



Tennie McCarty, founder and CEO of Shades of Hope brings 25 years of professional and personal insight into the treatment of all addictions.

Being in recovery herself and the mother of a recovering anorexic, Tennie has a unique insight into the disease of addiction.

Shades of Hope Treatment Center opened in 1987 fulfilling her vision for an all addictions treatment center that could treat eating disorders as an addiction as well.

Since 2009 Tennie has been invited to share her proven expertise on several national television programs and in 2012 published a best selling book “Shades of Hope A Program to Stop Dieting and Start Living.”

**1-800-588-HOPE (4673)**



[www.shadesofhope.com](http://www.shadesofhope.com)

[info@shadesofhope.com](mailto:info@shadesofhope.com)

402 A- Mulberry Street  
Buffalo Gap, Texas 79508

*Where people come to reclaim their lives.*



R. “Nikki” Myers, E-RYT500, MBA, Yoga Therapist, Somatic Experiencing Practitioner, Founder/Co-Owner CITYOGA School of Yogand Health, Certified Recovery Specialist,

Nikki is an accomplished teacher and practitioner on the path of Yoga. A unique focus of her path has been the integration of yoga in healing. Nikki came to yoga in the midst of her own health crisis, but quickly realized yoga was centering and firmly grounding her in a sacred space that allowed healing to happen far beyond the physical.

Born out of her personal struggles with addiction, Nikki is a co-founder of Y12SR, the Yoga of 12-Step Recovery. Featured in the New York Times, Yoga Journal and more, Y12SR is quickly becoming a feature in the curriculum of addiction recovery centers all across the United States.

Nikki is quick to tell the world, ‘The 12-step program and yoga saved my life - one is my lifeboat, the other my launching pad’.

317.920.YOGA (9642)

Email: [info@CITYOGA.biz](mailto:info@CITYOGA.biz)

2442 Central Ave. Indianapolis, IN 46205



*Life Happens....  
What Now?  
Shades of Hope  
Five Day  
Intensive  
Workshop  
Exploring  
Grief, Trauma  
and Addiction*

**Workshop Presented by  
TENNIE MCCARTY**

*Best Selling Author*

*“Shades of Hope A Program to  
Stop Dieting and Start Living”*

CEO & Founder

Shades of Hope Treatment Center

# Five Day Intensive Workshop

Every day is a struggle for most of us but for the addict or recovering addict, "life" becomes overwhelming and out of our control. Sometimes we need to step back and look at the situation from a different place.

This five-day intensive workshop is designed to give you that pause away from "life." Take this week to focus on yourself.



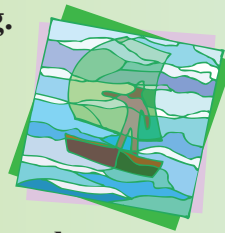
You will benefit from the workshop if you:

- ♥ Are in relapse or may be in relapse,
- ♥ Aren't sure if you have an addiction and want to explore further.
- ♥ Are in the early stages of addiction.
- ♥ Want to renew the decision to recover.
- ♥ Have been referred by a therapist and/or
- ♥ Need time away from daily life to process grief, trauma, and addiction work in a non-threatening environment.

The five day intensive workshop includes group therapy, lectures, psychodrama, experiential therapy, life mapping and family sculpture techniques.

The program offers the client an opportunity to:

- ♥ Identify problem(s),
- ♥ Receive extensive practical education basic to day to day needs,
- ♥ Participate in groups,
- ♥ Realize the role of family dynamics,
- ♥ Learn the proper place for food in life,
- ♥ Learn to incorporate Yoga of 12-steps Recovery as a recovery tool for daily living.



Participants must be:

- ♥ Actively involved in a 12-step recovery program, and/or
- ♥ Working with a therapist on a regular basis, or willing to begin one of the two.
- ♥ Willing to consult with a therapist following the workshop.
- ♥ Medically stable
- ♥ Willing to allow program facilitators to communicate with their therapists.

**August 29 - September 2  
2012**

Registration: 1:00 p.m., Wednesday  
August 29, 2012

Discharge: 12:00 p.m., Sunday,  
September 2, 2012

**Workshop Accommodations  
Oakwood Retreat Center  
At Rainbow Farm  
Selma, Indiana**

[www.oakwoodretreatcenter.org](http://www.oakwoodretreatcenter.org)

*About an hour from Indy airport.  
East of Muncie, Indiana.*



**Cost of program  
Includes room, board and therapy**

**\$2495**

(Includes \$800 non refundable deposit)  
Total due before August 25, 2012

**For Information or  
To Enroll**

**Call Becky  
1-800-588 HOPE (4673)**