

# INHERITORS MEDITATIONS

263 Main St., Nashua

## SUNDAY

**Men's Freedom From Within Group** [10:30-11:45 am]

## MONDAY

**Mind.Body.Spirit.Revival (MBSR)** [8-9 am]  
HYBRID - ZOOM ID: 941 565 08219

**Krafting with Krystle** [1-2pm]

**Recovery Dharma** [7-8pm]  
*UPSTAIRS in the ZenDen*

**Case of the Mondays** [7-8:15pm]

## TUESDAY

**Journey Without Judgement** [6-7 pm]  
*every other Tuesday*

**New Hope** [7:30-8:30 pm]

## WEDNESDAY

**Mind.Body.Spirit.Revival (MBSR)** [8-9 am]  
HYBRID - ZOOM ID: 941 565 08219

**Youth in Recovery** [4-5 pm]

**Women in Recovery Together** [6:30-7:45 pm]

## THURSDAY

**Men's Mad Dog** [7-8:15 pm]

## FRIDAY

**Mind.Body.Spirit.Revival (MBSR)** [8-9 am]  
HYBRID - ZOOM ID: 941 565 08219

**Parenting in Recovery** [4-5 pm]

**Breaking Bad** [7-8:15 pm]

## SATURDAY

**Saturday Daily Inventory** [7-8 pm]

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● RECOVERY  
● COMMUNITY  
● ORGANIZATION