

# Recovery Meetings - United States

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## Decatur - GA

**Type:** One Breath at a Time

**Venue:** Shambhala Meditation Center of Atlanta

**Days:** Wednesday

**Time:** 12 noon

**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.](#)