

Recovery Meetings - United States

Decatur - GA

Type: One Breath at a Time

Venue: Shambhala Meditation Center of Atlanta

Days: Thursday

Time: 7:30pm

Address: 1447 Church Street, Decatur, GA 30030

Other info: We usually meet in the main shrine room, but sometimes there will be a sign telling you to go to some other location in the center. We start off with 10 minutes of sitting meditation, then read from the book "[One Breath at a Time](#)" written by a Buddhist meditation instructor who is in recovery. After that it's just like a regular open discussion meeting.

Contact: For more information call Tom: Phone - (404) 237-6968 Website - [Buddhist Friends Of Bill W.](#) or [Shambala Atlanta Group Description](#)