**Sacramento - CA**

**Type:** Buddhist 12 Step Sangha - Sacramento

**Venue:** Online

**Days:** Monday

**Time:** 6:30pm - 8:00pm

**Address:** -, Sacramento, CA 95826

**Other info:** Sacramento Insight Mediation is offering a Buddhist 12 Step Recovery Sangha that uses the Four Noble Truths and the Noble Eight Fold Path as a guide to recovery. Our meeting is open to any level of Practice as well as being open to any addiction/craving/behavior. We offer a 20 minute silent or guided meditation, reading from Buddhist 12 Step Recovery book, sharing period with a closing Dedication of Merit.

**Contact:** Website - [https://sactoinsight.org/events/category/buddhist-recovery-group/list/](https://sactoinsight.org/events/category/buddhist-recovery-group/list/)