

Recovery Meetings - USA

San Jose - CA

Venue: Zen and the Art of Recovery

Days: Tuesday and Friday evenings

Time: 7:30pm - 9:00pm

Type: Recovery zazenkai

Address: 3507 Palmilla Drive, San Jose, CA 95134 - # 4103

Other info: In Japan, many Buddhists meet informally in small community meditation groups call "zazenkai", to practice meditation and offer one another support. Our "recovery zazenkai" will be based on the principles of Soto Zen Buddhism, meditation and simple group therapy dynamics. It is appropriate for people in active recovery of any kind who would like to explore Buddhism as an additional support system while they go through the recovery process.

This will be a closed group and will meet two times a week at my home in eight week cycles. The group will not exceed 5-8 people maximum but is often as small as three. You will be required to bring or buy a meditation cushion. I may be able to arrange buying some if you need one.

Please note: This is NOT a 12-step meeting nor is it a substitute for one. It is not meant for people trying to get clean and sober -it is meant to be a general recovery and support group- a community sitting place for those who are sober already and wish to learn more about Zen Buddhism and its helpful relationship to the art of recovery.

Space is limited so if you are interested in attending email us before the next meeting date (the next Tuesday or the next Friday.)

Contact: To attend the next group please email me first. Phone - 415-316-4773

Email - louisd@bigthinker.com