



Stillwaters Presents:

# EMOTIONAL SOBRIETY RETREAT

TWO-DAY, ALL-INCLUSIVE WORKSHOP

**DATES:**  
AUGUST 16-18

**LOCATION:**  
VILLA  
DESIDERATA  
3015 N  
BAYVIEW LANE,  
MCHENRY, IL  
60051

**DOORS OPEN:**  
Fri 7 pm 8/16  
**CHECK OUT:**  
Sun 3 pm 8/18



Meals and  
Lodging  
Included

Food Truck  
Friday  
*Additional Purchase*  
Fire Roasted  
BBQ  
"The Semper  
Fi Chef"



Semperfichef



@thesemperfichef585

## PROGRAM:

- Emotional Sobriety: The Journey
- Interactive dive into: obstacles, surrender and purpose
- Emotions and the body
- Trauma and self-love: a vital connection
- Healing thru sound, reiki and lilac (living in light and consciousness)
- Spiritual maturity: how to love everyone
- Guided meditation for Step 11
- Food, fun, fellowship, games and bonfire

## \$140

RSVP to Sue at  
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