**You are Invited to “Awakenings 101”**

***A February 2019 Retreat***

EA of Minnesota and Region One is pleased to announce its 2019 February retreat in Buffalo Minnesota. This year's theme is “***Awakenings 101.”***

EA friends from around the world are invited to join us for a gathering at the beautiful King's House Retreat Center on Lake Buffalo. For just $162.00 per person, up to 80 of our EA friends will get five meals and two nights lodging from Friday night February 15th through Sunday the 17th. Come if you want to renew your spirit and invite your next spiritual awakenings.  We'll offer workshops and enlightening sessions on:

*Where am I in the stages of recovery?*

*Bringing compassion to myself and my daily inventory*

*Setting aside unhealthy understandings of powerlessness*

*Transforming negative thinking to positive*

*Recovering from the habits of codependency with EA steps and tools*

*Visualizing my own joyful life*

*Gratitude practices for knowing abundance****and****deeper connection with Higher Power*

We look forward to renewing spirit and connection with you in the birthplace of EA!

Contact Diana G. at [dlsguenth@gmail.com](mailto:dlsguenth@gmail.com) or 763-755-9317 to request your application form.