



Eat Greet Meditate.

Social Pot Luck & Meditation! Free to All!

Interested in Meditation? Join in the fun, before our weekly meditation practice on Tues. Oct. 14. Meet new people & learn how to meditate, naturally! If you can't bring food, no worries, there is always plenty to go around.

Guided Meditation, Teaching and Q&A to follow @ 7:00PM.

TUESDAY OCTOBER 14TH, 5:30PM

Neighborhood Community Center, 1845 Park Ave, Costa Mesa

Dzogchen Center
Southern California

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