

Recovery Meetings - USA

Tacoma - WA

Venue: Tacoma Refuge Recovery - Samdhana-Karana Yoga

Days: Sundays

Time: 6:00 - 7:00pm

Type: Refuge Recovery

Address: 739 St. Helens Ave., Tacoma, WA 98402 - Next to Guitar Maniacs, arrive Early!

Other info: This group meets weekly on Sunday nights from 6-7pm.

Arrive a few minutes prior to 6pm. Due to heavy foot traffic and no one staffing the front desk, the doors will lock 10 minutes past 6pm. This is for safety concerns and the policy of SKY yoga management.

This meeting is based on the Buddhist recovery meeting format outlined by Noah Levine in his book "[Refuge Recovery: A Buddhist Path to Addiction Recovery](#)".

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