

*Retreat day of
Mindfulness and OA
Recovery*



Sponsored by: OA SGVIE Intergroup
1157 East Arrow Highway Suite #4
Glendora, CA. 91740

- **Where:** Descanso Gardens, 1418 Descanso Drive, La Cañada Flintridge, CA 91011 Ph. [\(818\) 949-4200](tel:8189494200). **We will walk from the entrance to section “J” - Canyon View - where our mindfulness retreat experience begins.**
- **What to Bring:** Comfortable layered/warm clothing, comfortable walking shoes, plenty of water, snacks. The retreat includes a combination of sitting and walking mindfulness meditations. All walking practices will be gentle and at your own pace.

At Descanso Gardens

April 26,2020

**10:00 a.m. – 3:00
p.m.**

- **Cost:** Entrance is \$9.00 and Seniors over 65 and Students with ID \$6.00. ***This is a fundraiser for OA SGVIE Intergroup, contact Andie G at 909-706-9180. Suggested donation is \$15.00 for the event. Pay Andie on the day of the retreat or signup on-line and use Zelle or PayPal at oasgvie.org***
- **Lunch:** A one-hour lunch is scheduled at about 12:30pm. You may purchase food at the Descanso Gardens on-site restaurant, but it can be pricey. You may bring a sack lunch. Descanso Gardens does not allow eating sack lunches on Garden grounds; however, picnic tables are provided just outside of the main entrance. You can re-enter the Gardens with your ticket stub.
- <https://www.descansogardens.org/visit/plan-your-visit/>.