

THERAPEUTIC RETREATS, SARASOTA FLORIDA

Join me for this special growth and healing opportunity in beautiful Sarasota, Florida, which has been ranked as one of the best beaches in the country.

Whether your focus is on mental, physical, or spiritual healing (they are not separate), intensive personal growth work, choosing the next steps for where to go with your life, dealing with depression/anxiety, or a recovery retreat, we will live, work, study, and play together. This type of in-depth work is available for stays of anywhere from 3 days to a month, and is suitable for individuals, couples, children (age 10 and up), and teens.

The work is holistic in nature, meaning that even if you are coming for psychological support, work on your physical well-being will be a vital part of that, as is your spiritual/emotional state. Time spent in nature and sunshine is important to any type of healing. Daily exercise will be encouraged as suits your needs. A pool, hot-tub and infrared sauna, inversion table and exercise equipment are available for your use. Food is included and a meal plan and schedule will be tailored to your needs and desires. Your nutritional needs may be evaluated and your diet adjusted if deemed necessary to your well-being. You may be given natural supplements to support your well-being. Meditation and mindfulness may be taught and encouraged.

Sarasota boasts a very active holistic healing community, and music is considered a healing modality as well. You may be encouraged to try some meditation, bodywork, and/or sound-healing modalities during your stay. If deemed appropriate, it may be recommended that you see an adjunct healing arts professional or doctor while here.

During down time, you may avail yourself of books and videos. A variety of uplifting ones may be suggested for you.

It is recommended that you read my book, "Living As If Your Life Depended On It: Twelve Gateways to a Life that Works". If possible, read it before coming. Otherwise, you can get and read a copy while you are here. There is no need to do the assignments in the book before coming unless you desire to do so.

You may be given personal assignments and journaling work while with me to further your explorations and intentions.

Through all of this, I will be with you and will share in the various activities to the extent I am able. We will be sharing living quarters. You will, of course, have your own room (with personal refrigerator and large-screen TV) and bath.

Pricing is largely based on the amount of focused sessions, even though the “work” continues through-out the day with the various activities which we will share. Take advantage of this “casual” time with me at no additional cost to you to inquire about any issues of interest to you. Together we will explore all the gateways of a life that works and live those principles.

Prices include optional free participation in any workshops open to the public that I may be having during your stay with me, meals at home (special diets honored), and trips out. You will be responsible for the cost of any additional activities by other providers and any meals out.

PRICING STRUCTURE

FOCUSED SESSION TIME: (The below session prices apply whether you are here for a week or six weeks.)

\$120 per hour for the first five hours

\$90 for the following 10 hours

\$60 per hour subsequently

A minimum of 3.5 hours of session time per week is required.

LODGING AND MEALS:

For stays of less than 1 week: \$225 per night for one person or \$150 per person for 2-person stays

For stays of 1- 3 weeks: \$200 per night or \$125 per person for 2-person stays

For stays of more than 3 weeks: \$150 per night or \$90 per person for 2-person stays.

DISCLAIMER:

During your stay with me, I will go about my life as well as spending intensive one-on-one time with you. However, your privacy will be respected. My time may include sessions with clients on the computer and phone, other work, activities, and entertainment. You may join me for some of it if you choose and as appropriate. I will experience the ordinary pleasures and stresses of life and my reactions thereto. There is nothing about my life, my reactions, or my behavior that will be a taboo topic for discussions. It is my choice to be as I am, with no pretense, and in so doing do model authenticity, integrity, and the practice of the Gateways. You will be entitled to ask any and all questions during the normal course of our time together regarding my choices. You are empowered to create the time to do so outside of focused session time.

REGISTRATION PROCEEDURE:

- 1) Email me with your prospective dates and your intention(s) for your stay. I will email you back with my availability and suggestions for the best way to fulfill your intention(s).
- 2) Once we have confirmed dates and the cost of your lodging, please send a deposit consisting of your lodging cost plus a \$420 deposit toward session time: pay by PayPal to ciaricco@gmail.com. If your stay turns out to be shorter than or longer than originally anticipated, the pricing will be adjusted accordingly. For longer stays, we may be able to work out time payments for your lodging if needed.
- 3) Once you have paid, I will provide you with any further details you will need, such as suggestions on travel, and what to bring.