

The Heart of Recovery – New Haven

A weekly meditation and recovery group bringing together Buddhist meditation practice and recovery principles. Open to meditation practitioners of all traditions and people in recovery from addiction of all kinds. We observe anonymity, confidentiality and no cross-talk. No prior meditation experience needed.

Meetings include meditation instruction and practice, readings and discussion led by Debra D. and Ken T. We are a welcoming community - please join us!

The Heart of Recovery group meets every Thursday evening 7:30pm-9pm (doors open at 7pm) at the Shambhala Meditation Center of New Haven.

Shambhala Meditation Center of New Haven

85 Willow Street, Building B, 3rd Floor

New Haven, CT 06511

7:30pm – 9pm

Doors open at 7pm

Light refreshments provided

www.facebook.com/HeartOfRecovery.NH

www.newhaven.shambhala.org



Shambhala Meditation Center of New Haven
85 Willow St., Building B, New Haven, CT 06511 ▪ Tel. 203 503 0173
Email: kteel.nhsc@gmail.com