

Recovery Meetings - United States

Seattle - WA

Type: Heart of Recovery Group

Venue: Seattle Shambhala Center

Suburb: Madison Valley

Days: Wednesdays

Time: 7:00pm - 8:30pm

Address: 3107 E. Harrison Street, Madison Valley, Seattle, WA 98112

Other info: 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 size to help cover rent.

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

Contact: Email - heartofrecovery@seattleshambhala.org

Website - seattle.shambhala.org