

Recovery Meetings - United States

Duluth - MN

Type: Buddhism and Recovery

Venue: Inner Bliss

Days: Every Monday

Time: 7:00pm - 8:00pm

Address: 1434 E. Superior St., Duluth, MN 55805

Other info: We use the books [Buddhism & The Twelve Steps Workbook](#) and [Eight Step Recovery](#) as guiding texts. The topic may be taken from, or a reading of, either text.

"The purpose of this group is to support those who want to integrate Buddhist teachings and practices into their recovery from any addiction. We are open to people of all backgrounds and recovery paths, including but not limited to all of the 12-Step programs. We encourage the use of mindfulness and meditation and are grounded in Buddhist principles of non-harming, compassion, and interdependence."

— Adapted from Buddhism & The Twelve Steps Workbook

Contact: Email - buddhismandrecoveryduluthmn@gmail.com