Seattle - WA

**Type:** Mindful Recovery

**Venue:** Fremont Recovery Sangha - MEETING ONLINE

**Suburb:** Fremont

**Days:** Monday

**Time:** 7:30 - 8:30pm

**Address:** 3902 Woodland Park Ave N, Fremont, Seattle, WA 98103 - Use the gate on Woodland Park Ave N

**Other info:** Meeting Online until Further Notice

[https://zoom.us/j/260276303](https://zoom.us/j/260276303)

Dial In: 1 253 215 8782
Meeting ID: 260 276 303

20 minutes of mindfulness meditation followed by a short reading Of Buddhist teachings and dharma related to recovery. The meeting will then be open for group and peer share followed by a short closing meditation.

There is plenty of street parking in the area and the MIdnight Cookie Company two doors down!

**Contact:** Jeremy - Email - risingsunmindfulness@gmail.com