



Meditation Sisters  
Presents  
*Addiction  
Workshops*

*Know that it's okay to  
feel broken and alone.  
But know that you are  
not alone.*



*Join us in our Addiction Workshop and learn how to sit  
with your addictive tendencies, emotions, and sensations.  
Finding healthy ways to move forward.*

*In this workshop you will attend a series of mindfulness  
topics including:*

- *Creatures Inside of Us*
- *Addiction and Mindfulness*
- *Releasing Addictive Tendencies*
- *Stepping Out of Self-Shame*
- *The Peaceful Warrior*



*Meditation Sisters*

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