

55Plus Meditation

Living steps 10, 11, 12 with Yoga Michelle

FREE

Dr. Bob said

“Our twelve steps resolve themselves into two words—Love and Service.” Steps 10, 11 and 12 are the living steps of our program, allowing us to continually deepen a relationship of inward peace and outward ease.

This practice is an opportunity to deepen your growth along spiritual lines, keeping you in a fit spiritual condition.

Wednesday Mornings

SCHEDULE

8:00am - 8:50am

WHO

Men and women ages 55 and older in all forms of recovery

WHERE

Men's Center Meditation Room at The Retreat

ATTENDEES WILL EXPERIENCE

- Practice various forms of meditation via chair or floor—come as you are
- Learn how gratitude creates a life of Love and Service
- Exploration of gently yogic movements as prayer and meditation
- Learn healing practices for chronic pain on all levels of you



YOGA MICHELLE Michelle's work, both professionally and as a part of her 12th step work, revolves around bringing folks in recovery the joy and healing that flows from a meditation and yoga practice. She creates a safe space for a deepened 11th step practice. Her passion is guiding and supporting you on a path of healing and recovery toward a whole you—physically, mentally, emotionally and spiritually.

FOR MORE INFORMATION

Dede 952.476.0566 or 612.619.7595

TheRetreat.org