

Recovery Meetings - USA

Fort Smith - AR

Venue: Yogaterrium

Days: Tuesdays

Time: 1:30pm - 2:30pm

Type: Refuge Recovery

Address: 2712 Grand Ave, Fort Smith, AR 72901

Other info: Refuge Recovery is a Buddhist-inspired approach to recovery from addiction of all kinds. We are a community of people dedicated to the practices of mindfulness, compassion, forgiveness, and generosity, using meditation and kindness to heal the pain and suffering that addiction has caused in our lives and in the lives of those around us.

Our weekly meetings include guided meditations, readings from the book [Refuge Recovery](#), and group sharing and discussion.

These meetings are appropriate for anyone in, or interested in, any type of recovery. All are welcome. No prior meditation experience necessary.

No fees, donations welcome.

Contact: Dudley Flanders Email - refugerecoveryar@gmail.com