

REPORT TO SANAC16 COMMITTEE FROM THE HEALING COMMITTEE

All Committee meetings were attended by Theresa in her capacity as Vice Chair of Healing. Thank you for your diligent service Theresa! Also big thanks to Peter for producing the Healing flyers and pull-up banner. It was very professional and looked great outside our Room. Thanks also to the registration team, who helped a lot with promoting the healing activities.

Room 155 was a really great venue. On arrival it was set up as a teaching space, but this was not a problem. Adam and Jax kindly helped move the tables to the perimeter of the room, and we positioned the chairs in a circle before setting up the gong space and lighting. The room was put back as we found it at the end of Sunday. The room was a great size, very easy to find, and was nice and quiet, which was conducive to the events taking place.

The Om Meditation session had quite small numbers, with 8 participants. But it was well received and was a gentle introduction to the weekend.



The gong bath was very well attended, with 32 participants. Feedback from numerous fellows afterwards was really positive, and the acoustics in the room were really great.

We do not have a report on attendance at the afternoon mediation session run by Annette, but thank her for her service.

Sunday morning started with kundalini yoga, and again, this was well attended.



The Reiki session worked really well even though it was just Theresa and I as Reiki practitioners, as one other practitioner had dropped out. We had 20 people booked, so that meant 5 minutes of Reiki treatment for each participant. Jax was a spiritual timekeeper and this worked really well. We did not book time slots as previous experience showed us this can become very unmanageable! So the format this year worked well.

We noticed that several fellows had been attending all of the sessions, and this is great, as part of the intention was always to provide a safe nurturing and calm space in a convention setting, promoting Step 11 and our conscious contact with God through spiritual practice.

Some practitioners that we had approached many months beforehand were unable to attend – the somatic breathwork/crystal bowl practitioner is pregnant, and the Wim Hoff breathwork practitioner was also unavailable. Nevertheless we managed to host a varied programme. To pack more healing events in would clash with main shares, which we were trying to avoid – so the balance felt just about right.

We enjoyed very much being of service. Special thanks to every fellow who participated in the healing activities and to you, the Committee, for all your hard work on putting on an exceptional convention, and for allowing us to be of service.

Yours in recovery,

Pat & Theresa x