

# Recovery Meetings - United States

---

## Louisville - KY

**Type:** Louisville Recovery Sangha

**Venue:** Online

**Days:** Wednesday

**Time:** 2:30pm

**Address:** Oniine, Louisville, KY 40207

**Other info:** The Wednesday meeting consists of a 15 minute progressive muscle relaxation. The PMR is followed by a 20 minute silent sitting meditation and the meeting concludes with a 20 minute dharma talk.

Meeting

URL:

<https://us02web.zoom.us/j/88425978730?pwd=U0VjTjUzTUJFWDhveXo2M2NRUzl6dz09>

Meeting Id: 88425978730 Password: 095965

**Contact:** Email - [louisvillerecoverysangha@gmail.com](mailto:louisvillerecoverysangha@gmail.com)