



THE SPIRITUAL SCHOOL OF RECOVERY Presents

Stillness Meditation Sessions begin October 2021

You can now sign up for our 40-minute meditations. We are here to support your practice and are offering two different times and days to join our spiritual community in a meditation and stillness practice.

Each session includes a guided meditation and a weekly spiritual practice.

New schedule:

The first and third Saturday of each month
from 9:30-10:10 AM (PST) 12:30-1:30 PM (EST)

The second and fourth Wednesday of each month from
6-6:40 PM (PST) 9-9:40 PM (EST)

Tuition \$15 for four meditations, register at
www.schoolofrecovery.net

Learn More About Us www.schoolofrecovery.net