

# Recovery Meetings - USA

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## 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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