



2018 SLAA Spring Retreat Step 11, Prayer & Meditation

Friday, May 4th (5 pm) to Sunday, May 6th at 3 pm
Jericho House (jerichohouse.org)
10845 Rathfon Rd, Port Colborne, Ontario L3K 5V4

Registration: All rooms at Jericho House are booked. If you can stay off-site, we have a few places left for the retreat. Send your inquiry to: 2018slaaretreat@gmail.com
Conference Fee for off-site participants \$125.00

Carpooling is being arranged for those without vehicles. Let us know if you need a ride or can offer rides. Drivers will be compensated by passengers through their own arrangements.

For those who live nearby (Niagara Peninsula) and those who wish to find alternate accommodations locally, the fee for the weekend is just \$125. (Taxes included). This is a reduction of \$50 from the regular fee of \$175. Your fee includes 6 meals, use of the facilities, and participation in all activities.

Send all questions and advance payment to: 2018slaaretreat@gmail.com
Please register by sending your payment by April 4th. Refunds are available until April 30th.

If you plan to arrive late on Friday evening, please advise and we will provide a contact phone number. Jericho House is a smoke, incense, and candle free facility. Please use battery-powered candles. Meals are served promptly; Breakfast 8:30 am, Lunch 12 noon, Dinner 5 pm (except Friday at 6 pm)

Six meals are included: Friday dinner, Saturday - breakfast, lunch and dinner, Sunday, breakfast and lunch. Vegetarian and vegan options are available by request
(2018slaaretreat@gmail.com by April 30th please)

Directions from Toronto: 401 to 403 to QEW Niagara to Victoria Ave. (Regional Road 24) to Hwy 3, south 0.7 km on Rathfon Rd. and turn left into Jericho House

What to bring: Comfortable and appropriate clothing for activities such as hiking and yoga. Walking shoes for trails that may be wet and muddy. Slippers for indoors (no shoes allowed). If you wish to participate in the Hatha/Restorative yoga sessions, please bring your own yoga mat.