



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 „Alpspitzstraße“ (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.

PRICES

Registration 25,00 €

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

in a single room 139,30 €

(5 available)

in a double room 114,70 €

(15 available)

in a triple room 99,70 €

(10 available)

Payment to be deposited to:

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

SEMINARHAUS GRAINAU E.V.

Alpspitzstr. 6, 82491 Grainau

Tel. +49 8821 966976-0

www.seminarhaus-grainau.de

If you have any further questions:

Al-Anon contact in Munich

Heike: 0173-8248986

sobriety13122012@gmail.com

For updates on program and booking conditions visit our homepage

www.alanon-munich.de

**3rd INTERNATIONAL
AL-ANON CONVENTION
“ONE DAY AT A TIME“
with ACA and AA participation**



09/21/2018 to 09/23/2018

in Grainau / Zugspitze

a beautiful mountain area near
Eibsee and Partnach Klamm



AL-ANON CONVENTION "ONE DAY AT A TIME"

Friday, 09/21/2018

- from 14:00 Check-in
- 14:30 - 16:00 Hiking Tour
- 16:30 - 17:30 Welcome Meeting (Al-Anon,
ACA and AA)
"Staying in the Present"
- 20:00 - 20:45 Opening Meeting (Al-Anon,
ACA and AA)
"Al-Anon Speaker"

Marathon Meeting (self-initiated)

Saturday, 09/22/2018

- 07:00 - 08:00 Yoga or Meditation
- 08:30 - 09:30 **Al-Anon Meeting**
"Taking Care of Myself"
- or
ACA Meeting
"Safety"
- or
AA Meeting
"Asking for Help"
- 10:00 - 11:30 **Al-Anon + ACA Workshop**
"One Day at a Time"
- or
AA Workshop
"One Day at a Time"
- 12:00 - 13:00 Lunch Break
- 13:05 - 14:30 Meeting Outdoors (Al-Anon,
ACA and AA)
"Let Go, Let God"

AL-ANON CONVENTION "ONE DAY AT A TIME"

- 15:00 - 16:00 **Al-Anon Meeting**
"Passive Aggressive"
- or
ACA Meeting
"Inner Critic"
- or
AA Meeting
"Resentment"
- 16:30 - 18:00 Women's Meeting / Men's Meeting
(Al-Anon, ACA and AA)
"Trust + Jealousy"
- 18:30 - 19:30 BBQ
- 20:00 - 21:30 Speaker Meeting (Al-Anon,
ACA and AA)
"Al-Anon + ACA Speaker"
- 21:30 - open end Raffle + Sing along

Sunday, 09/23/2018

- 07:00 - 08:00 Meditation Meeting (Outdoors)
(Al-Anon, ACA and AA)
- 09:00 - 10:00 Meeting (Al-Anon,
ACA and AA)
"Personal Higher Power"
- 10:30 - 12:00 Speaker Meeting (Al-Anon,
ACA and AA)
"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 Email to:

sobriety13122012@gmail.com

Book early to avoid disappointment!

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