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**12:00pm – 12:45pm**

**Opening Meeting: A Vision for You**

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**1:00pm – 2:00pm**

**A Daily Practice for the Body, Mind, and Spirit**

Leaders: Fabio T. & Justin E.

**Fight, Flight or Fuck: Recovering from Meth, Sex Trauma**

Leader: Brad L.

**Navigating the New Normal**

Leader: Bernard B.

**Self-Touch™**

Leader: Eric S.

**Changing Me, Not the World: Acceptance is the Answer**

Leaders: Ava L. & Delano B.

**The Heart Awakened Meditation Workshop**

Leader: T.J. J.

**Physically Apart, Emotionally Connected**

Leaders: Kevin M. & Michael H.

**The Two-Way Street: A Conversation**

**About Sponsoring and Being Sponsored**

Leaders: Jeff G. & Mark L.

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**3:00pm – 4:00pm**

**A Daily Practice for the Body, Mind, and Spirit**

Leaders: Fabio T. & Justin E.

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Leader: Brad L.

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**7:00pm – 8:30pm**

**The Big Meeting**

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**9:00pm – 10:00pm**

**Spring Clearance Live from Our Living Rooms**

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**10:30pm – 11:30pm**

**Candlelight Meeting**

## **A Daily Practice for the Body, Mind, and Spirit**

Leaders: Fabio T. & Justin E.

“Mens sana in corpore sano” is a Latin phrase meaning "a healthy mind in a healthy body". In this virtual workshop, we will guide you through simple activities to encourage your own daily practice for a healthy body, mind, and spirit.

It is recommended for participants to wear comfortable clothing, as this workshop will involve exercise and mindfulness activities. The following items would be helpful to have accessible:

- \* Yoga mat or towel for lying down
- \* Small pillow, towel, or book to support your head
- \* Light dumbbell or hand weight

## **Changing Me, Not the World: Acceptance is the Answer**

Leaders: Ava L. & Delano B.

What you resist persists. Using meditation, discussion and group exercises, we will review tools that help us let go of control and right-size our expectations. Serenity is crucial to our sober lives, and we'll examine concepts that help us find it even during difficult times.

## **Fight, Flight or Fuck: Recovering from Meth, Sex Trauma**

Leader: Brad L.

This workshop is designed to deepen our understanding how a wounded autonomic nervous system and trauma, impact queer men suffering from ChemSex addiction. We will discuss & dissect the neurology of trauma and its relationship to ChemSex addiction, sex-app usage & methamphetamine use.

This is a psycho-educational workshop intended to explore how the effects of unresolved trauma, internalized homophobia, marginalization, and toxic shame fuel a ChemSex cycle and to skyrocketing relapse rates.

Brad is an author, teacher and interventionist best known for helping people make life-enhancing change on The Dr. Phil Show, The Doctors, TODAY, and The Dr. OZ Show. Brad's mission is to help families have “more good – less bad” in their lives.

## **The Heart Awakened Meditation Workshop**

Leader: T.J. J.

Although we see life with our minds, we sometimes forget to see life with our hearts. Meditation is a simple, ancient practice that will start the process of undoing our mind's old conditioning and help us to tap into the intelligence in our hearts. The spiritual path is all about awakening - in body, mind and spirit – with the ultimate goal of living joyful, heart-centered lives while maintaining inner peace and connection with Spirit. Participants will be provided with insights, benefits and tools and will be encouraged reflective ways to journal, engage in conversation, and actively reflect on three different meditation experiences. All are welcome.

## **Navigating the New Normal**

Leader: Bernard B.

Are you feeling lost, paralyzed, bored or fighting the urge to use? Have you pondered what life would be like for yourself during a time of uncertainty? Using compassion and empathy as a foundation, we will work together to identify the issues that prevent us from

experiencing joy. Using solutions that will be established by the group, we will create an action plan to satisfy some of those cravings. action plan to elevate your spiritual, mental, emotional and physical health.

This workshop will require you to do some writing and also to create a mind map for yourself. We recommend that you use a word processing software such as MS Word or Google Docs. For the mind map, you will need to utilize Google Draw, Mural (<https://app.mural.co/>), or other graphic tools that will allow you to make basic shapes and lines, or simply use pen and paper.

### **Physically Apart, Emotionally Connected**

Leaders: Kevin M. & Michael H.

Social distancing got you hung up? Feeling things you've never felt?...Or things you haven't felt in a while? We get it! We are going to take you through a workshop to enhance recovery tools to make this time a little lighter. Despite being physically apart, we can be emotionally connected.

### **Self-Touch™**

Leader: Eric S.

COVID-19 has forced us to shelter in place. Many, who are sequestered alone, are yearning and longing for touch. They often miss the everyday, handshake, a kiss/hug from friends and family. This often leads to a great deal of skin hunger. Self-Touch is a way of addressing that skin hunger. By providing for yourself what you crave. It does not mean that you will no longer miss the touch of others. What it does mean is that you will stimulate and activate the embodied cognitions of touch as well as the

neurotransmitters that release oxytocin and vasopressin (bonding hormones) helping you satisfy some of those cravings. In this workshop you will learn this simple process.

Eric G. Schneider, M.Ed., D. Min., Ph.D. (candidate), is the creator of Self-Touch™. He has been a practitioner of Daoist arts and sciences for the past 50 years. Though his knowledge of Qi Gong, Meditation, Tai Chi Chuan, and cognitive neuroscience, he has created this simple, easy to practice process. He has been a counselor, coach and educator for the past 31 years. He is known for his no nonsense and no B.S. approach to change work. He has been a recurring guest workshop presenter at Spring Clearance for the past 4 years.

### **The Two-Way Street: A Conversation About Sponsoring and Being Sponsored**

Leaders: Jeff G. & Mark L.

We come to the rooms when we realize that our way of doing things just doesn't work—but are we willing to accept guidance from somebody else? And once we've been around a while, are we willing to "pass it on"? What's a sponsor's job, anyway? What's not a sponsor's job? Bring your most challenging and rewarding experiences on both sides of the loop

### **Spring Clearance Live from Our Living Rooms**

After a great day of recovery and fellowship, grab a snack and join your fellows for a show. Spring Clearance: A (Virtual) Vision for You presents this year's talent show in an online format, featuring performances from members of the fellowship.