

Recovery Meetings - United States

Madison - WI

Venue: Shambhala Center of Madison

Days: Sundays

Time: 7:15pm - 8:45pm

Type: Heart of Recovery Group

Address: 408 S. Baldwin Street, Madison, WI 53703

Other info: The Heart of Recovery is a meditation and discussion group at the Shambhala Center of Madison with the purpose of bringing together the practice of meditation, the Shambhala and Buddhist teachings, and the 12 Steps of recovery. We focus on sharing our experience while bringing together meditation practice with our individual paths of recovery from addiction.

Meeting format includes:

Sitting meditation instruction and practice
A topic offering in the form of a brief share or reading by the facilitator
Discussion and exploration by group members
Sharing our personal experience, strength, and hope
There is no charge for the meetings, but donations to the operating costs of the Shambhala Center of Madison are welcomed.

Open to all.

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