

Recovery Meetings - United States

Woodacre - CA

Type: Dharma & Recovery

Venue: Spirit Rock Meditation Center

Days: 2nd Friday of each month

Time: 7:30pm - 9:30pm

Address: 5000 Sir Francis Drake Blvd, Woodacre, CA 94973 - (Community Meditation Hall)

Other info: With Kevin Griffin or others.

This group explores the intersection of recovery with Buddhist Teachings and practices. We welcome all people who identify with any of the full range of addictions, from substances, to behaviors, to habitual thought and emotional patterns.

This is not a 12 Step group, but we look to ways that members of that community can support each other on the path of recovery. Each gathering begins with a period of guided meditation and new meditators are welcome. There is time for discussion about meditation practice and each month a recovery/dharma theme will be discussed.

To support the event and meet like-minded people, we encourage you to arrive early and/or stay after to help us with a few simple tasks. The first four people to sign up to volunteer will have their event registration fee waived!

Cost: \$8-\$10 sliding scale class fee, plus a donation to the teacher.

Pre-registration not required, just come!

Contact: For more information or to sign up, please contact us at: Phone - (415)

488-0164 X224 Email - volunteering@spiritrock.org

Website - www.spiritrock.org/