

THE MEADOWS WORKSHOPS: JUMP-START RECOVERY TODAY



The Meadows' Workshops can be a cost-effective alternative when long-term treatment is not an option. Workshops are an opportunity for participants to work on sensitive issues in a concentrated format allowing them to jump-start their personal recovery by gaining insight into unhealthy patterns and practicing new relationship skills within a safe environment.

The Meadows' equine workshop team combines the wisdom of our seasoned therapist trained in Somatic Experiencing® (SE) with an uncommon horseman and highly skilled trainer. This unique equine experience is held on a scenic rustic ranch a short distance from Wickenburg, AZ.

SPIRIT: A SOMATIC EQUINE WORKSHOP

Combining The Meadows Model, Somatic Experiencing® (SE), mindfulness, and natural horsemanship, this cutting-edge workshop allows for a distinct healing experience. The program consists of experiential activities with horses addressing self-esteem, boundaries, honoring reality, wants and needs, emotional regulation, and spontaneity. Created exclusively for a small group of no more than five participants, this workshop is an outdoor five-day experience facilitated by two seasoned professionals. Individuals, couples, families, and professionals are welcome to enroll.

Scheduled Workshop dates:

- November 11-15, 2013
- January 13-17, 2014
- February 10-14, 2014
- March 10-14, 2014
- April 14-18, 2014

Attendees will not be riding but 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

WORKSHOP REGISTRATION

REGISTRATION

Contact our Workshop Coordinator at **877.787.2226** to register.

COST

Cost for the five-day workshop is \$4,200 per person and includes a daily sack lunch delivered to the ranch.

LOCATION

Ranch Rio Bonita
27610 W. Gill Road
Morristown, Arizona 85342

LODGING AND TRANSPORTATION

Workshop attendees are responsible for their own lodging and transportation. Please discuss arrangement options with our Workshop Coordinator.

PLEASE NOTE

Workshop runs Monday through Friday from 7:15 a.m. to 4:00 p.m. with an hour lunch break.

CANCELLATION/TRANSFER POLICY

This workshop is limited to five enrollments. If the participant cancels without sufficient advance notice, an administrative fee will be charged. If you have to cancel or transfer your workshop, please contact our Workshops Coordinator as soon as possible via phone at 877.787.2226 or email workshops@themeadows.com.



1.877.787.2226 | www.themeadows.com

1655 N. Tegner Street • Wickenburg, AZ 85390
The Meadows is a Level 1 Sub Acute Agency and accredited by The Joint Commission.