**Boston - MA**

**Type:** The Heart of Recovery

**Venue:** Online - Shambhala Meditation Center of Boston

**Days:** Monday

**Time:** 7:30pm

**Address:** 646 Brookline Avenue, Boston, MA 02445 - (one block off Route 9 and the Riverway)

**Other info:** The Heart of Recovery: A weekly meditation and sharing support group bringing together Buddhist meditation practice and the Twelve Steps.

The group is currently meeting online [https://us02web.zoom.us/j/978107220?pwd=NC8vSGt6b0RVNW1jRGIYM2h1VXJvUT09](https://us02web.zoom.us/j/978107220?pwd=NC8vSGt6b0RVNW1jRGIYM2h1VXJvUT09)

The group will meet weekly to: welcome each other; practice Shamatha Viphasyana (peace of mind, awareness of mind) meditation; share our personal experience, strength and hope. We will use the principles of Council (a talking stick) practice and The Twelve Step traditions (no cross talk & anonymity) to: integrate the basic goodness of meditation with our commitment to abstinence. Open to all Buddhist practitioners from all traditions and Twelve Step practitioners from all programs.

**Contact:** Leader: John R.: Phone - (617) 699-8130

Email - recovery@shambhalaboston.org

Website - [www.shambhalaboston.org](http://www.shambhalaboston.org)