

VAC Growth Committee

Step 11 Workshop

Join Us for an afternoon of Fellowship, Meditation and Yoga!



*Don't forget to
bring a towel or
yoga mat!*

- Refreshments provided by VAC Growth Committee
- Intergroup will be selling AA literature

Workshop Agenda:

ESH Step 11

1:30pm-2:15pm

Step 11 Yoga

2:30pm-3:15 pm

*Demonstrating both floor
& chair modifications*

Meditation guidance, & group discussion on prayer & meditation

3:30pm - 4:15pm

Grace Episcopal Church

3601 Russell Rd, Alexandria, VA 22305