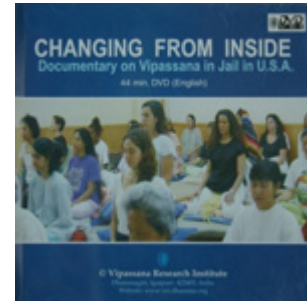


Meditation in Recovery Video

Changing from Inside - 42 minutes

This is a compelling account of an intensive pilot meditation program for inmates inside the North Rehabilitation Facility (N.R.F.) of the King County jail in Seattle, Washington.

Learn how the ancient practice of meditation is being used as a powerful recovery tool for increased self-awareness - one breath at a time.



Date: *Sunday June 14, 2009* *

Time: *10:45 am - 12:00 noon*

Location: *Mt. Hood Med. Center - Caremark Bldg.***

Address: *4525 SE Stark St Portland, OR 97030*

Cost: Free

There will be opportunity for discussion following the video – including information about free 10-day meditation retreats in our area

Contact: Terry (503) 488-5542 (h) or (503) 250-3988 (cell)

email: terry@quietmindrecovery.org

* Follows *Shine At Nine* AA meeting (9:00 am - 10:15 am)

** Same room as *Shine At Nine* AA meeting

General Information about Vipassana meditation: <http://www.dhamma.org>

Check: <http://www.quietmindrecovery.com/video.html> for map directions