

# Recovery Meetings - Australia

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## Sydney - NSW

**Type:** 11th Step Meditation & Recovery Workshop

**Venue:** Sydney Buddhist Centre - Hybrid

**Suburb:** Newtown

**Days:** Friday

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

**Address:** 24 Enmore Road, Newtown, Sydney, NSW 2042 - (near Newtown train station)

**Other info:** In this evening we explore the use of meditation to help people in recovery from the suffering caused by addictive behaviors. It is open to people of all backgrounds, and respectful of all recovery paths with a particular emphasis of applying mindfulness meditation to the twelve-step program.

The evening starts with a half-hour semi-supine relaxation and body awareness leading into a led meditation. There is no need for any previous experience. After the meditation we discuss and workshop our experience.

This meeting is available online and is "hybrid" follow the meeting link for latest Zoom info and to read more.

Participation by donation (suggestion: \$5)

**We also hold does four retreats a year!**

**Contact:** Guy: Phone - (0407) 656 555 Email - [guy@smarthomeworks.com.au](mailto:guy@smarthomeworks.com.au)

Website - <https://sydneybuddhistcentre.org.au/classes/11th-step-meditation-and-recovery-workshop>