



Buddhism and the Twelve Steps



A 5-day intensive meditation retreat with
Kevin Griffin

June 5 – 9, 2019

Rocky Mountain Ecodharma Retreat Center
In the Colorado Rockies, 30 minutes west of Boulder

Join us for a unique meditation retreat combining traditional Buddhist practices with 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 the Steps can complement each other.

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 12-Step-style meetings. All recovery paths are welcome, whether Twelve Step, Refuge Recovery, substance, process, or relationship-oriented.

The intensive nature of the retreat allows for profound personal openings, insight, and transformation. The support of the community carries us through the sometimes challenging, sometimes inspiring elements of this deep inner work.

A minimum of 30 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 over thirty-five years and a teacher for two decades. His latest book is *Living Kindness: Buddhist Teachings for a Troubled World*.

George Johns (manager, and registrar), is a board member and former president of the Buddhist Recovery Network. He is the founder of Noble Steps, a buddhist recovery meeting format with locations in New Jersey and (coming soon) Colorado. George has been in recovery for over two decades and has an extensive background in Buddhist Vipassana meditation.

Cost \$360 includes vegetarian meals and shared double room.

Camping and a dorm style room is also available at lower rates.

A small number of single rooms are also available at a higher rate.

A limited number of full and partial scholarships will be available.

Teacher and retreat manager/registrar may be offered donations for their efforts at the end of the retreat. They receive no other financial compensation.

For registration and information, contact George Johns
12stepbuddhistretreat0605@gmail.com