



## PRICES

Registration 25,00 €

2 overnight stays with breakfast, cold supper, lunch and barbecue per person:

in a single room 134,90 €

in a double room 110,30 €

in a three bed room 95,30 €

Please inform us if you are vegetarian, vegan or have allergies!!!



## APPROACH

### **By plane:**

Flight to Munich, Innsbruck or Salzburg

### **By train:**

From railway station Garmisch-Partenkirchen take the „Zugspitzbahn“ to Grainau. Turn left into „Waxensteinstreet“, then right into „Alpspitzstreet“ (Walk of ca. 7 minutes)

### **By car:**

A95 Munich to Garmisch, then B23 direction Grainau, sign „Grainau“ turn left and follow „Loisachstreet“, turn left into „Unterer Dorfplatz“, second left, arrival after 100 m on the right side.

SEMINARHAUS GRAINAU E.V.

Alpspitzstr. 6, 82491 Grainau

Tel. +49 8821 966976-0

[www.seminarhaus-grainau.de](http://www.seminarhaus-grainau.de)

For updates on program and booking conditions  
visit our homepage [www.alanon-munich.de](http://www.alanon-munich.de)

### **If you have any further questions:**

Al-Anon contact in Munich

Heidi: 089-32189944 / [heidemarie.cate@gmail.com](mailto:heidemarie.cate@gmail.com)

Heike: 0173-8248986 / [sobriety13122012@gmail.com](mailto:sobriety13122012@gmail.com)

## 2.INTERNATIONAL AL-ANON CONVENTION “THE SKY IS THE LIMIT“ WITH ACA AND AA PARTICIPATION



10/20/2017 to 10/22/2017  
in Grainau / Zugspitze  
in a beautiful mountain area  
Eibsee and Partnach Klamm





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

Binding reservation from 20th of October to 22nd of October 2017. Reservations are required with payment! Please send a note, stating which room you prefer to **sobriety13122012@gmail.com**

- Single room (3 available)
- Double room (10 available)
- Three bed room (18 available)

Unless you book early, you might not get your preferred bedroom. However, we'll do our best to find a solution for everyone.

Payment to be deposited to

Commerzbank - Heike Kieschke „Al-Anon“  
IBAN DE54 7004 0048 0723 3273 01  
BIC COBADEFFXXX

## 2. INTERNATIONAL AL-ANON CONVENTION

With ACA and AA Participation  
**Please book your room as soon as possible**



FRIDAY	10/20/2017
15:00 o'clock	Check in (Check in desk will stay open until 19:30 o'clock and again on Saturday)
18:00 - 19:30 o'clock	Cold supper
till 22:00 o'clock	Late arrival
20:00 - 21:00 o'clock	Opening Meeting (Speaker Meeting)
SATURDAY	10/21/2017
09:00 - 10:00 o'clock	Meditation Meeting
10:30 - 12:00 o'clock	Workshop (Al-Anon)
12:30 - 13:30 o'clock	Lunch
15:00 - 16:00 o'clock	Meeting „How to deal with a thousand forms of fear“
16:30 - 18:00 o'clock	Meeting (women's and men's groups)
18:30 - 20:00 o'clock	Barbecue
20:00 - 21:30 o'clock	Speaker Meeting
21:30 - open end	Raffle, get together, sing along
SUNDAY	10/22/2017
09:00 - 10:00 o'clock	Meditation Meeting
10:30 - 12:00 o'clock	Closing Meeting (Speaker Meeting)

Parallel activities:

ACA and AA Workshop (10:30 - 12:00)  
ACA and AA Meetings