



# AA STEP 11 MEETINGS YOGA & MEDITATION

## MONDAY AFTERNOONS

TIME: NOON-1 PM

## TUESDAY EVENINGS

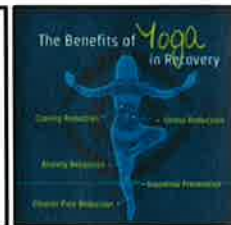
TIME: 5:30-6:30 PM



## SATURDAY MORNINGS

TIME: 10:30-11:30 AM

COULEE COUNCIL ON ADDICTIONS  
JESS LICHTIE ROOM  
933 FERRY STREET, LA CROSSE, WI, 54601



A weekly **OPEN** AA Meeting to practice Step 11 through your spiritual journey. The meeting includes Restorative Yoga (beginner poses), various styles of Meditation & sharing step 11 reflections. Yoga Mats are provided but bring your own if you wish. For more information, please contact Matt at [mattgillespiefitness.com](http://mattgillespiefitness.com)

