

Recovery Meetings - United States

San Rafael - CA

Type: Buddhist Recovery Meeting

Venue: OpenEye Mindful Space

Days: Sunday

Time: 7:00pm - 8:30pm

Address: 875 4th Street, San Rafael, CA 94901

Other info: Marin Mindful Recovery Group focuses on our deepening of spiritual connection through exploration of various topics and spiritual practices related to psychology, philosophy, and Eastern Religion. Our primary teachings come from Buddhist concepts focusing on mindfulness and insight meditation practices but are not exclusive of any beneficial spiritual practice.

We meet on Sunday evenings to meditate, to discuss topics related to the challenges of daily practice, both on and off the cushion as they relate to our recovery, and to explore readings and other teachings from Buddhist and other contemplative practices that promote wise action.

All levels of meditation experience, as well as stages of recovery, are welcome!

Cost is free: Dana

Contact: Email - info@marinmindfulrecovery.com