

Mindfulness Based Recovery™

Workshop

Saturday January 27, 2018 1 PM to 5:00 PM

Cross River Meditation Center

110 Harrison St. Frenchtown NJ

Rear Courtyard Entrance

Workshop cost: \$25.00

**For all those with addiction
and compulsive behaviors**

Mindfulness Based Recovery™ does not require peer pressure or ongoing meeting attendance. Mindfulness Based Recovery™ is a simple and highly effective method for individual recovery based on mindfulness, self-reflection, and practical meditation.

Additional information and reservations at

MindfulnessBasedRecovery.com

John Haspel 908.391.9079

Greg Ogden 201.906.0619