DBT skills: mindfulness, dialectical thinking, and radical acceptance and their parallels to 12-step principles.

Really (Millie Nygren)

Participants will explore the impact of growing up in an addicted home and how the impact is multi-generational.

Finding and Fulfilling Your Life's Purpose in Recovery (Charlie Frangos)

This workshop goal is for participants to examine life's purpose. We will engage in letting go of what we are not, creating vision boards, and exploring inner and outer purpose

Relapse Detection (Karen Brownd & Alyssa Stines)

Participants will break out into groups of interest, practice mirroring, and address areas of concern sharing experiences and fears.

Encounter in the Clouds (Bobby Chapman)

This adventure includes the thrill of zip lines and the spiritual metaphors within "encounter in the clouds" off of a 70-foot high dam.

Turning Over a New Leaf (Danielle Sukenik)

While incorporating our equine friends, participants will explore a variety of skills and ideas such as mindfulness, communication, support, and problem solving often involved in the process of creating new beginnings.

Freedom Flotilla (Kenny Long and Megan Repass)

Take a five-mile float along the scenic Piney River in a canoe or a kayak.

An Unconditional Practice of Love: The 8-Fold Path in Recovery (Christine Bates)

This workshop is an overview of the oldest known path of recovery from addictions, behaviors and attachments - the perspective of Buddhist recovery. We'll engage in meditation and dialogue in a safe and intimate setting.

Medicine Wheel and Ancestor Circle (Blue Heron & Angela Bard)

Using the Medicine Wheel and Ancestor circle, participants will honor those who have come before us.

Sunday Sweat Lodge (Dawn & Craig)

Sunday Trail Riding (Megan)