

Adult Children of Alcoholics Inner Child Co-ed Spring Weekend

April 26-28, 2019

Empower Yourself - Guided Meditation - Sharing - Fellowship - Sauna - Massage



This year, we will focus on "The Solution", through our loving parent, meditation, letter writing and FUN as our primary tools. We will celebrate our inner child and learn ways to nurture and be okay with ourselves. So, come and join us for a great, renewing refreshing, happy, healing weekend!

What to bring:

*Dish for Saturday Night Pot Luck Dinner
Bathing suit & towel for sauna
Indoor shoes or slippers
Comfortable clothing and yoga clothes (optional)*

What to expect:

*There are private rooms and rooms with roommates.
Unlimited cup of coffee or tea
Use of sauna*

*Great fellowship, healing, laughter & spiritual development
This is a working retreat house so everyone will have a chore but nothing burdensome.
Massage will be available at an additional cost for those who wish to pamper themselves.*

The weekend will be held in the "Great Room" at Nikki and Hanley's home. You are also invited to stay as guests in their home on Friday and Saturday night, and for breakfast on Saturday and Sunday morning. (Lunch on Sat. will be on your own & Sunday will be left over potluck)

To Attend: contact Dennis M. (781) 366-7833

To Register: make check payable to Nikki Geannelis

And mail to: 38 Vt. Route 11W, Chester, VT 05143-9269

House info: 802-875-4800, gnikki@vermontel.net

<http://www.vermontel.net/~gnikki/>

Cost: \$165.00 per person (optional 3rd night is \$65.00 pp)

Please send full payment by April 4, 2019 or add \$20 if sending after that date. No refund for cancellation less than 10 business days prior to weekend. A no show means no refund. Space is limited, so make your reservation early.

Arrive: Friday any time before 7:30 pm for 8:00 opening - Depart: Sunday around 12:00 pm or after lunch!