

# Recovery: A Path to Insight



**Spirit Rock**  
An Insight Meditation Center

CopyRight/TM

[Kevin Griffin](#)

[Author, “One Breath at a Time: Buddhism and the Twelve Steps”](#)

[Co-founder of the Buddhist Recovery Network](#)

[Leading authority on Buddhism and addiction recovery](#)

Offering an online day-long retreat through Spirit Rock

Recovery: A Path to Insight

**Saturday, August 7, 2021**

**10:00 a.m.–5:00 p.m. Pacific Time**

Location:

Online via Zoom

Sliding Scale: \$45–\$200. No one turned away for lack of funds.