

AZ Live CoDA Events Committee

Step 11: Letting Go, Letting God – A Starlit Ceremony

5:30 PM -

9:30 PM

APRIL, 26

SATURDAY

BRING A BLANKET,
YOGA MAT AND
A JOURNAL FOR
REFLECTIONS

SUGGESTED
DONATION
\$10

Schedule of Events

Hour of Reflection & Discussion

Led by Keith, a discussion exploring the 11th step in CoDA

Guided Meditation

Guided meditation led by Keith to calm your mind and center your soul

Sound Bath with Crystal Healing Bowls

Crystal healing bowls soothing by Dana transport you to a place of deep relaxation and inner peace

Labyrinth Walk

Symbolic journey of release and renewal

Burning Bowl Ceremony

Write down what you are ready to release, and place it in the burning bowl

Questions?

Email Christina K

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The Franciscan Renewal
Center