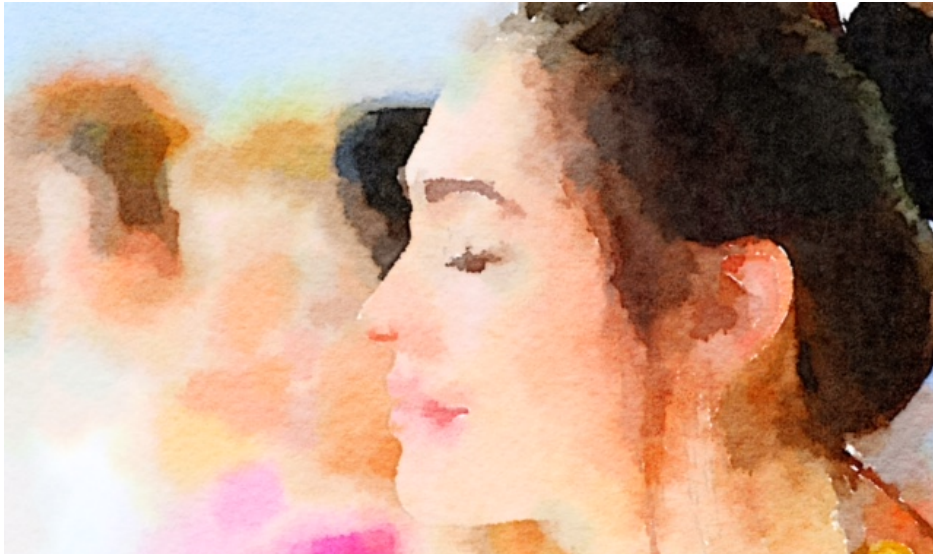


Directions®

A TWELVE STEP RECOVERY CAMPUS



Meditation Tuesdays

Join us each Tuesday as we offer the experience of meditation from the world's religious and spiritual traditions.

February 7th

Mindfulness Meditation

February 14th

Group will not meet

February 21st

Centering Prayer

February 28th

Jewish Meditation

March 7th

Zen Meditation

March 14th

Tibetan Buddhist Tradition

March 21st

Hindu Tradition – Vipassana Meditation

March 28th

Native American Spirituality

Alternate Tuesdays • 7:00–8:15 pm

Directions Community Center

[3225 Laughlin Dr.](http://3225LaughlinDr.com)

Dallas, TX

For more information

alfiew@12StepDirections.com

12StepDirections.com