

WOMEN'S RETREAT – THE CHALLENGE OF SELF CARE
THURSDAY AFTERNOON AND FRIDAY MORNING, FEBRUARY 22 – 23, 2018
A PRE-CONFERENCE ACTIVITY AT THE 4TH ANNUAL MEETING OF
WESTERN DOCTORS IN RECOVERY
QUAIL LODGE, CARMEL

Bring journal, pens, markers, etc., for writing, drawing; bring bathing suit for pool or spa

Thursday 1:00 pm-4:00 pm Session 1

- a) Introductions - **Opening circle**
- b) **Intentions for the Retreat - Journaling Exercise**
- c) What's Self-Care for me? **Sharing Circle #1**
- d) **Nature Quest #1 – Grounding and Being Still**

Break

Thursday 4:30 - 6:30 pm Session 2

- a) What are my true Needs? - **Sharing Circle #2**
- b) **Nature Quest #2 – Connecting to Heart**
- c) **My Needs and Need Blockers- Journaling Exercise - Sharing Circle #3**

Thursday 7:00 - 8:00 pm

Dinner break

Thursday 8:30 - 10:30 pm Session 3

- a) Serenity Prayer
- b) **Sharing Circle #4**

Friday 7:00 am - 8:00

Optional: 12 step meditation/sharing meeting (all are welcome)

Friday 8:30 am - 12:00 noon Session 4

- a) **Gathering Support and Nurturing - Journaling Exercise**
- b) **Nature Quest #3 – Allowing the Universe (Higher Power) to guide Self-Care**
- c) The Smallest Action Possible is Still an Action: **Sharing Circle #5**
- d) Intentions Going Forward: **Closing Circle**

OPTIONAL SATURDAY AFTERNOON ACTIVITY

REFUGE SPA WITH SAUNA/STEAM/4 COLD POOLS/6 HOT AND WARM POOLS (ALL AREAS EXCEPT DRESSING ROOMS ARE COED, SO BRING BATHING SUIT AND FLIP FLOPS.)

\$55 INCLUDES ROBE RENTAL AND BOTTLED WATER (OTHERWISE \$46)

MASSAGES MUST BE SCHEDULED IN ADVANCE. WWW.REFUGE.COM