

# Recovery Meetings - United States

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## Tucson - AZ

- Type:** Sarpashana - The Tucson Shambhala Meditation Group
- Venue:** Online
- Days:** Thursday
- Time:** 6:00pm - 7:30pm
- Address:** 3250 North Tucson Boulevard, Tucson, AZ 85716 - (just north of Fort Lowell Road on the east side of Tucson Boulevard)
- Other info:** **Meeting Currently Via Zoom**

**Meeting information can be found by contacting the facilitator directly or through the Tucson Shambhala website via email. (see below for contact and website info)**

Sarpashana is a Buddhist Recovery Group and is also a Sanskrit word meaning 'poison eater.' The symbol for the group is the peacock, which, according to an ancient Hindu story, can eat poison and transform it into nourishment, resulting in the bird's dazzling plumage. Our Sarpashana group serves all people who are interested in relating their path of meditation and dharma studies to their alcohol or other addictions and recovery. The group explores the challenges and opportunities that addictions and attachments provide us in this context. The group meets for meditation, study and discussion.

- Contact:** For more information: Phone - (520) 481-1286 Email - [dgdamon@gmail.com](mailto:dgdamon@gmail.com)  
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