

BALANCE IN RECOVERY

HOW TO ACHIEVE & MAINTAIN EMOTIONAL SOBRIETY



A D E S E R T S O J O U R N R E T R E A T

Are you in recovery?

This retreat is for you!

In this Balance in Recovery weekend retreat for men, you will learn skills to achieve and maintain emotional sobriety.

Balance in recovery refers to achieving a holistic balance among your mind, body, and spirit. To maintain the holistic balance in recovery, you must heal and support all three aspects of body, mind, and spirit.

Experience this retreat as a catalyst for a renewed commitment towards balance, becoming a compassionate presence, both to yourself and to others who are amid pain and struggle. Participants will learn practical skills and grow in trust as they discover and explore their path toward healing and transformation.

This Balance in Recovery Retreat includes presentations, resources, small group dialog, free time for fun and quiet times for reflection.

THE OBJECTIVE

To provide insight, education, and practical skills that empower people in recovery to effectively balance their relationships, work, family, and recovery.

FOR MEN ONLY

Spirit in the Desert Retreat Center, located in a beautiful and peaceful Arizona desert setting, hosts programs and retreats for participants of all faiths and traditions to experience reconciliation, renewal, healing, and transformation.



WHEN

**Friday - Sunday,
March 8 - 10, 2024**

WHERE

**Spirit in the Desert
Retreat Center**
7415 E Elbow Bend Road,
Carefree AZ 85377

COST

Price per person:

1 person, 2 in a room : \$400 ea
1 person, 3 in a room : \$325 ea

Price includes: 3 days programming, 2 nights lodging & 5 meals (2 breakfast, 2 lunch, 1 dinner)

REGISTER ONLINE AT

<https://spiritinthedesert.org/programs/retreats-in-arizona/balance-in-recovery-retreat/>

Or call (480) 488-5218



Henry Rojas is a popular speaker and gifted spiritual director, who is currently serving as Spiritual Director at Spirit in the Desert. His unique brand of humor and insight has helped individuals and groups make transformational change for more than 20 years. **Jerry Ehmann** is the Executive Clinical Director at Soberman's Estate in Cave Creek and operates a private practice in Phoenix. He has worked with individuals in both residential and out-patient treatment facilities and counsels from a person-centered approach. He stresses the treatment of underlying conditions and past traumas when working with clients.

