

Recovery Meetings - United States

Seattle - WA

Type:	Heart of Recovery Group
Venue:	MEETING ONLINE - (normally at the Seattle Shambhala Center)
Suburb:	Madison Valley
Days:	Wednesday
Time:	7:00pm - 8:15pm
Address:	3107 E. Harrison Street, Madison Valley, Seattle, WA 98112
Other info:	Until further notice, we are meeting virtually via Zoom.

Please see our website for instructions on how to join us:

<https://seattle.shambhala.org/heart-of-recovery-group/>

The Heart of Recovery is a group meeting at the Seattle Shambhala annex focused on sharing support while bringing together contemplative practice and a commitment to recovery to addictions of all kinds. Newcomers will learn basic meditation techniques to enhance, not replace, their own recovery program in a familiar and comfortable environment. Experienced meditators will discover new ways to deepen their current practice while supporting the group.

Meeting format includes:

- Sitting meditation practice
- A topic offering in the form of brief comments or a reading by the night's facilitator
- Discussion and exploration by group members
- Sharing our experience, strength and hope
- Dedication of merit

Open to all who are:

- Buddhist practitioners from any tradition
- 12 Step practitioners from any program
- Individuals interested in exploring the relationship of meditation to recovery from addiction and addictive behaviors.

The meeting is free to attend, but we ask for a donation of any kind, to help support the center.

This group is supported by Northwest Buddhist Recovery
www.nwbuddhistrecovery.org.

Contact:

Email - heartofrecovery@seattleshambhala.org

Website - seattle.shambhala.org