



Life Without Ed®

Transform Your Relationship with Food and Your Body

“ Attending this workshop is one of the best things I’ve ever done for my recovery. It pushed me from the recovery plateau I’d been on for quite some time to a new level of engaging in life. - Jess **”**

Who am I without Ed (aka “eating disorder”)? Will my body always be a battleground? How can I find long-term balance with food and exercise in an eating disordered culture? Will life transitions inevitably shake my recovery? Will I ever be happy?

The Life Without Ed weekend workshop will dive into all of this and more. Developed in collaboration with Jenni Schaefer, Meadows Senior Fellow and author of the breakthrough best-seller, *Life Without Ed*, this workshop brings the book to life and, more importantly, helps you to move beyond problems with eating and body image and to jump into your own life.

Co-facilitated by Jenni herself, this weekend will provide wisdom and practical tools to transform that oh so complicated relationship with food and body. Maybe you have already done a lot of hard work in eating disorder treatment, are no longer engaging in destructive behaviors, and find yourself asking, “Now, What?” Or, maybe you have struggled with emotional eating for years—numbing your feelings with food and disliking your body—and never had the real chance to focus on healing.

Life Without Ed is the chance to get the help that’s been missing and that you deserve. Additional topics to be explored include:

- Body acceptance—and even love—in a world that doesn’t accept our bodies
- Repurposing underlying traits, like anxiety and perfectionism, toward life goals
- What to do if you can’t fully let go of disordered eating
- What to do if, when you do let go of Ed, other self-defeating behaviors emerge, including alcohol and substance abuse
- Relationships and intimacy: building a village and creating boundaries
- Feelings and the fear of feelings, like guilt, shame, sorrow, and anger
- Navigating major triggers (e.g., your exercise-obsessed best friend, your doctor-prescribed diet for medical reasons)
- Making it through big life events without Ed’s help (e.g., college, marriage, divorce, babies, job loss, menopause)
- Grieving the loss of Ed
- Trauma, posttraumatic growth, and resilience after an eating disorder
- Sharing your story and supporting others

We will get creative with art, music, mindfulness, and movement. Get ready for some yoga or tai chi and a conversation about intuitive exercise, which sometimes means just taking a nap! We will help you to develop what Jenni has learned to call “leisure skills” (how to relax and have fun) and even the art of doing nothing.

The Life Without Ed® workshop is for anyone (ages 18 or older) who has struggled with disordered eating and all types of eating disorders. Basically, if you know Ed, have filed for divorce from “him,” and are working on finalizing those papers, this workshop is for you. Think of this retreat as a recovery—and life—boost.



2021 WORKSHOP DATES

July 16-18

December 10-12

Developed in collaboration with Jenni Schaefer and based on her breakthrough bestseller, *Life Without Ed*.



Jenni Schaefer

REGISTRATION

This workshop is limited to 20 participants. We encourage making reservations three to four weeks in advance. Register by contacting our Workshop Coordinator at **833.749.4891**.

COST

\$1,500 – All-inclusive are meals and evening activities: yoga or Tai Chi, and 12-step meeting. Access to the Brain Spa is also included in the cost of the workshop.

LOCATION

Rio Retreat Center at The Meadows
1245 Jack Burden Road, Wickenburg, Arizona 85390

LODGING AND TRANSPORTATION

The Rio Retreat Center provides lodging, and all workshop guests stay on campus to preserve a safe, supportive container. Rooms are simply appointed and designed to be conducive to the process of healing and recovery. We offer private rooms and the option to share a room for guests who are fully Covid vaccinated.

Ground transportation is available from and to the Phoenix airport with two convenient pickup times. Airport transportation details are provided with your confirmation email upon completion of the enrollment process.

PLEASE NOTE

The Life Without Ed® workshop meets from 1:00 p.m. on Friday to Sunday at 4:00 p.m. The schedule is somewhat flexible to accommodate the size of the group and group process. Evening programming is provided after dinner. The Meadows Rio Retreat campus is strictly alcohol and drug free and has a dress code, cell phone, and smoking policy. Please consult our Workshop Coordinator for more information.

CANCELLATION/TRANSFER POLICY

We rely on accurate attendance count to make important arrangements for this training. If a cancellation occurs 14 or more days prior to the start of the training, a full refund, less a \$200 administrative fee, will be issued. Cancellations less than 14 days before the beginning date of the training are non-refundable. If you have to cancel your attendance, please contact our Intake Department at 877-787-2226 as soon as possible.

2021 WORKSHOP SCHEDULE

RELATIONSHIPS

COPLES BOOTCAMP

Examines and improves existing intimate relationships.

Jan. 4-8	May 3-7	Sept. 13-17
Feb. 1-5	June 7-11	Oct. 18-22
Mar. 1-5	July 5-9	Nov. 15-19
Apr. 5-9	Aug. 2-6	Dec. 13-17

FAMILY MATTERS

Intervenes on dysfunction within the family system and builds family strengths. Scheduled upon request.

HEALING INTIMATE TREASON: FOR PARTNERS OF SEX ADDICTION

Designed to repair the trauma experienced by partners of sex addicts.

Jan. 11-15	May 31-June 4	Sept. 27-Oct. 1
Feb. 8-12	June 28-July 2	Oct. 25-29
Mar. 8-12	July 26-30	Nov. 29-Dec. 3
Apr. 19-23	Aug. 30-Sept. 3	

LOVE ADDICTION/LOVE AVOIDANCE

Explores the interactive cycle between relationship dependence and avoidance.

Jan. 25-29	May 24-28	Sept. 13-17
Feb. 22-26	June 21-25	Oct. 11-15
Mar. 22-26	July 19-23	Nov. 8-12
Apr. 26-30	Aug. 16-20	Dec. 13-17

PURPOSEFUL PARENTING: REDEFINING YOUR FAMILY LEGACY

Changing the legacy is not only possible but probable if we're willing to invest the kind of time and effort it takes to examine our inner world and our capacity for quality intimacy.

May 21-23	July 17-19	Oct. 29-31
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PERSONAL GROWTH

COMING HOME: REACHING TRUE IDENTITY AND ORIENTATION EMPOWERMENT; FOR THE LGBTQ+ COMMUNITY

Created to help individuals embrace their true identity and orientation, gain empowerment, and overcome past hardship and isolation.

Apr. 12-16	Aug. 9-13	Oct. 18-22
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LIFE WITHOUT ED: TRANSFORM YOUR RELATIONSHIP WITH FOOD AND YOUR BODY

Based on the best-seller Life Without Ed® and co-facilitated by author Jenni Schaefer, this 3-day workshop will help participants to move beyond problems with eating and body image and to jump into their own life.

July 16-18	Dec. 10-12
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MEN'S SEXUAL RECOVERY

Offers men healthy alternatives to compulsive sexuality.

Jan. 18-22	May 17-21	Sept. 6-10
Feb. 15-19	June 14-18	Oct. 4-8
Mar. 15-19	July 12-16	Nov. 1-5
Apr. 12-16	Aug. 9-13	Dec. 6-10

MIND & HEART: A MINDFUL PATH TO WHOLEHEARTED LIVING

Cultivates greater awareness and compassion for the self-defeating patterns of thinking, feeling, and behaving—which are critical steps in making meaningful and lasting change.

May 10-14	Oct. 11-15
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THRIVE: GOING TO THE NEXT LEVEL

Releasing dysfunctional roles and embracing new ones empowers us to experience our full potential.

Feb. 22-26	Aug. 23-27
May 10-14	Nov. 8-12

WOMAN'S INTIMACY RECOVERY

Addresses sensitive sexual concerns experienced by women.

Mar. 1-5	June 7-11	Oct. 18-22
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PRIVATE INTENSIVES

Our team of highly qualified experts utilizes cutting-edge modalities to tailor an intensive workshop experience to the specific needs of each client or family and can accommodate a flexible schedule. Scheduled upon request.

The Rio Retreat Center provides lodging, and all workshop guests stay on campus to preserve a safe, supportive container. We offer private rooms and the option to share a room for guests who are fully Covid vaccinated. Ground transportation is available from and to the Phoenix airport with two convenient pickup times.

Workshop participants enjoy three healthy meals a day, prepared at our facility. Meals are included in the registration cost. Additional complimentary activities include:

- Expressive Arts
- Auricular Acupuncture
- 12-step meetings
- Challenge courses
- Equine therapy
- Tai Chi
- Yoga
- Live musical performances
- Fire pit

The Rio Retreat Center at The Meadows offers a variety of unique workshops available to all interested individuals. Many workshops specifically address the needs of those who have just begun a recovery process. In contrast, others help those stable in recovery and ready for the next stage or want to deepen their experience. Workshops can also be a source of renewal for anyone who has undergone treatment. Participants work on sensitive issues in a concentrated format, allowing them to enhance their personal journey by gaining insight into unhealthy, embroiled patterns and practicing new relational skills within a safe environment.

NOTE: Dates are subject to change; please check our website for the most up-to-date schedule.

EMOTIONAL TRAUMA

SURVIVORS I: HEALING CHILDHOOD

RELATIONAL TRAUMA

Delves into childhood trauma that impacts current day life. Conducted weekly with the exception of Thanksgiving, Christmas and New Year's.

SURVIVORS II: ALUMNI CONTINUING THE HEALING JOURNEY

Addresses unresolved trauma and self-defeating behaviors that are manifested in dysfunctional patterns. (Prerequisite: Survivors I)

Jan. 11-15	May 3-7	Sept. 6-10
Feb. 8-12	May 31-June 4	Oct. 4-8
Mar. 8-12	July 5-9	Nov. 1-5
Apr. 5-9	Aug. 2-6	Dec. 6-10

THE BETRAYAL BOND: BREAKING FREE OF ABUSIVE AND EXPLOITIVE RELATIONSHIPS

Designed to help participants free themselves from, and recover from, abusive and exploitive relationships, processes, and situations.

Mar. 29-Apr. 2	Sept. 20-24
June 14-18	Nov. 15-19

MENDING HEARTWOUNDS: BRINGING CLOSURE AND HEALING TO UNGRIEVED, FORGOTTEN, OR HIDDEN LOSS

Serves to assist participants in furthering resolution surrounding loss.

Jan. 4-8	June 28-July 2	Nov. 29-Dec. 3
Mar. 29-Apr. 2	Sept. 20-24	

SPIRIT QUEST: SELF-DISCOVERY THROUGH HORSES

Combining The Meadows Model, Somatic Experiencing®, mindfulness, and natural horsemanship this unique, cutting edge workshop allows for a distinct healing experience.

Mar. 15-19	Nov. 15-19
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