



Refuge Recovery is a community of people who are using the practices of mindfulness, compassion, forgiveness and generosity to heal the pain and suffering that addiction has caused in our lives and the lives of our loved ones. We feel confident in the power of the Buddha’s teachings, if applied, to relieve suffering of all kinds, including the suffering of addiction. These meetings are appropriate for anyone in recovery, or interested in recovery.

**Ongoing weekly meetings are open to anyone interested in Recovery from addiction of all kinds. No Meditation Experience is Necessary.**

The path of practice that we follow is called  
**THE FOUR TRUTHS OF REFUGE RECOVERY**

This is an approach to recovery that understands;  
**“All beings have the power and potential to free themselves from suffering.”**



**RENO MEETINGS**

Monday 11 am–12 pm at Sierra Nevada Ballet, 3929 S. McCarran Blvd. Reno 89502

Tuesday 6 pm–7 pm at Sage Healing Arts, 495 Apple St. Reno 89509

Wednesday 12 noon–1 pm at Sage Healing Arts, 495 Apple St. Reno 89509

Friday 6 pm–7 pm at Reno Buddhist Center, 820 Plumas Street, Reno 89509