

Buddhism and Recovery

Spring Retreat 2023

A four-day intensive meditation retreat
with

Kevin Griffin and Greg Pergament

March 16-20, 2022

Redwood Glen Conference Center, Loma Mar, CA

Join us for this unique meditation retreat combining traditional Buddhist practices with recovery and Twelve Step work. Primarily conducted in silence, the retreat focuses on insight/mindfulness meditation, with additional interactive exercises, lecture, and meetings exploring ways that Buddhism and a recovery program can complement each other. Daily Qigong practice brings added healing and energy to the retreat. The setting is a beautiful and serene coastal redwood forest.

The emphasis will be on bringing mindfulness to all our activities, whether in formal meditation, movement, speaking, listening, or eating. *Participants will practice Noble Silence outside of the interactive exercises and recovery-style meetings.* All recovery paths and addictions are welcome, whether Twelve Step, Recovery Dharma, Refuge Recovery, substance, process, or relationship-oriented.

A minimum of 60 days clean and sober is required for attendance.

Kevin Griffin is a 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 is a leader of the mindful recovery movement and one of the founders of the Buddhist Recovery Network. He has been a Buddhist practitioner for forty years and a teacher for over two decades. His latest book is *Buddhism & the Twelve Steps Daily Reflections*.

Greg Pergament is the author of *Chi Kung and Recovery*. Greg has been in recovery for over three decades and has studied and taught Qigong and Tai Chi Chuan for many years. He has an extensive background in Buddhist Vipassana meditation, is a firetender for Lakota Inipi ceremonies, and has helped facilitate many Vision Quests.

Single rooms: \$750 Double: \$585 Dorm: \$380

These prices reflect costs for housing and food. Some scholarship assistance may be available.

Teachers and retreat manager may be offered donations (dana) at the end of the retreat. They receive no other financial compensation.

For registration and information contact Greg at:
insightmeditationretreat@gmail.com