

Emotional Sobriety Retreat

with Allen Berger, PhD and Carly Crone, LCSW

Join **Dr. Allen Berger, PhD**, and **Carly Crone, LCSW**, for a transformative retreat in the heart of North Carolina's Blue Ridge Mountains. Rooted in Dr. Berger's 12 Essential Insights of Emotional Sobriety and supported by Carly's expertise in Internal Family Systems, somatic yoga, and mindfulness, this immersion offers a path toward a new way of being in relationship—with yourself and others. Together, we'll explore how emotional disturbances give rise to dependency, unrealistic expectations, and unenforceable rules that restrict our freedom and create suffering.

Through a dynamic blend of lecture, experiential learning, live demonstrations, meditation, and gentle somatic movement, you'll engage mind, body, and spirit to cultivate greater resilience, authenticity, and inner balance. This retreat invites you to step away from old patterns, deepen your self-awareness, and open to more meaningful and emotionally sober connections in all areas of life.

YOU WILL LEARN TO:

- Recognize and release unhealthy emotional dependencies
- Transform unrealistic expectations into empowering perspectives
- Break free from rules that keep you stuck in suffering
- Cultivate balance, presence, and deeper relationships
- Integrate body, breath, and awareness into your path of emotional maturity



WHO IS THIS FOR?

Whether you are **rooted in recovery, personal growth, or professional practice**, this retreat offers a rare opportunity to **reset, recharge, and realign** with what truly matters.

LOCATION

The retreat will be held at the **Art of Living Retreat Center** in Boone, North Carolina, nestled in the beautiful Blue Ridge Mountains.

HOW TO REGISTER AND CONTACT INFORMATION

Register directly through **Carly Crone** at www.carlycrone.com
Contact Carly Crone at carlycronembh@gmail.com

October 5-10, 2026

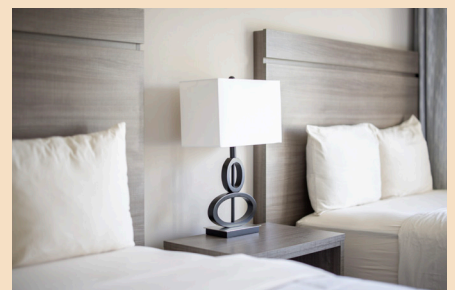
An Integrative and Holistic Immersion Retreat in Emotional Sobriety & The 12 Insights



A Transformative Retreat of Learning, Healing & Renewal

During this 5-Night Retreat You'll Experience:

- Two daily sessions with Dr. Berger
- Personal work opportunities in a supportive group setting
- Gentle morning yoga & meditation
- 12-Step meetings (*open to all programs*)
- Sound bowl healing & ecstatic dance
- Free time for hiking, reflection, or massage
- Nourishing vegetarian meals, all included



COST & REGISTRATION

This retreat is limited to **30 participants**.

Pricing Options

Single Hotel Room: \$3150

Double Hotel Room: \$2630 per person

Single Retreat Room: \$2460

Double Retreat Room: \$2184 per person