

# Higher Path Living is an Innovative Recovery Experience.

Situated just west of Las Vegas near the stunning Red Rock Mountains, Higher Path Living's quality aftercare program is complimentary to the Ibogaine experience and tailored to the individual. At HPL, we help the individual root causes of addictive behavior with a holistic body, mind and spirit approach. *You'll learn how to develop a realistic pace in recovery, recognize and manage stress, and identify the cues which often trigger addictive behavior (commonly referred to as People, Places and Things).* We provide a full continuum of care to help the you create the life of your dreams.

## The Body.

**Proper Nutrition** - To strengthen the body following Ibogaine treatment as guests learn the importance of making healthy food choices.

**Exercise** - Physical exercise plays an important role in recovery and this is reflected in our weekly schedule.

**Other activities** - Yoga & Meditation · Fitness/ Athletic Club Membership · Essential Oils · Reiki Healing · Fire Cupping · Salt Cave · Drum Circle · Massage Therapy and Hiking in the Red Rocks.



## The Spirit.

During the Ibogaine detox, aspects of the person's past are revealed.

We'll help you understand these visions and process any traumatic events. The revelations about your future that occur during Ibogaine detox usually have to be followed with pro-active steps.

It's also important to find *purpose and meaning* in life... things you want to achieve, passions you want to explore and the new role you want to play in life.

**Leisure activities** - such as movies, concerts, museums play an important part in enhancing your spirit. If the aftercare experience isn't fun, then recovery becomes just avoiding drug use.

## And The Launch.

*At Higher Path Living you'll experience recovery in a "real world" setting while learning how to deal with life and all it's challenges.* Most of our guests find jobs, develop a variety of relationships and move on to independent living. Becoming the person you always wanted to be is no longer a dream...it's reality.

Higher Path Living is a caring environment where you will develop your own approach to recovery. Our aftercare program is highly professional, ethical and life changing.

## The Mind.

Individual and group therapy sessions. Clients at HPL may attend 12-Step meetings, SMART or Refuge Recovery if they so choose. Guests

learn how to recognize, control and alter their thinking by using Cognitive Behavioral Techniques. We also use Relapse Prevention, Exposure Therapy and evidence-based addiction treatment.



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**Amenities include:** Semi-private and private rooms, queen-size beds, luxury linens, 40" flat screen television with streaming video, weekly meal allowance, laundry facilities, an upscale home in a safe community. From \$6,800 per month depending on length of stay.