

Recovery Meetings - United States

Laconia - NH

Type: Hour of Stillness

Venue: Riverbank House

Days: Sundays

Time: 5:30pm - 6:30pm

Address: 72 Church Street, Laconia, NH 03246 - (Nibbuti Yoga Studio)

Other info: There are many different paths to peace. Riverbank House is hosting a regular hour of Stillness for the recovery community at 5:30 pm on Sunday evenings at 72 Church Street in Laconia at the Nibbuti studio. We've already had a wonderful introduction to mindful meditation and a great discussion about how we each experienced it. Please join us. No experience in meditation is necessary. Each week we will rotate a lead, so if you have a particular practice of inner Stillness that you would like to share, we'd love to learn from you. This is a cost-free, affiliation-free, brain-free, judgment free, shoe-free, drug-free hour of unity and peace and it will be enriched by your presence! So please join us!

Contact: Email - r@riverbankhouse.net Website - riverbankhouse.net/