



Meditation and Recovery

An introduction to the practice of mindfulness and mindfulness meditation as a support to a 12 step recovery program

An 8 week course beginning Sunday January 21, 2018

This is an 8 week course beginning on January 21, 2018 and running through March 18, 2018 with no class on February 4th. The mindfulness meditation class is NOT a replacement or a change to any “**12 Step**” program that is currently being worked. It is simply an attempt to develop the 11th step more completely. If someone is struggling with the “faith based” characterization of a 12 step program (OR NOT), they may find the mindfulness focus of the class a solid foundation in the development of an open-minded, non-judgmental attitude toward whatever possibilities might arise. A \$5.00 donation is requested per class, however, your presence is desired more than any donation. If you’re a little short right now, come anyway and we’ll share in the richness of our companionship. Please contact Greg Sherburn at the phone number below to reserve your space.

While this is a Buddhist Temple location this is not a Buddhist class.

Muddy Water Zen Temple