

Heart of Recovery Group Buddhism Meditation Meeting



Open To All

Meetings In Person at Shambhala Center, 408 S. Baldwin St., Madison
Every Sunday from 7pm - 8:30pm

The Heart of Recovery is a meditation and discussion group at the Shambhala Center of Madison with the purpose of bringing together the practice of meditation, the Shambhala and Buddhist teachings, and the 12 Steps of recovery. We focus on sharing our experience while bringing together meditation practice with our individual paths of recovery from addiction. The meeting is open to all, including:

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

No meditation experience is necessary, and brief meditation instruction is given at the start of each meeting. Newcomers will learn basic meditation techniques to enhance, not replace, their own recovery program.

Meeting format includes:

- Sitting meditation instruction and practice
- A topic offering in the form of a brief share or reading by the facilitator
- Discussion and exploration by group members
- Sharing our personal experience, strength, and hope

There is no charge for the meetings, but donations to the operating costs of the Shambhala Center of Madison are welcomed.

For more information www.madison.shambhala.org/heart-recovery/