

# RECOVERY DHARMA AVL

## ***HALF DAY MEDITATION RETREATS***

### ***BUDDHIST MEDITATION AND RECOVERY:***

***EXPLORING BUDDHIST MINDFULNESS AND CONCENTRATION PRACTICES  
AND HOW THEY SUPPORT RECOVERY***

***SATURDAY, MARCH 21 AND SATURDAY, APRIL 18***

12p - 4p

Urban Dharma

697 Haywood Rd Suite C, Asheville, NC

Free event:

Donations to Recovery Dharma and Urban Dharma are encouraged, but not required



# RECOVERY DHARMA

## ***DESCRIPTION AND SCHEDULE***

As many people have discovered with the Recovery Dharma program, meditation is supportive to our recovery. At the beginning of many meetings we are reminded in our reading of “The Practice” that, “We commit to the intention of developing a daily meditation practice. We use meditation as a tool to investigate our actions, intentions, and reactivity. Meditation is a personal practice, and we commit to finding a balance in this and other healthy practices appropriate to our own journey on the path” (the book *Recovery Dharma* page 148). Daily practice is different for each person, as effort is put into mindfulness and/or concentration depending on one’s needs.

Join Rev. Keith Felicity as they lead an exploration of mindfulness and concentration meditation techniques and how they relate to recovery. They will provide multiple periods of guided meditation instruction and group reflection. This half day retreat is intended for people in any stage of their meditation and recovery journeys, whether beginning a meditation practice or sustaining a meditation practice. All are welcome.

**12:00p - 12:30p** Settling, welcoming, and introductions

**12:30p - 12:50p** Guided Mindfulness of Breathing Meditation

**12:50p - 1:00p** Break

**1:00p - 1:50p** Mindfulness Meditation Dharma Talk and Group Discussion

**1:50p - 2:00p** Break

**2:00p - 2:30p** Guided Concentration Meditation

**2:30p - 3:20p** Concentration Meditation Dharma Talk and Group Discussion

**3:20p - 3:30p** Break

**3:30p - 4:00p** Silent Meditation Period

