



Mindfulness and Recovery

G26110201

with Dave Smith

November 12-15, 2026

Welcome,

I'm delighted that you've enrolled in "Mindfulness and Recovery Retreat" and very much look forward to meeting you at Ghost Ranch. Just registering for this retreat is acknowledgement that we can and do recover and find freedom from the suffering of addiction.

As a quick note, my own addiction recovery practices deeply integrate both Buddhist dharma and traditional 12 step programming. This retreat will dive into our personal experiences of both joy and sorrow and will be inclusive to all addiction recovery formats.

We'll gather from Thursday through Sunday for our sessions. At dinner on Thursday night we'll spend a bit of time getting to know one another. After dinner, during the opening session, we will introduce some guidelines to the retreat container to allow us time to go inward. After that, our daily schedule



will include meditation, learning and practice sessions, and interactive activities.

In our time together we will develop, discuss, and practice Mindfulness and various contemplative and kindness exercises through interactive dialog, Q&A and time for solo practice on the land at Ghost Ranch.

As participants we will embrace the opportunity to practice together and engage in dialogue about our experience of addiction and recovery.

I look forward to seeing you.

Be well,

Dave Smith

Workshop Itinerary:

Thursday:

- 3:00 pm Check in begins
- 5:30 - 6:30 pm Dinner followed by Ghost Ranch Orientation
- 7:30pm: Opening session

Friday and Saturday:

- 6:30 am Wake up
- 7:00 am Morning meditation
- 7:30 - 8:30 am Breakfast
- 9:30 - Noon Morning session Noon - 1:00 pm Lunch
- 2:00 - 5:00 pm Afternoon session

GHOST RANCH



- 5:30 – 6:30 pm Dinner
- 7:00 pm Evening session

Sunday:

- 6:30 am Wake up
- 7:00 am Morning meditation
- 7:30 – 8:30 am Breakfast
- **10:00 am Room Check out, please have all personal belongings out of lodging

accommodations prior to final session

- 10:00 – Noon Final session and departure