

CC+ H2O (Conscious Contact + Water = Lava Baby!)

24th Annual

Men's Spiritual Retreat

Lava Hot Springs, ID

Aura Soma Conference Center

September 8, 9 & 10, 2017

Sobriety Workshop Featuring

Paul H. from The Bay Area

Fellowship - Meetings - Meditation – Hot-Pools – Recovery



We have reserved all the houses congruent to the conference center. We would love to have everyone stay at Aura Soma. There are a variety of prices from rolling out a sleeping bag to the Master bedroom in one of the Cabins. We will have access to the commercial kitchen on site. Plan on a big Potluck Breakfast Saturday and Sunday and the Super Potluck Dinner on Saturday.

We will have access to the main soaking pool and several hot tubs for the days of the retreat.

<http://www.aurasomalava.com/ASL-Conference-Cent>



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The basic retreat price remains the same at \$40
But we have lodging on site two nights for:
Queen \$200.00
Day, twin or double \$75.00
Trundle \$60.00
Bring your own Bag and pad \$25.00
Reserve lodging at the Retreat Center with Dan K. (208) 720-2122



2015 CC + H2O Schedule

All events are at The Conference Center at Aura Soma unless otherwise noted.

Coffee, cold drinks, snacks and Saturday night dessert will be provided.

Friday

4:00 p.m. Registration

8:00 p.m. Speaker Meeting

Saturday

8:00 a.m. Guided Meditation

9:00 a.m. Registration 10:00am - 12:00 p.m. Workshop

12pm-1:00pm Lunch Break

Saturday cont. 2:00pm - 5:00p.m. Workshop

5:00pm – 7:00pm Pot Luck Dinner

7:00 p.m. Speaker Meeting (dessert provided)

Sunday

8:00 a.m. Guided Meditation

9:30 a.m. Hot Pool Meeting at Aura Soma Pool (fee included in registration)

Mike C. (208) 681-3169 (2017 Committee Chair)

(2017 Co-Chair)

Ben S (801) 913-5360 (2017 Treasurer)

Please Pre-Register: Make check payable to: CC + H2O

Address: 131 J Street SLC, UT 84103

Registration/coffee: Before Sept 4th _____\$30 at door_____ \$40

Name: _____

Address: _____

Phone: _____ E-mail: _____

We would love to have everyone stay at Aura Soma, but additional options can be found at Lava Hot Springs Lodging (www.lavahotspings.org)