



Refuge Recovery Buddhist Recovery Meetings

Ongoing weekly meetings open to anyone interested in Recovery and Buddhism.

These meetings will focus on Buddhist teachings, traditions and practices that can be helpful to people recovering from all addictions. There will be an emphasis on meditation practice and waking up to the habitual patterns that drive us and our unskillful behaviors.

These meetings are appropriate for anyone in recovery, or interested in recovery.
No meditation experience is necessary

Donation only, no preregistration -just drop in.

7:00pm-8:30pm Thursday

**** Starting May 2nd, 2013 ****

3359 Cesar Chavez., San Francisco 94110

For questions or more info, please write:

Enrique@againstthestream.org

Against Greed - Against Hatred - Against Delusion
Against the Stream Buddhist Meditation Society
www.againstthestream.org