

# MINDFULNESS AND RECOVERY

HARMONY FOUNDATION | NORTHSTAR TRANSITIONS

WEDNESDAY, APRIL 18TH, 2018

## TIME

WEDNESDAY APRIL 18  
6pm – 8pm

## LOCATION

Madelife Boulder  
2000 21st street  
Boulder, CO 80302

## FEE

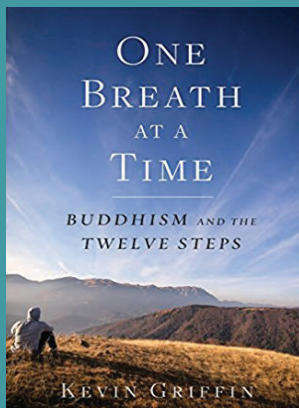
\$10.00

## REGISTER

[goo.gl/kFcqLR](http://goo.gl/kFcqLR)

## QUESTIONS

Cathy Dorman  
Alumni Coordinator  
970-577-3170



His latest book is  
Living Kindness:  
Buddhist Teachings  
for a Troubled World.

## OVERVIEW

In this workshop we will look at the purpose and uses of mindfulness and mindfulness meditation in a recovery program.

We'll begin with a meditation exercise which we'll use as a starting point in our discussion. We'll also look at the connection between Buddhism and the 12 Steps.



**KEVIN GRIFFIN** is an internationally respected Buddhist teacher and author known for his innovative work connecting dharma and recovery, especially through his 2004 book *One Breath at a Time: Buddhism and the Twelve Steps*.

*He has been a Buddhist practitioner for over thirty-five years and a teacher for two decades. He reaches a broad range of audiences in dharma centers, wellness centers, and secular mindfulness settings.*

