

# Welcome



## The Joys and Sorrows of Addiction and Recovery

G25040101

with Shannon Smith

April 10-April 13, 2025

Dear one,

I'm delighted that you've enrolled in "The Joys and Sorrows of Addiction and Recovery" and very much look forward to meeting you at Ghost Ranch. Just registering for this retreat is acknowledgement that women can and do recover and find freedom from the suffering of addiction.

As a quick note, my own addiction recovery practices deeply integrate both Buddhist dharma and traditional 12 step programming. This retreat will dive into our personal experiences of both joy and sorrow and will be inclusive to all addiction recovery formats.

We'll gather from Thursday through Sunday for our sessions. At dinner on Thursday night we'll spend a bit of time getting to know one another. After dinner, during the opening session, we will introduce noble silence to the retreat container to allow us time to go inward.

After that, our daily schedule will include meditation, learning and practice sessions, and interactive activities. In our time together we will develop, discuss, and practice Mindfulness and various contemplative and kindness exercises through interactive dialog, Q&A and time for solo practice on the land at Ghost Ranch.

As women, we will embrace the opportunity to practice together and engage in dialogue about our experience of addiction and recovery. I look forward to seeing you in May.

Be well,  
Shannon Smith

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GHOST RANCH



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### **Workshop Itinerary:**

#### **Thursday Evening**

5:30pm: Dinner

7:00pm: Opening session

#### **Friday and Saturday**

6:30: Wake up

7:00: Morning practice

7:30: Breakfast

9-11:30: Morning Session

12:00: Lunch

2:30-5pm: Afternoon Session

5:30pm: Dinner

7:00pm; Evening Practice

#### **Sunday Morning**

6:30: Wake Up

7:30: Breakfast

9:00: Final Session

10am checkout of rooms