



Eat Greet Meditate.

Holiday Pot Luck & Meditation! All are Welcome!

Blossom new friendships, connections and support for meditation practice by joining in the fun, before our regular weekly group practice on Dec. 18th. Meet new people, or get to know one another better and have a chance to practice the *gift of gab* ... and EAT some delicious food, free of charge! If you can't bring a dish, no worries, there is always plenty to go around.

TUESDAY DECEMBER 18TH, 5:30PM

Neighborhood Community Center, 1845 Park Ave, Costa Mesa

Dzogchen Center
Southern California

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