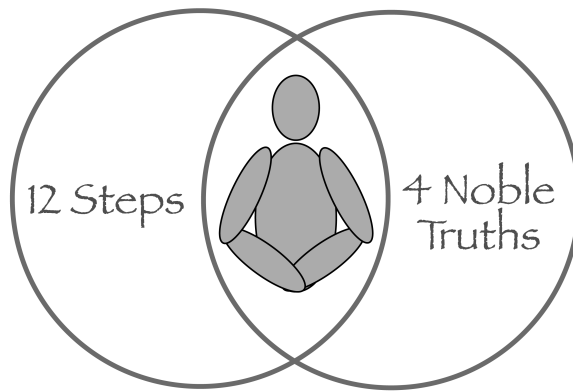


The Noble Steps

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 First and Third
Sunday of the Month

5 - 6:30PM

Shakti Yoga And Living Arts
1861 Springfield Avenue
Maplewood, NJ 07040

Meeting Format:

- ☀ 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.
- ☀ Yoga cushions, mats and chairs are available or bring what you would like to sit on.

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 participation in these other groups, not replace or diminish our participation.

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

All are Welcome!

www.thenoblesteps.com