



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 14-17, 2023 (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: \$435 Resident \$365 Commuter (\$75 non-refundable deposit)  
*Retreat begins Thursday, September 14th with dinner @ 6:00pm; ends after breakfast on Sunday, September 17th.*

## REGISTRATION

11TH STEP RETREAT - September 14-17, 2023

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Credit Card # \_\_\_\_\_  
\_\_\_\_ Visa \_\_\_\_ Mastercard \_\_\_\_ Amex Exp. Date \_\_\_\_\_ CID \_\_\_\_\_

☐ \$435 Resident (\$75 non-refundable deposit) ☐ \$365 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](http://www.mercycenter.org)