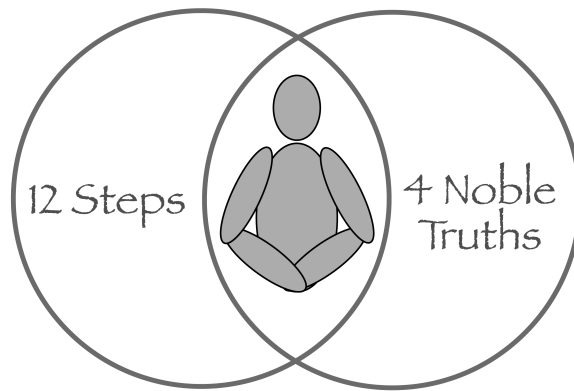


The Noble Steps

Exploring the 12 steps of recovery through the lens of Buddhist teaching (the Dharma)



Bringing Buddhist teachings into daily life through practice of the 12 steps in all our affairs.

Gatherings on the
Second Sunday of the
Month

5 - 6:30PM

Shakti Yoga and Living Arts
1861 Springfield Ave
Maplewood NJ 07040

Gatherings on the
Fourth Monday of the
Month

8 - 9:30PM

Purple Om Yoga Studio
3118 Route 10 West
Denville NJ 07834

Meeting Format:

- ☀ Welcome and Introductions
- ☀ 25 Minute Meditation (easy instructions given for beginners)
- ☀ Speaker discussion of the steps and buddhist teachings
- ☀ Group sharing
- ☀ Voluntary donations requested to cover meeting space costs and supplies.
- ☀ Bring what you would like to sit on: folding chair, cushion, etc.

We are not affiliated with AA although many of us are members of fellowships such as AA, NA, OA and AI-Anon. With Noble Steps, we seek to strengthen and enrich our program, not replace or diminish our participation.

Please feel free to distribute these fliers before/after meetings, but **never announce Noble Steps during an meeting.**

All are Welcome!

www.thenoblesteps.com