REGISTRATION:

Space is Limited - Reserve Early

NAME:	 	
PHONE:	 	
ADDRESS:		

EMAIL:__

Check the appropriate box :

□ EARLY BIRD REGISTRATION \$375 (Payment Due by April 1, 2024) Includes 2 nights (double occupancy), 5 meals, and retreat materials.

□ REGULAR REGISTRATION.	\$400
□ SINGLE OCCUPANCY	\$450
COMMUTER (no hotel, no meals) (no hotel, 2 meals) (no hotel, 5 meals)	\$115 \$175 \$240

 \Box request a scholarship

DONATE TO SCHOLARSHIP FUND \$

NAME OF ROOMMATE:_

NO SMOKING OR VAPING IN ROOMS

Register online at:

https://surrenderschool.org/retreat _registration/

OR

Send completed registration form & check to: Carolyn Broussard P.O. Box 370844 Las Vegas, Nevada 89137

DIRECTIONS

The Mary & Joseph Retreat Center overlooks the Los Angeles Basin from its location on top of the Palos Verdes Peninsula.

From the east or south : Go north on the 405 or west on the 91 to 110 south. Exit the 110 onto PCH west, continue on PCH to Crenshaw Boulevard. Make a left turn (south) onto Crenshaw and proceed uphill approximately 4 miles to Crest Road.

From the north or LAX: Go south on the 405 to Crenshaw Boulevard and go right (south) on Crenshaw.

When you reach Crest Road at the top of the hill, turn left, proceed to the third driveway and turn right to enter the center's gate. Parking is to the left; the main entrance is to the right.

Stay at a nearby hotel of your choice and register as a commuter

The Surrender School Board is staying at <u>Residence Inn LA Torrance, Redondo Beach</u> (310) 543 4566

Mary and Joseph Retreat Center 5300 Crest Road Rancho Palos Verde, CA Phone: (310)377-4867



WE RECOVER! Different Paths Shared Solutions



SURRENDER SCHOOL

Presents

Emotional Sobriety IN Recovery

keynote speaker: HERB K JULY 19 - 21, 2024



SERENITY AWAITS

Join your friends from SURRENDER SCHOOL for the fifth annual recovery retreat!

The retreat is designed to help compulsive eaters on their journey to success by empowering participants with new tools and techniques to re-energize, re-vitalize and re- engage their recovery journey.

The retreat will be held at the scenic Mary and Joseph RetreatCenter nestled in 8 acres of rolling hills in Rancho Palos Verdes, California, overlooking the Los Angeles metropolitan area.

Lodging, abstinent meals, and all necessary materials are included with your registration.

RETREAT SCHEDULE

Friday, July 19, 2024

- 3:00 Registration and Check-In
- 4:00 Afternoon Stretch
- 5:00 Welcome and Introductions
- 5:30 Dinner
- 7:00 Speaker / Share Meeting
- 8:00 Movie Night

Saturday, July 20, 2024

- 7:30 Yoga
- 8:30 Breakfast
- 10:00 Are you Binging on Emotional Donuts?
- 11:30 Is Emotional Celery the Answer?
- 12:30 Lunch
- 2:00 How do you find the produce section even when you get lost in the candy aisle.
- 4:30 Free Time
- 5:30 Dinner
- 7:00 Special Guest Speaker: Herb K Topic: **Emotional Sobriety**

Sunday, July 21, 2024

- 7:30 Yoga
- 8:30 Breakfast
- 9:30 Meditation
- 11:00 Wrap Up and Closing

Sponsored by Surrender School

For information contact <u>info@surrenderschool.org</u>

RETREAT ACTIVITIES

In addition to the exciting workshops and speakers, there will be inspirational activities to engage your mind, body and spirit!

- Labyrinth Meditation
- Hiking Meditation
- Mandalas
- Crafts
- Literature/Reading Room
- Yoga
- Movie Night
- OA Meeting
- Free Time for Relaxation/Journaling
- Chapel for Personal Meditation

Surrender School is not affiliated with any particular 12-Step program