



JOHN BRUNA has been in continuous recovery since 1984. He is a counselor, educator, spiritual teacher, and former Buddhist monk. Currently he is the director of the Way of Compassion Foundation and cofounder of the Mindful Life Program. He leads workshops and retreats throughout the USA and Canada.

PETER KUHN has been in continuous recovery since 1986. He is active in 12 step service, and regularly facilitates meditation groups at Donovan State Prison. He also facilitates a monthly 12 Step Zen Group in San Diego and is ordained by Thich Nhat Hanh.

11TH STEP RETREAT

facilitated by John Bruna & Peter Kuhn

SEPTEMBER 15-18, 2022 (4-day retreat)

Join us for a 4-day retreat of contemplation and practice focused on the 11th Step. We will spend our time cultivating the tools of mindfulness to support our recovery.

The retreat will include meetings, instruction and practice in sitting and walking meditation, as well as talks and discussion explaining the basics of mindfulness as a universal tool to enhance your ability to integrate the 12 Steps into all aspects of your life.

COST: \$395 Resident \$325 Commuter (\$75 non-refundable deposit)

Retreat begins Friday, September 15th with dinner @ 6:00pm; ends after breakfast on Monday, September 18th.

REGISTRATION

11TH STEP RETREAT - September 15-18, 2022

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____ Credit Card # _____

____ Visa ____ Mastercard ____ Amex Exp. Date ____ CID ____

☐ \$395 Resident (\$75 non-refundable deposit) ☐ \$325 Commuter (\$75 non-refundable deposit)



Mail with deposit to: **Mercy Center Auburn, 535 Sacramento Street, Auburn, CA 95603 • 530-887-2019**
You may also call with a credit card number or register online at www.mercycenter.org