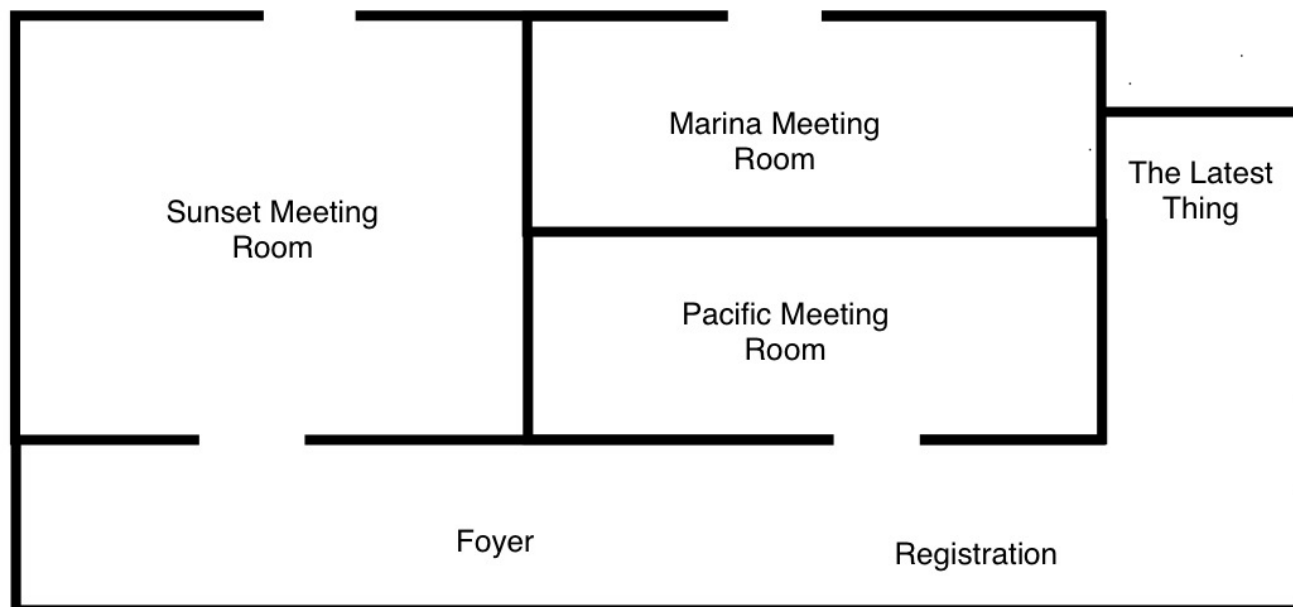




★ Registration/Check in 
 ★ Front Desk/Check in 
 ★ Hospitality/Meeting Rooms 
 ★ Soundbath/Yoga

## **Ballroom Meeting Layout**



## **Activity Descriptions**

### **Drop the Rock**

This session is inspired by the book *Drop the Rock* and focuses on identifying and releasing character defects and resentments that can hinder recovery. The activity begins with a guided meditation to encourage self-reflection, followed by a hands-on rock-painting exercise. Participants create a visual symbol of what they are ready to let go of, promoting insight, healing, and renewed commitment to their recovery journey.

### **Jewelry Making (Beginner & Self-Paced)**

An open, self-paced creative session designed for all skill levels. Participants will craft simple jewelry pieces, encouraging self-expression, focus, and mindful engagement in a supportive environment.

### **God Box Decorating**

In this session, attendees will design and personalize a “God Box,” a symbolic tool for practicing surrender and trust. Participants are encouraged to write down concerns or intentions and place them in the box as a tangible reminder to let go and rely on their Higher Power.

### **Yoga**

A guided yoga session integrating gentle movement and intentional breathing to promote relaxation, body awareness, and balance. All levels are welcome, with modifications offered to ensure accessibility and comfort. Please bring your yoga mat.

### **Sound Bath**

This restorative experience utilizes resonant tones and soothing vibrations to create a meditative atmosphere. Participants are invited to rest deeply, release tension, and cultivate a sense of inner calm and renewal. Please bring your yoga mat.

*\*All participants must sign up to attend activities as participation is limited for some activities\**

## **Conference Tips**

\*Have Fun! Nearly half of our attendees are here for their first conference—this is a great chance to meet new people and make lasting connections throughout the weekend.

\*Need Help? Look for anyone wearing a committee badge. They’re here to assist with questions or concerns.

\*Lunch: On Saturday, there will be a prepaid lunch option available. You’ll need to sign up and pay for this option by Friday at 7:00 PM.

\*Plan Ahead: Pre-registration for our 2026 conference is open now, and a special discount is only available until Sunday—see a committee member for details.