



PRICES

Registration 25,00 €

2 nights with breakfast, cold supper, lunch and BBQ per person:

in a single room 142,30 €
(5 available)

in a double room 117,70 €
(15 available)

in a triple room 102,70 €
(10 available)

Payment to be deposited to:

Deutsche Bank - Kaitlin
IBAN DE25700700240737441661
BIC DEUTDE33MUC

GETTING THERE

By plane: Flight to Munich, Innsbruck or Salzburg

By train: From railway station Garmisch-Partenkirchen take the „Zugspitzbahn“ to Grainau station. Turn left onto „Waxensteinstraße“, then right onto „Alpispitzstraße“ (a walk of ca. 7 minutes)

By car: A95 Munich to Garmisch, then B23 direction Grainau, exit at „Grainau“, turn left and follow „Loisachstraße“, turn left onto „Unterer Dorfplatz“. Take the second left, arrival after 100 m on the right side.

Seminarhaus Grainau e.V.
Alpispitzstr. 6, 82491 Grainau
Tel. +49 8821 966976-0
www.seminarhaus-grainau.de

If you have any further questions:

Al-anon contact in Munich
Katie: 0157-50100629
munich@alanon-munich.de

For updates on program and booking conditions visit our homepage
www.alanon-munich.de

4th INTERNATIONAL AL-ANON CONVENTION “Wait for the Miracles” with AA and ACA participation



October 11-13, 2019

in Grainau / Zugspitze

A beautiful mountain area near
Eibsee and Partnach Klamm





AL-ANON CONVENTION “Wait for the Miracles”

Friday October 11, 2019

- from 14:00 Check-in
- 14:30 - 16:00 Free-form Meetings/Recreation
- 16:30 - 17:30 Welcome Meeting (Al-anon, AA and ACA) - “Wait for the Miracles”
- 17:30 - 21:30 Cold Supper - self-serve Buffet
- 20:00 - 20:45 Opening Speaker Meeting
“Al-anon Speaker”

Marathon Meeting (self-initiated)

Saturday October 12, 2019

- 07:30 - 09:00 Breakfast
- 08:00 - 09:00 Yoga or Meditation
- 09:00- 10:00 **Al-anon** Meeting “QTIP:
Quit Taking It Personally”
- or **AA** Meeting
“EGO: Easing God Out”
- or **ACA** Meeting “Reuniting with the
Inner Child”
- 10:30 - 12:00 **Al-anon** Workshop
“From Insanity to Serenity”
- or **AA** Workshop
“From Insanity to Serenity”
- or **ACA** Workshop
“Nurturing Self-Worth”
- 12:00 - 13:00 Lunch Break
- 13:00 - 15:00 Free-time/Recreation

Saturday October 12, 2019

- 15:00 - 16:00 **Al-anon** Meeting “A Higher
Power of My Understanding”
- or **AA** Meeting “A Higher
Power of My Understanding”
- or **ACA** Meeting “Letting Go of Shame”
- 16:00 - 17:30 Women's Meeting / Men's Meeting
(Al-anon, AA and ACA) “Healthy
Boundaries”
- 18:00 - 19:30 BBQ
- 19:30 - 21:00 Speaker Meeting
“Al-anon + ACA Speaker”
- 21:00 - open end Raffle + Sing along

Sunday October 13, 2019

- 07:00 - 08:30 Checkout
- 07:30 - 09:00 Breakfast
- 08:00 - 09:00 Yoga or Meditation
- 09:00 - 10:00 Fellowship Connection (Al-anon,
AA and ACA)
- 10:30 - 12:00 Speaker Meeting
“Al-anon + AA Speaker”
- 12:00 - open end Closing with Candle-lighting

Join us for a weekend of spirituality, fellowship and the power of hope in one of Germany's most awesome areas.

Please note that the booking will only be confirmed with a complete payment. No-shows and late cancellations will not be refunded. To check the availability send an e-mail to:

munich@alanon-munich.de

Rooms limited, reserve early!

Please also let us know if you have any dietary requirements (vegan, vegetarian, allergies, etc.) or if you require handicap capabilities.