**2018 RECOVERY RETREAT**

Rev. Carol Wilke

Heart Mind & Spirit Recovery & Mile Hi Church

**Purposes, Instructions and Policies**

**About this Retreat:**

Are you looking to embody a new level of recovery?

Celebrate and renew your recovery journey!

* Enhance your Relationships and Communication
* Promote Balance and Wellbeing
* Embrace Serenity and Self mastery
* Deepen Powerful Spiritual Tools for a Thriving Life

Give yourself the gift of a revitalizing recovery retreat! We will create a safe space and beautiful, nurturing environment in which to explore deeper spiritual principles for your recovery.

You’ll have the opportunity to set powerful new intentions around your personal recovery and learn how to align with joy and freedom.

We will incorporate various forms of Meditation, Law of Attraction Principles and Connection Exercises to create a new level of recovery.

**About Lodging:**

The retreat will be held at the YMCA of the Rockies located near the town of Estes Park and Rocky Mountain National Park. Enjoy the inspiring and peaceful setting of the YMCA – sleeping rooms are either singles or shared and will be in the same building as our meeting room. Quiet hours are 11:00pm to 7:00am. This is not a resort – it is a conference and spiritual center. This venue provides beautiful opportunities for hiking, meditative walks, wildlife viewing and gorgeous views.

Lodging features double occupancy rooms with two beds and a private bath or single occupancy rooms with one bed and a private bath. Sleeping rooms will be in the same lodge building as the meeting room.

Note: Please do not contact the YMCA of the Rockies directly for any room changes. All room changes must be approved and arranged by Mile Hi Church. This includes day of arrival.

**About Meals:**

Breakfast, lunch and dinner will be provided by the YMCA of the Rockies as well as coffee, tea and hot water. All meals are served in the cafeteria and are served “all-you-can-eat” buffet style. You will be provided with a meal ticket when you arrive that must be presented at each meal.

**About Preparations and Logistics**:

Friday, July 13, 2018

* Check-in begins at 3:00pm. Please plan to arrive no later than 5:00pm on the day the retreat begins.
* We’ll have a short introduction meeting from 5:30pm – 6:00pm, dinner from 6:00pm-7:30pm and the Opening Session from 7:30pm to 9:00pm.

Saturday, July 14, 2018

* We’ll begin with breakfast available from 7am to 9am; meeting from 9am to 5pm; dinner from 5pm to 7pm and meeting from 7pm to 9pm.

Sunday, July 15, 2018

* We’ll begin with breakfast available from 7am to 9am; meeting from 9am to noon; and lunch optional from noon to 1:30pm before you depart. (We’ll take a break mid-morning so you can check of your room before 10am)

**What to Bring:**

* Personal toiletry items, including shampoo and hair dryers, if desired. Bedding, soap and towels are provided.
* Loose, very comfortable clothing . . . and layers. The YMCA is at an elevation of 8,010 feet, so plan for many different temperatures.
* Ear plugs (so that we may hold our fellow retreatants in the highest compassion).
* Optional: You may want to bring a light blanket or throw for warmth during our meditation or sitting outside during breaks.
* A small flashlight . . . and a travel alarm clock if you sleep deeply.
* If needed: cough drops or suppressants, breath mints, digestive aids, allergy and prescribed medications, vitamins/supplements, etc.
* A water bottle and/or bottled water if you choose. Remember it is important to stay hydrated at higher elevations and in the process of spiritual practices.
* You are encouraged to bring a journal or notebook to record notes and personal insights.
* Shoes suitable for gentle hikes.
* Avoid bringing: distractions such as iPods, laptops, etc.
* MOST OF ALL: Bring an open mind and a willing spirit!

**About Retreat Policies:**

* No alcoholic beverages are permitted during the retreat.
* No illegal drugs or paraphernalia.
* No pets are allowed except for service dogs.
* Suggestions for assignment of roommates will be accepted; however a roommate will be assigned if no preference is indicated. It will not be possible to make rooming changes once assignments are made.
* The YMCA of the Rockies cafeteria provides options for special dietary needs. Please bring any specialized or highly unique food items or snacks, if you require them.
* Candles or incense are not permitted in sleeping rooms.
* It is recommended that perfumes or colognes NOT be used during retreat.
* No smoking is permitted in any building. Smoking outdoors is allowed only in designated locations.
* All participants must use lodging in the conference facility. RVs, as well as other off-site rooming or camping arrangements, are not allowed.
* Cancellations:

Should you choose to cancel your participation in this retreat, one of the following provisions will apply:

1. If the retreat has a waiting list, and we are able to find a participant to take your place, your retreat payment will be refunded minus the deposit.
2. If we are unable to fill your place in the retreat, the church will need to recoup food, lodging and miscellaneous costs that will still be incurred due to your reservation.

**Testimonials from the 2015 Recovery Retreat:**

* “This has been an amazing experience and I feel it’s been one of the greatest gifts of my life. Thank you so much!”
* “This surpassed my expectations . . . loved the topics . . .Everything was wonderful.”
* “I will definitely come if you have one next year! I’m not an addict but see myself headed in that direction & this conference nipped it!! Thank you!!”
* “Loved everything about it.”
* “Overall this was an excellent retreat – I would love to come again.”
* “I loved it all and over all it was perfect – I love you guys and you did a wonderful job.”
* “Very uplifting.”
* “All of the sessions provided insights! A real sense of community, new friends, open, non-dogmatic energy. I’m so glad I attended and I hope to come back for #2.”
* “I loved this! I am changed. I am grateful – this was amazing”
* “Awesome – thank you all!”
* “Thank you so much! So well designed – I liked everything and I thought it was top notch all the way – it was freakin’ awesome! This was so impressive and helpful!”
* “Empowering – this has been a great experience.”

