



SHAMBHALA
Meditation Center
of MADISON

PUBLIC TALK AND BOOK SIGNING

Friday Evening May 18th

7:00PM-9:00PM

Sliding scale: \$5 to \$15

WEEKEND PROGRAM

Saturday May 19th and

Sunday May 20th

9:00AM-4:00PM

Sliding Scale: \$75-\$175



Buddhism and the Twelve Steps:

A Weekend of Mindfulness, Addiction Recovery, and Buddhist Teachings with Kevin Griffin

The Buddha said craving is the cause of suffering. Twelve Step programs work with the deepest forms of craving – our addictions. How can these two traditions work together?

- Develop or deepen your mindfulness meditation practice (the 11th Step)
- Expand your understanding of recovery and addiction through a Buddhist lens
- Explore traditional Buddhist teachings

The weekend of teachings with Kevin Griffin will focus on Buddhist mindfulness practices that can support recovering addicts, alcoholics and anyone dealing with addictive behaviors. Using mindfulness meditation practices, interactive exercises, talks by Kevin, and group discussion, we will explore the ways that Buddhism and the Twelve Steps complement each other. Introductory meditation instruction will be offered. This program is open to all who are interested. All recovery programs and paths are welcome.

About the Teacher

Kevin Griffin is the author of the landmark recovery book, *One Breath at a Time: Buddhism and the Twelve Steps*, and the inspiring follow-up, *Recovering Joy: A Mindful Life after Addiction*. He is a leader of the mindful recovery movement and one of the founders of the Buddhist Recovery Network. A longtime Buddhist practitioner and Twelve Step participant, he teaches internationally on the synthesis of these two traditions. Kevin is an internationally respected Buddhist teacher from the Insight Meditation/Theravada Buddhist tradition. His website is www.kevingriffin.net.

**For information and to register:
Madison.shambhala.org**

408 S Baldwin St, Madison, WI 53703