

# CoDA Retreat 2017 - The Netherlands

## 23, 24 & 25 June



### *“LIVE and Let Live”*

We warmly invite you to the CoDA Retreat 2017 “LIVE and Let Live”, held in English and Dutch. We welcome people from both overseas and Dutch CoDA fellowships as well as anyone who thinks they may benefit from the weekend. This year it will be a small retreat for maximum 25 persons.

CoDA welcomes you to take part in the great adventure of unravelling who you really are and with the help of your Higher Power, becoming the person you were born to be, the best version of yourself. We share our stories of pain, shame, guilt and fear but also our experience, strength and hope, and through sharing and using the CoDA recovery tools, allow our Higher Power to lift ourselves and each other up. Come join us for a weekend of fellowship and recovery from co-dependency in a safe environment, working together on our personal recovery, opening up to love, support and healing. As tradition three states the only requirement for membership is a desire for a healthy and loving relationships.

With the theme ‘LIVE and Let Live’ as our starting point we will especially focus on our own recovery and the unconditional acceptance of the choices made by others. People identifying as co-dependents are especially prone to interfering in other people’s lives, and this weekend will be about the personal liberation and power that comes when we fully return to and keep our focus on ourselves, allowing us to truly LIVE!.

The retreat will be held at Spiritual Centre “Heel en Al” in Schoorl, the Netherlands, about 30 minutes’ walk from the sea, set in a natural reserve in the middle of woodland and dunes. Check inn time is on friday 23rd 16.00-17.00 hours. Closing at Sunday the 25th at 17.00 hours. The facilities are quite basic but are more than compensated for by the three delicious, varied and filling vegetarian meals a day. For more information see <http://www.heelenal.nl>

## REGISTRATION AND PAYMENT:

To register please send an email to: : [codaretreatnl@gmail.com](mailto:codaretreatnl@gmail.com) with your details and transfer the amount due to bank number NL50 INGB 0009 6971 80 CoDA Retreat (from abroad, BIC: INGBNL2A)

A confirmation letter will be sent to you once your payment has been received.

### Early Bird offer

O €167 for the whole weekend incl. vegetarian meals

Pay before Sunday 26 February 2017. If you have definitely decided to come, please help us by making use of this “early bird” price so we can make the down-payment for the retreat location.

O €180 for the whole weekend incl. vegetarian meals it has to be on our bank account before 16th of June

Questions? Mail or phone:

[codaretreatnl@gmail.com](mailto:codaretreatnl@gmail.com)

Ingrid 00 31(0) 618228817

Carolien 00 31 (0)251 29 28 02



*“Looking forward to seeing you at the CoDA Retreat 2017”*



*Tim, Nancy, Ingrid & Carolien*