

Recovery Meetings - United States

Los Angeles - CA

Type: Buddhist Recovery Meeting

Venue: **Against the Stream Buddhist Meditation Society**

Days: Tuesdays

Time: 7:30pm

Address: 4300 Melrose Ave., Los Angeles, CA 90029

Other info: The meeting will focus on Buddhist teachings, traditions and practices that can be helpful to people recovering from *all* addictions. There will be an emphasis on meditation practice and waking up to the habitual patterns that drive us and our unskillful behaviors. These are not 12-Step meetings, but we will see how the steps can be understood from a Buddhist perspective. Each week the meeting will focus on a different topic:

- Four Truths of Recovery
- Fifth Precept
- Buddhist Perspective on the 12 Steps
- Speaker

These meetings are appropriate for anyone in recovery, or interested in recovery. No meditation experience is necessary.

Contact: Phone - (323) 665-4300 Website - www.againstthestream.org