

Recovery Meetings - USA

Kalamazoo - MI

Venue: Sanctuary Yoga

Days: Thursdays

Time: 7:00pm - 8:30pm

Type: Buddhist 12 Step Recovery

Address: 1919 Stearns Ave., Kalamazoo, MI 49008

Other info: We welcome anyone seeking relief and recovery from the suffering caused by substance-related and behavioral addictions.

We seek to apply Buddhist principles to our recovery and in our lives in order that we may learn to recognize our attachments, practice letting go, and uncover our basic Buddha nature.

Join us in practicing meditation, discussing Buddhist teachings, and learning skills and tools for your recovery.

Meeting activities:

- Greeting and Introduction
- Meditation Practice
- Recovery/Buddhist Reading
- Discussion and Sharing

Beginners and those more experienced in meditation are welcome. If you are new to meditation, instruction is available.

Donations accepted.

You are welcome to [contact us!](#)

Contact: Blaire or Travis Email - blablah789@gmail.com or spartantrav@gmail.com

Website - www.sanctuary-yoga.com