

"We are firmly protected from inside. That is our spirit. We are protected from inside, always, incessantly" – "Not Always So"-- Shunryu Suzuki



THE MONTEREY BAY ZEN CENTER
PRESENTS

ORDINARY RECOVERY

Buddhism and the 12-
steps of Recovery

Ordinary Recovery, an ongoing class and discussion group exploring the relationship between Buddhist meditation and the 12-steps of recovery, is held Saturdays at 9 a.m. at the Carl Cherry Center for the Arts. Through talks, discussions and meditation, we will investigate the many points of convergence between the 12-steps and the teaching and practice of Buddhism. Meditation can be a powerful tool in relapse prevention and can become a “positive addiction” that provides a healthy alternative to addictive behaviors.

Fee: By donation

Information: (831) 624-7491; or yblnzwj7965@sbcglobal.net

Saturdays, 9 -10 a.m.

*The Carl Cherry Center for the Arts,
4th and Guadalupe,
Carmel.*