

Recovery Meetings - United States

Seattle - WA

Type: Buddhism & Recovery peer study group

Venue: Peer Seattle (formerly SASG)

Suburb: Capitol Hill

Days: Thursday nights (Weekly)

Time: 7:30pm - 9:00pm

Address: 1520 Bellevue Ave Ste 100, Capitol Hill, Seattle, WA 98122

Other info: This is a peer led meditation and discussion group on Buddhism and recovery, founded in Jan. of 2010. The format includes sitting meditation, a reading on Dharma & recovery, and open discussion on the reading and recovery support. We share facilitation within the group by signing up on a calendar, using a "script" of the meeting format. We do not teach meditation, but offer support for those who wish to find further meditation instruction. The group is not affiliated with any specific Buddhist or 12-step recovery fellowship, all are welcome. 1st THURS. EACH MONTH - MEDITATION PRACTICE, STUDY & DISCUSSION MEETING

This peer group is sponsored by Northwest Buddhist Recovery
www.nwbuddhistrecovery.org

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