



SPICE | Spiritual Program for Individual and Couple Empowerment

Juliene
LEMON, PhD

A DESERT SOJOURN RETREAT WITH JULIENE LEMON

A one-of-a-kind research-based, spiritual empowerment program that utilizes mindfulness, neuroscience, storytelling, and experiential exercises to infuse more calm, health, and joy in your relationships and in the world.

SPICE will inspire an attitude of non-judgment, curiosity, and open-heartedness as a means toward healthier relational interactions and connections. Through intention, attention, and attitude, individuals will be better able to cultivate acceptance of self and others, and a sense of relational empowerment and strength can blossom.

Each lesson will include an introduction, guided practice, neuroscience section, storytelling, experiential activity, and a summary. This will be an interactive workshop; there will be time for movement and stretching during each lesson and regular breaks.

Emphasis on Faith, Family, Forgiveness, Fitness, Food, Finances, and Fun!

WHO SHOULD ATTEND?

The Spiritual Program for Individual and Couple Empowerment (SPICE) Retreat is for individuals and couples seeking more meaning and purpose in their lives and relationships. Whether you're floundering, fine, or fabulous, SPICE aims to bring you to the next level.

Spirit in the Desert Retreat Center, located in a beautiful and peaceful Arizona desert setting, hosts programs and retreats for participants of all faiths and traditions to experience reconciliation, renewal, healing, and transformation.



WHEN

**Friday - Sunday,
December 9 - 11, 2022**

WHERE

**Spirit in the Desert
Retreat Center**
7415 E Elbow Bend Road,
Carefree AZ 85377

COST

Price per person:

1 person, private room : \$415 ea
2 people, 2 in a room : #350 ea
3 people, 3 in a room : \$300 ea
Commuter price : \$245 ea

Price includes: 3 days programming, 2 nights lodging & 6 meals (2 breakfast, 2 lunch, 2 dinner)

REGISTER ONLINE OR

Call (480) 488-5218



Juliene "Julie" Lemon, PhD, LMHC is the owner of Cedar Rapids Therapy in Cedar Rapids, Iowa, and the creator of the Spiritual Program for Individual and Couple Empowerment (SPICE), a relationship education program. She's a constant seeker of all things well-being and a believer that relational satisfaction is the key to health and "The Good Life." She's been a practicing mental health counselor for over two decades and completed her PhD in Marriage and Family Therapy. Julie strives to share her experience and knowledge to bring greater wellness to individuals, couples, families, and the greater world.