



11th Step Meditation Retreat

Saturday October 3, 2016 11am-4:30pm

Mountain Light Retreat Center
6656 Mountain Light Place Crozet, Va 22932

Schedule:

11:00 – 11:45 am **Yoga or social time**
(bring your own mat)

12:00 – 1:15 pm **Lunch**

(Sandwiches and drinks provided, feel

free to bring a side dish!)

1:30 – 2:15 pm **Guided Meditation**

2:30 – 3:30 pm **11th Step Meeting**

3:30 – 4:30 pm **Fellowship**

Directions to Mountain Light:

www.mountainlightretreatva.com

- From Barracks Road Shopping Center
take Garth Road west

- Turn right at the Hunt Country Store
onto 601 (Free Union Road)

- Travel 11 miles north (through
Free Union) to intersection with
Rt 810

- Turn left on 810

- Travel 2.5 miles

- 6656 Mountain Light Place driveway
is on the left