

## RETREAT HIGHLIGHTS

### Arrival & Departure Times:

Check-In Friday, 3 pm to 8 pm  
Check-Out Sunday Noon

### Workshops, Meetings & Activities:

Friday Night Meet & Greet  
Morning Meditations and Yoga,  
Step Meetings: 1, 2 & 3 and 10, 11 & 12  
Healing Circle, Chakra Balancing, Reiki  
Prayer and Meditation Workshop  
Create your own Dream-catcher

### Recreation available:

*Included, no additional fee*  
Golf, canoeing, mountain biking, hiking,  
swimming, paddleboats, basketball,  
tennis, volleyball, field games, campfires

### Additional Services Available:

*Not Included, additional fee for these  
individualized services*  
Reflexology, Massage, Reiki

### **WitS - Mission Statement**

*The Mission of Women in the Spirit is to  
provide an alcohol & drug-free retreat for  
diverse women seeking spiritual growth in  
a recovery based environment.*

**Disclaimer:** *This retreat is not part of the  
general services provided by AA World  
Service. However, there will be AA  
meetings.*

WITS Retreats  
PO Box 462  
Plymouth, NH 03264



Please join us for our  
4th Annual Women's Retreat

*"Sought through Prayer & Meditation . . ."*

**September 7 – 9, 2012**

Pilgrim Pines Conference & Retreat Center  
220 West Shore Road, Swanzey, NH 03446  
[www.pilgrimpines.org](http://www.pilgrimpines.org)

For More Information &  
Online registration please visit  
[www.witsretreats.com](http://www.witsretreats.com)

*Feel free to copy and distribute this flyer  
to other women in recovery*



[www.WitsRetreats.com](http://www.WitsRetreats.com)

# LODGING & MEALS

## LODGING

Rooms include bathrooms, linens and towels. Available lodging options include lodge rooms, cabins and condos. Condos and some cabins have kitchenettes. Some lodge rooms have shared baths. Many units are up at least one flight of stairs please check the physical limitations box if stairs present a challenge for you.

**\$219 - Single** rooms available in the main lodge  
(Limited Availability, 1<sup>st</sup> come, 1<sup>st</sup> served)

**\$209 - Double** Condo, cabin or in the main lodge

**\$199 - Triple** Cabin or room in the main lodge.

**\$189 - Cabins or Condos** for 4, 5, and 6 bring your friends or share will be shared with others

NOTE: Rooms in the main lodge are subject to shared baths.

## MEALS

The retreat includes FIVE (5) Meals: Friday Dinner, Saturday, Breakfast, Lunch & Dinner And Sunday Breakfast. A Vegetarian choice is available.

Refrigeration is available in most units so feel free to bring your own snacks and drinks.

Coffee, tea and cold beverages are available at all times at no additional cost.

### Contact Information:

Registration: register@witsretreats.com

General Info: info@witsretreats.com



www.WitsRetreats.com

# REGISTRATION FORM

MAIL IN DEADLINE: Postmarked by August 31, 2012

Online registration at WWW.WITSRETREATS.COM deadline September 5, 2012

**All-inclusive registration includes lodging, meals, retreat and recreational activities.**

## One person per form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Sobriety/Recovery Date: \_\_\_\_\_

People in Party: \_\_\_\_\_

Please list who will be in your party so we can house you together.

Registration after July 15, 2012 ..... Add \$15.00

*\*Package pricing is inclusive of all NH taxes as well as service charges.*

Lodging Choice Single/Double/Triple/Max		Amount
	All inclusive 3 day/2-night weekend Retreat	
WitS is taking donations for our Scholarship Fund for those less fortunate. If interested, please add it to your total. Thank You!		
<b>TOTAL</b>		

- DO YOU HAVE PHYSICAL LIMITATIONS?
- ARE YOU A VEGETARIAN?
- CHECK HERE IF YOU ARE WILLING TO VOLUNTEER
- CHECK HERE IF YOU ARE WILLING TO CHAIR A MEETING

PLEASE MAKE **MONEY ORDERS** PAYABLE TO: (No Personal checks accepted)

**WITS RETREATS PO Box 462 Plymouth, NH 03264**

### Cancellation Policy: NO REFUNDS

However registrations are transferable; they may be sold or given away. Forfeitures will be placed in the scholarship fund.