

## "Practicing these Principles" Dawn Duran facilitator

The Retreat group "Sisters in Serenity" exists to inspire, equip, support, and encourage women to live in Higher Power's vision for them and fulfill their highest purpose. We will achieve this vision by creating opportunities and resources for women to discover their gifts and be empowered to achieve a full and meaningful recovery.

At this retreat we will provide opportunities to do a deep dive into understanding the spiritual principles underlying the 12 steps and how we might carry them into all areas of our lives beyond our meetings. There will be learning sessions as well as small group breakout activities and personal reflection time. In addition, we will offer morning mindful movement sessions, guided meditation and ceremony, labyrinth walks, and massage therapy (separate fee) which are all designed to help you cultivate greater self-awareness and inner peace, rejuvenate your inner being, forge new relationships and deepen your spiritual path.

Registration is on a first-come basis, and includes housing Friday and Saturday, dinner Friday, 3 meals on Saturday and breakfast & lunch on Sunday, the use of the meeting room and the beautiful grounds at Serra Retreat. Vegetarian meals upon request. Arrival time is Oct. 18 at 3pm, check out 9am Oct. 20, departure 1pm after lunch.

A non-refundable deposit of \$150 is due upon registration. Balance of \$135 is due Sept. 23, 2024. No refunds for cancellation or changes. Registration price for shared room per woman \$285. No specific rooms are guaranteed. **Please let us know if you have a medical need for a first-floor room.** 

Register by phone at 818-268-1646, opening July 28. Zelle to: serenityretreat12@gmail.com please put your name, phone number and email on the message line. No debit cards or credit cards are accepted. If you have questions, please call or text Lynn B. 818-268-1646 or email serenityretreat12@gmail.com