

Buddhism and Recovery

Winter Retreat 2025

A five-day intensive meditation retreat
with

Kevin Griffin, Greg Pergament, and Ann Bolger-Peruzzi
February 25-March 2, 2025
Redwood Glen Conference Center, Loma Mar, CA

Join us for this unique meditation retreat combining traditional Buddhist practices with recovery and 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 a recovery program can complement each other. Daily Qigong practice brings added healing and energy to the retreat. The setting is a beautiful and serene coastal redwood forest.

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

A minimum of 90 days clean and sober is required for attendance.

Kevin Griffin is a Buddhist teacher and author best known for 2004 book *One Breath at a Time: Buddhism and the Twelve Steps*. He is one of the founders of the Buddhist Recovery Network and teaches widely on meditation and healing. He has been a Buddhist practitioner for forty years and a teacher for over two decades. His latest book is *Sought Through Meditation: Exploring Step Eleven Through the Lens of Dharma*.

Greg Pergament is the author of *Chi Kung and Recovery*. Greg has been in recovery for over three decades and has studied and taught Qigong and Tai Chi Chuan for many years. He has an extensive background in Buddhist Vipassana meditation, is a firetender for Lakota Inipi ceremonies, and has helped facilitate many Vision Quests.

Ann B. Peruzzi is a longtime Buddhist practitioner and a founding member of the Buddhist Recovery Network. As a clinical psychologist specializing in addiction, she has taught Mindfulness-Based Stress Reduction and is a graduate of Jack Kornfield and Tara Brach's Mindfulness Meditation Teacher Certification Program. She currently facilitates a Buddhism and recovery group at Insight Santa Cruz.

Single rooms: \$990 Double: \$775 Dorm: \$550

These prices reflect costs for housing, food, and expenses. Some scholarship assistance may be available.

Teachers and retreat manager may be offered donations (dana) at the end of the retreat. They receive no other financial compensation.

For registration and information contact:
insightmeditationretreat@gmail.com