



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
info@surrenderschool.org

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