



Eat Greet Meditate.

Pot Luck Social & Meditation! All are Welcome!

Interested in meditation? Join in the fun, before our weekly group practice on Tues. Sept. 24. Meet new people, make connections & develop support for a meditation practice ... and enjoy some delicious food! If you can't bring a dish, no worries, there is always plenty to go around. Meditation practice, teaching and Q&A to follow at 7:00PM. Free to all.

TUESDAY SEPTEMBER 24TH, 5:30PM

Neighborhood Community Center, 1845 Park Ave, Costa Mesa

Dzogchen Center
Southern California 1-888-837-7474

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