

Recovery Meetings - USA

Sacramento - CA

Venue: Sacramento Dharma Center

Days: Mondays

Time: 6:30pm - 8:00pm

Type: Buddhist 12 Step Sangha

Address: 3111 Wissemann Dr., Sacramento, CA 95826

Other info: Sacramento Insight Meditation is offering a Buddhist 12 Step Recovery Sangha that uses the Four Noble Truths and the Noble Eight Fold Path as a guide to recovery. Our meeting is open to any level of Practice as well as being open to any addiction/craving/behavior. We offer a 20 minute silent or guided meditation, reading from Buddhist 12 Step Recovery book, sharing period with a closing Dedication of Merit.

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