



Sunday Group Meditation & Dharma Study

The 1st, 2nd and 4th
Sunday of Each Month
9am - 11am (12pm)

PROGRAM SCHEDULE:

- 9:00 AM - 11:00 AM – Meditation and Dharma Study
- 11:00 AM - 12:00 PM – Refreshments* (**Option**)

**** 15 minutes of mindful eating practice and cont.
open discussion***

Open to all levels of participants who have previously attended our programs or newcomer orientation. This event is free and open to the public. Donations are welcome. Refreshments will be provided during the open discussion and sharing session.

Kindly arrive on time before the sitting meditation begins, as the front door will be closed during the session.

******While registration is not required, it enables us to inform you in the event that the meditation session must be canceled due to unforeseen conditions. ****** **REGISTRATION**

