

SPRING CLEARANCE 2012 RETREAT AND THE INTERLAKEN INN

Welcome to Spring Clearance 2012. We hope this will be a weekend of fellowship that feeds your spirit and your program.

The Interlaken Inn has extensive facilities:

- Frontage on Lake Wonoscopomuc, CT's deepest natural spring-fed lake.
- Two outdoor all-weather tennis courts.
- Game room with billiards, ping-pong and air hockey.
- Widescreen TV, card and game tables in the lounge
- Health and fitness center and sauna
- 30 acres to be explored

Please enjoy yourselves, but respect the property.

Please be mindful of housekeeping since there will be no in-room housekeeping during the retreat. Also, please be aware that for the duration of the weekend, there is no television reception in the rooms.

For the good of everyone on the retreat, there is zero tolerance for violence or the use of drugs or alcohol. Anyone caught under the influence will be asked to leave. We want to maintain a safe and respectful environment and hope that this weekend will be a rewarding experience for all.

SCHEDULE

FRIDAY	
3:00 – 4:15 pm	Check-in, Service Sign-up
4:30 – 5:00 pm	Refreshments @ Atrium Pavilion
5:00 – 5:30 pm	Welcome Reception @ Atrium Pavilion
5:30 – 5:45 pm	Home Group Check-in
6:00 – 7:30 pm	Dinner
8:00 – 9:45 pm	Opening Meeting @ Atrium Pavilion
10:00 – 12:00 am	Bonfire @ Wonopakook Lake Or, if inclement weather Ice cream social @ Atrium Pavilion Cinema CMA @ Will Rogers Games @ Atrium Pavilion
12:00 am	Midnight Meeting @ Penthouse

SATURDAY	
6:30 am	Coffee Service Begins @ Atrium Pavilion
7:00 – 8:00 am	Early Risers Round Robin Meeting @ Penthouse Morning Boot Camp @ Deck in Atrium Pavilion 12 Step Yoga @ Continental
7:30 – 9:00 am	Breakfast
9:15 – 10:45 am	No Reservations Accepted (Step 1) @ Will Rogers II Workshops: Are You Ready For Freedom? (Step 4) @ Will Rogers I Recovery Pride In The Pocket (Steps 5,6 & 7) @ Continental Make The List. Make Your Amends. (Steps 8&9) @ Vineyard Toolbox (All Steps) @ Patio and Slate Terrace
11:00 – 12:30 pm	Workshops: Recovery Jump & The Net Shall Appear (Steps 2&3) @ Will Rogers II Slut Or Saint? It's Up To You! (Step 4) @ Vineyard Are We There Yet? (Steps 10 & 11) @ Continental Carrying The Message (Step 12) @ Will Rogers I
12:30 – 1:30 pm	Lunch
1:30 – 2:30 pm	Silent Hour
2:45 – 4:00 pm	Wellness Workshops The Sober Chef @ Morgan's Restaurant Sober Success @ Continental Feelings....Nothing More Than Feelings @ Vineyard Sacred Breath @ Will Rogers I & II
Sports/Group Activities	2:45 – 4 pm - Nature Hike : Meet in Main Building Lobby 2:45 – 4 pm - CMA Field Day @ Interlaken Beach Games @ Atrium Pavilion (Ongoing) Tennis and Volleyball @ Tennis and Volleyball Courts
4:15 – 5:30 pm	Wellness Workshop Now What? Seven Financial Stones @ Will Rogers I An Introduction To Meditation @ Vineyard Constructive Rest @ Will Rogers II What A Pain In The Neck @ Continental
Sports/Group Activities	4:15 – 5:30 pm - Arts & Crafts @ Patio Slate Terrace

6:00 – 7:30 pm	Dinner
8:00 – 9:30 pm	Main Meeting @ Atrium Pavilion
10:00–12:00 am Fellowship & Activities	“Suddenly Sober” Sing -a-Long@ Morgans Restaurant Games @ Atrium Pavilion Cinema CMA @ Will Rogers
12:00 am	Midnight Meeting @Penthouse
SUNDAY	
6:30 am	Coffee Service Begins @ Atrium Pavilion
7:00 – 8:00 am	Early Risers Round Robin @ Penthouse Abs & Ass @ Atrium Pavilion 11th Step Yoga @ Continental
7:30 – 8:45 am	Home Group Breakfast
9:00 – 10:30 am Workshops: Recovery	No Reservations Accepted (Step 1) @ Will Rogers II Are You Ready For Freedom? (Step 4) @ Will Rogers I Slut Or Saint? It's Up To You! (Step 4) @ Continental Make The List. Make Your Amends. (Steps 8&9)@ Vineyard Carrying The Message (Step 12) @ Patio/Slate Terrace
Wellness	The Sober Chef @ Morgan's Restaurant
10:45 – 12:00 pm Workshops: Wellness	Sacred Breath @ Vineyard An Introduction To Meditation @ Will Rogers I Constructive Rest @ Will Rogers II What A Pain In The Neck @ Continental
Recovery	Toolbox (All Steps) @ Patio and Slate Terrace
12:15 – 1:30 pm	Lunch & Checkout Leave bags on deck at Atrium & return key to Front Desk
1:30 - 1:45 pm	Group Photo: Atrium Pavilion
1:45 – 3:00 pm	Closing Meeting @Atrium Pavilion
3:15 pm	Bus Departs for NYC

RECOVERY WORKSHOPS

NO RESERVATIONS ACCEPTED (STEP 1): This workshop will introduce you to the process of the 12 Steps by exploring powerlessness and unmanageability.

JUMP AND THE NET SHALL APPEAR (STEPS 2 & 3): Are you confident that change is possible? Strengthen your ability to believe that there is a power greater than you, that sanity can be restored, and how to turn it over.

ARE YOU READY FOR FREEDOM? (STEP 4): Learn to walk through your fear of the 4th Step. Organize your thought process, your resentments, and pinpoint the fears that hold you back from being happy, joyous and free.

SLUT OR SAINT? IT'S UP TO YOU! (STEP 4: SEXUAL INVENTORY): Shape your own sexual ideal. How loose or rigid you want it to be is your choice. No Judgment!

PRIDE IN THE POCKET (STEPS 5,6,& 7): Work on the process of letting go through confession, removing character defects and humility.

MAKE THE LIST. MAKE YOUR AMENDS. (STEPS 8 & 9): Making sure your side of the street is completely clean is hard to do. This workshop will give you useful tools to make it easier.

ARE WE THERE YET? (STEPS 10 & 11): Continuing the work: Spiritual growth through practical tools.

CARRYING THE MESSAGE (STEP 12): Now that you have completed the 12 Steps, it's time to carry the message to other addicts. Learn to be a successful sponsor...and maybe even a better sponsee.

TOOLBOX (ALL STEPS): Learn the essential tools for living a sober life.

To access the workshop materials online, go to springclearance.org. At the top of the page click on "Retreat Workshop". You will be asked for the password, type in SC2012. Now just choose the workshop materials from the list and click on it, your file will open. Some computers will download automatically, others will require you to save the file.

WELLNESS WORKSHOPS

SOBER SUCCESS: BUILDING YOUR CAREER WHILE CROSSING THE BRIDGE BACK TO LIFE - From former weekend warriors to daily users, we all have our share of career and workplace wreckage to repair. Learn practical strategies to help navigate your career challenges and achieve success doing what you love while crossing the bridge back to life. (Paul B.)

SACRED BREATH - Use breath, meditation and visualization techniques to clear blocked energy channels and expel unwanted energy - so you can find your truth and a closer connection to your Higher Power. (Brad O.)

AN INTRODUCTION TO MEDITATION - Learn breathing practices, mantra and meditation techniques to overcome the addictive mind. Open to beginners and advanced practitioners alike. (Skanda)

FEELINGS....NOTHING MORE THAN FEELINGS - Learn the language of feelings and ways to communicate your feelings to others in a healthy and responsible way. You will learn techniques for identifying your feelings and "feeling" them, as well as exploring the connection between boundaries and feelings. (Matt C.)

CONSTRUCTIVE REST: Quieting the mind and restoring the body to its natural state: an Alexander Technique-based workshop. We don't pay attention to how much our thinking can influence our bodies. You will learn to quiet your mind, reconnect to your natural breathing and release some of the excessive muscular tension that we carry in our bodies. The result is often improved posture, reduced pain, increased flexibility and an overall more balanced state of body and mind. (Fabio TdS.)

THE SOBER CHEF - Healthy, Fresh & Fast: Tools & Tips for Cooking Nutritious and Delicious Meals. This hands-on workshop gives even the most kitchen-phobic useful tips for preparing meals that are tasty, nutritious and easy to prepare without blowing the budget or spending hours in the kitchen. (Anthony L.)

NOW WHAT?.....SEVEN FINANCIAL STONES TO OVERTURN. - We've cleared the financial wreckage of our past....now it's time to build a solid financial future. (Rob M.)

WHAT A PAIN IN THE NECK - Find out how your emotions cause physical distress; discuss holistic remedies and how to change behavioral patterns. (Ariel M.)

FUN & FELLOWSHIP

Bonfire - Kick off Spring Clearance around a roaring fire, making s'mores, singing camp fire songs and connecting with fellows. *(In case of inclement weather, there will be an old fashioned ice cream social in the Atrium Pavilion.)

Cinema CMA - Watch select films on a large screen television in a quiet space and enjoy fellowship and classic movie snacks.

Nature Hike - Enjoy a casual walk in the beautiful New England woods along Beaver Pond Trail, located adjacent to the Interlaken Inn. Convene with nature and enjoy quiet conversation with fellows.

CMA Field Day - A series of events designed to test your mind and body while working as a team with your fellows. Catch the cooperative spirit and join in on this fun twist of a field day.

Games - One-on-one and group games are available for your enjoyment, including pool, ping pong, futsal, scrabble, chess, backgammon, checkers and cards.

Tennis & Volleyball - Take advantage of the Interlaken Inn's two tennis courts and volleyball pit.

Arts and Crafts - Always a popular activity....relax and let your creativity flow with this art therapy-inspired activity. No requirements; just grab some paint and glitter and express yourself any way you see fit.

"Suddenly Sober" - Bring out your inner diva! Join an interactive sing-a-long featuring members of the fellowship with songs like "Sober Nights" and "Don't Cry For Me, I Did Tina."

WELLNESS ACTIVITIES

SATURDAY MORNING 12-STEP YOGA - Twelve poses that integrate the wisdom of the steps. Beginners welcome. (Brad O.)

SATURDAY MORNING BOOT CAMP - An hour-long body workout full of high energy cardio and intense muscle building exercises.

SUNDAY MORNING 11TH STEP YOGA - This gentle yoga class will use physical asana, breath work, meditation and mantra to help the addictive mind. This is a direct experience of the 11th Step. Open to all experience levels. (Skanda)

SUNDAY MORNING ABS & ASS - An intense 45-minute workout with an emphasis on building core strength and lower body conditioning.