

What's It Like on Retreat?

Retreats are held over several days at retreat houses nestled in peaceful, reflective locations. Large and small group gatherings, workshops, creative expression, storytelling, shared meals, interactive activities, rest and reflection are only part of the experience. Together a community is built on unconditional love and trust. The experience is intended to be inspirational with practical outcomes for living well with HIV/AIDS.

Who plans & leads the retreat?

Each retreat is led by a diverse team of creative volunteers who offer their time and talent to plan and implement the retreat. Team members may include healthcare providers, mental health professionals, individuals whose lives have been affected by HIV/AIDS, artists, musicians, massage therapists, substance abuse specialists, people in recovery, storytellers, and more.

What Can I Expect?

- While on retreat, participants are responsible for supplying their own medications and carrying out the instructions of their personal healthcare provider.
- The environment is quiet, restful and safe.
- There is zero tolerance for alcohol and drug use (excluding prescribed medications).
- The retreat is accessible to those who may need special assistance.
- Meals are provided with healthy options and alternatives for those on restricted food plans.

What is the Cost

There is no cost. This program is a gift from the community made possible through donations. If it is possible for you to make a contribution or find sponsorship to attend, please send your donation along with the application form.

What is the Accessibility?

All retreat locations are wheelchair accessible. Modest assistance with transportation and child care is available on a case by case basis. Call us to discuss your need.

Who May Attend?

All persons living with HIV/AIDS are welcomed to attend. We ask that those who have substance abuse issues be at least 6 months into the recovery process so they may benefit fully from the experience. We respect and value diversity in age, culture, gender, race, economic status, and belief systems.

Contact Transformation Retreats for—

- ◆ Additional questions about the retreat
- ◆ Information on becoming a volunteer
- ◆ Finding a speaker to address your group or organization
- ◆ Giving opportunities

Download an Application at our Website!

www.transformationretreats.org

Transformation Retreats, Inc.

2011 Retreat Calendar & Application



APPLICATION

(Must be signed by the individual applying)

(please print)

Name _____

Where would you like us to mail your registration packet?

Street Address _____

City _____ State _____ Zip _____

Phone numbers where we may contact you?

Phone _____ Phone _____

Email _____

Referred by: _____ Contact Number _____

Signature of Applicant _____

Do you have an individual, organization or church who is providing scholarship for you to attend the retreat?

____ Yes, full scholarship of \$250 ____ Yes, partial scholarship of \$ _____

____ No, I am requesting a full scholarship to attend.

Have you attended a retreat other than a Transformation Retreat within the past year?

____ YES ____ NO Where? _____

Check the retreat you wish to attend

- May 12-15, 2011 (#138)**
Retreat for Newcomer Men & Women
- June 23-26, 2011 (#218)**
Returning Retreat for Men & Women
A \$25 Non-Refundable application fee is required to register for the returning retreat.
- September 22-25, 2011 (#139)**
Retreat for Newcomer Men & Women

Please detach this form & mail or fax to:
Transformation Retreats, Inc.
800 S. Cathedral Place
Richmond, VA 23220
P (804) 353-0060 F: (804) 358-8043

2011 Calendar of Retreats

Whether you are newly diagnosed or a long term survivor of HIV/AIDS, here is your opportunity to discover, or rediscover, the playful, thoughtful, creative, spiritual, and reflective part of yourself. Join others on a journey to find the inspiration and skills needed to live more meaningful, informed, and complete lives. Find the retreat that is right for you.

May 12-15, 2011

Newcomer's Retreat in Richmond VA

This retreat is designed for newcomers. Men & women who have never attended a four-day Transformation Retreat are welcomed to register.

June 23-26, 2011

Returning Retreat in Richmond VA

\$25 non-refundable application fee required

This retreat is open to men & women who have previously attended one of our four-day Newcomer's retreats. This retreat is designed for those who want to enter more deeply into the spirituality of Transformation Retreats. Preference is given to those who have never attended the returning retreat.

September 22-25

Newcomer's Retreat in Lynchburg VA

This retreat is designed for newcomers. Men & women who have never attended a four-day Transformation Retreat are welcomed to register.

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Richmond, VA 23220

Phone: (804) 353-0060

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Email:

info@transformationretreats.org

Visit our Website:

www.transformationretreats.org