

January 21 - 23 Darren Littlejohn & Tysa Fennern

The 12 Step Buddhist:

Enhance Recovery From Any Addiction



This interactive retreat is open to all, but is recovery oriented. CEU Credits may be available. This cutting edge recovery work is deep and powerful. Activities include: guided and silent meditations; chanting; Aspects of Self dialogs; yoga, games, midnight meditations and plenty of hot tubbing!

Darren Littlejohn, (top) author of The 12-Step Buddhist, is a long-term member of the recovery community and practitioner of Buddhism for over 20 years. He has advanced education in Psychology and conducts workshops nationally.



Tysa Fennern (left) is a long-term member of the recovery community. As a Buddhist practitioner she conducts groups for women's spirituality in recovery, with a focus on aspects of the feminine and women teachers.

REG & INFO: Darren 503.754.7731 or darren@the12stepbuddhist.com or www.the12stepbuddhist.

com BEGINS: Fri dinner ENDS: Sun lunch COST: \$140 (\$99 if registered by 12/15) plus lodging DEPOSIT: cost of lodging (plus \$65 non-refundable deposit)