



**CROSSROADS**  
CENTRE ANTIGUA

## **CROSSROADS RENEWAL RETREAT** **JUNE 19th - 23rd 2023**

### **CROSSROADS ANTIGUA INVITE YOU TO A RENEWAL EXPERIENCE FACILITATED BY THE CROSSROADS THERAPEUTIC TEAM AND ROKELLE LERNER**

Join us in the beautiful, serene and safe environment of Crossroads for a week that will recharge, revitalize and inspire you. This renewal is open to anyone in recovery.

Renewal provides a unique opportunity to connect more deeply to yourself, to others and to your spirituality. You will be able to look at the blocks that stand in the way of having the quality of life you desire and reaffirm your commitment to sobriety.

### **THIS RENEWAL PROGRAM WILL INCLUDE:**

#### **Informative Lectures on:**

- Emotional and Physical Wellbeing
- Mindfulness
- Spirituality
- Boundaries and Healthy Relationships

#### **• Individual Sessions**

- Group Discussion
- 12 Step Groups
- Music, Art and Relaxation
- Exploring Beautiful Antigua

#### **Holistic Treatments:**

- Acupuncture
- Massage
- Meditation
- Yoga

**COST: \$4,000**

**To register please email : Sandra McCoy - [renewal@crossroadsantigua.org](mailto:renewal@crossroadsantigua.org)**

#### **Cost:**

- \$4,000.00 single occupancy per person flights not included.
- Double occupancy: (couple/shared) please call or email to learn about the double occupancy rate.

#### **Cost includes:**

- Registration for Renewal Program
- Renewal Program Package
- Accommodation and 3 meals daily

**RSVP - Sandra McCoy - [renewal@crossroadsantigua.org](mailto:renewal@crossroadsantigua.org)**

**USA and Canada: 1-260-252-0422**

**United Kingdom: 0-800-783-9631**

**All Other Countries: 1-268-562-0035**

**Crossroads Centre, St. John's, Antigua, West Indies**

**[www.crossroadsantigua.org](http://www.crossroadsantigua.org)**