



WOMEN  
IN  
RECOVERY

SPEAKER  
SERIES

4th  
WEDS  
JAN-OCT

The Retreat  
1221 Wayzata Blvd E  
Wayzata, MN 55391

6:30pm Refreshments & Fellowship  
7:00pm Programming



March 25, 2020

## GUIDED MEDITATION: MAINTAINING A FIT SPIRITUAL CONDITION

Jill Englund



Meditation is one key to understanding, obtaining and maintaining what the Big Book of Alcoholics Anonymous calls "a fit spiritual condition." We'll use breath work, imagery and creative visualization to demystify meditation and meditative practice, culminating with a guided meditation that will give participants a firsthand experience.

Jill excels at creating a space for seekers to access the best and highest within themselves, find their own deep well of peace and well-being.



*For more than a decade Jill Englund, founder of 12 Step Meditations, has taught guided meditations that help those in recovery reach a meditative state easily, infused with a reflection on each of the 12 Steps. Her degree in Metaphysics, study of world religions and indigenous cultures, experience in many forms of meditation, and travels to sacred sites all merge to create a rich diversity that is reflected in meditation sessions. Her enthusiasm and sense of humor add to the joy of the experience. More information at [www.12StepMeditations.com](http://www.12StepMeditations.com).*