

Recovery Meetings - Canada

Halifax - NS

Venue: Halifax Shambhala Centre

Days: Thursdays

Time: 7:00pm

Type: Heart of Recovery

Address: 1084 Tower Rd., Halifax, NS B3H 2Y5

Other info: The Heart of Recovery is a meditation and discussion group focused on recovery from compulsive and addictive behaviours. We come together to sit and to share about the intersection of mindfulness and recovery in our lives.

Meetings are open to anyone who identifies with addictive patterns, and no meditation or recovery experience is necessary to attend. We share from the perspective of our personal experience, drawing on the teachings and practices that have helped us maintain and grow in our recovery - including Shambhala teachings, the Dharma, and other recovery-oriented wisdom like that found in the Twelve Steps.

- Moment of silence / settling-in meditation
- Reading or topic (selected by that week's facilitator)
- 15 minute silent meditation
- Sharing of personal experience by group members
- 5 minute closing meditation

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