



WORKSHOP SCHEDULE

FRI 1/30
3:30-5:00 PM

SOUNDBATH

Join Ashley and Tim for a healing workshop that weaves together Reiki, sound, fellowship, and simple ceremony—an opportunity to release old illusions and reconnect with the light already within. In her Reiki practice, Ashley walks with us one day at a time, heart to heart, as we open to universal guidance and remember our truest selves, living with clarity, purpose, and abundance.

HOLLYWOOD

SAT 1/31
8:00-9:00 AM

WRITING FOR THE GRAPEVINE AND VOLUNTEERING FROM THE HEART

Join us for a lively, creative workshop where we'll write for the Grapevine using warm, funny, and heartfelt stories that open doors to personal healing. Then, with Adonia's guidance, we'll explore how to carry that spirit forward through compassionate service—finding meaningful ways to give back to our AA community.

HOLLYWOOD

SAT 1/31
9:30-10:30 AM

LITERATURE COMES ALIVE

Step back into AA's earliest days (1934–1955) and experience the people, places, and powerful moments that shaped our Fellowship and the birth of the Big Book. With Chris A. as your guide, dive into the transformative years when both the Big Book and AA itself took shape through remarkable individuals, pivotal events, and unexpected grace. Come discover the dynamic, real-life stories behind the creation of Alcoholics Anonymous.

HOLLYWOOD

SAT 1/31
11:30-1:00 PM

UNDERSTANDING SECULAR RECOVERY

Steve T., Nathan H., and March W. will introduce participants to Secular Recovery through the lens of neurology and psychology, all in service of our primary purpose: to stay sober and help the next alcoholic. They'll explore how scientific principles—like neuroplasticity—can support recovery by helping us build new habits, form healthier neural pathways, and create lasting change.

HOLLYWOOD

SAT 1/31
2:00-3:00 PM

MINDFULNESS MEDITATION

A spiritual meditation practice inspired by the 12 steps—welcoming to anyone, whether you're in a recovery program or simply seeking deeper connection. This workshop centers on the spirit of the 11th Step: seeking through prayer and meditation to strengthen our conscious contact with a Higher Power, asking only for guidance and the strength to carry it out.

HIDDEN HILLS

SAT 1/31
3:30-4:30 PM

SPIRITUAL HEALING

Join Richard B. as he weaves together practical guidance and psychological insight with the spiritual principles at the heart of AA. With two decades of experience, he explores how we align with a Higher Power, release what no longer serves us, and awaken to a deeper sense of purpose, clarity, and personal transformation.

HIDDEN HILLS

SAT 1/31
5:00-6:00 PM

RECOVER & REBUILD HEALTHY CONNECTIONS

Join Kathleen M. and Mellisa M. for an experiential journey through therapeutic approaches such as Sensorimotor Psychotherapy (breathwork), Internal Family Systems (IFS), AEDP, and Interpersonal Neurobiology. Blending psychoeducation, group process, and psychodrama techniques, this workshop shows participants how to reframe their stories, heal trauma, recover and rebuild healthy connections rooted in a stronger sense of self. Following the discussion led by Kathleen, Mell will take us through a breathwork session to connect our bodies with our recovery.

HIDDEN HILLS

SAT 1/31
7:00-8:00 PM

HEALING, BREATHING & AND EXPERIENTIAL THERAPY BREATHWORK

Demonstration and Participation Session

Following the earlier Healing, Breathing, and Experiential Therapy discussion led by Kathleen, Mell will take us through a breathwork session to connect our bodies with our recovery.

HIDDEN HILLS

SAT 1/31
8:30-9:30 PM

YOGA

Join Shanairah T. for a gentle spiritual yoga flow that begins with grounding and centering, moves into a light-building Vinyasa sequence, and closes with a peaceful 5-minute Savasana meditation. All levels are welcome. Please bring a mat or towel if you can.

HIDDEN HILLS