

Ordinary Recovery: One Breath at a Time

Facilitators: Bill Alexander and Kevin Griffin

May 11 – 13, 2018

Friday

- 5:30 Dinner at the Dan Anderson Renewal Center
- 7:00-9:00 Introductions; Meditation Instruction and Practice; Overview of the Weekend

Saturday

- 9:00-12:00 Meditation; Sober Mind, Beginners Mind
- 2:00 – 4:30 Meditation: Living Kindness

Sunday

- 9:00-12:00 Meditation; Bringing It All Back Home: A Practical Program for ongoing Meditative Practice.

-all groups take place in presentation room 109 unless otherwise noted-

Daily Schedule

7:00-8:00	Rise N' Shine Yoga	Room 109
8:00-9:00	Breakfast	
8:30-9:00	Optional Lecture	Bigelow Auditorium
12:00-1:00	Lunch	
5:00	"As we go through the day..."	Room 208
5:30-6:30	Dinner	
7:00 – 7:30	Optional Lecture	Bigelow Auditorium
8:00 – 9:00	Saturday 3 Speaker Meeting	Room 108

**Schedule subject to change