

REFUGE RECOVERY



A Buddhist Path to Recovery from Addiction

Refuge Recovery Northeast Indiana
Always free. Donations welcome.
www.facebook.com/RefugeRecoveryFW/
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Meeting Schedule: Northeast Indiana

- **Sunday:** (Beginning May 12, 2019) **6:00p-7:30p @ Pranayoga Institute of Yoga and Holistic Health. 1501 E. Berry St. Ste. 209 Fort Wayne, IN 46803** → Slow Flow Yoga @ 4:00p & Meditation @ 5:20p (\$5-10 suggested donation)
Please Note: Pranayoga is not directly affiliated with Refuge Recovery; if you would like to participate in yoga, a waiver will be required that does include personal information. Refuge Recover respects and honors our anonymity, and this class offering to the community is not required to participate in weekly meetings. A waiver is not required for the donation-based meditation. Pranayoga does not release personal information to outside entities – this slow flow yoga class is offered to the local community and is completely optional - with that said, yoga can be a lovely addition to all walks of life!
- **Monday: 6:30p-8:00p @ 225 W. Maumee St. Angola, IN 46703**
- **Friday: 7:00p-8:30p @ Insight Meditation FW. 2332 Sandpoint Rd. Fort Wayne, IN 46809**

The path of practice that we follow is called
THE FOUR TRUTHS OF REFUGE RECOVERY



Addiction
Creates
Suffering



The Cause of
Addiction is
Repetitive Craving



Recovery
is
Possible



The Path to
Recovery is
Available

This is an approach to recovery that understands;
“All beings have the power and potential to free themselves from suffering.”

Refuge Recovery is a community of people who are using the practices of mindfulness, compassion, forgiveness and generosity to heal the pain and suffering that addiction has caused in our lives and the lives of our loved ones. We feel confident in the power of the Buddha's teachings, if applied, to relieve suffering of all kinds, including the suffering of addiction. These meetings are appropriate for anyone in recovery or interested in recovery. **Ongoing weekly meetings are open to anyone interested in Recovery from addiction of all kinds. No Meditation Experience is Necessary.**