



# BUDDHIST MEDITATION PRACTICE AND DHAMMA TALKS.

*Spring 2023 gatherings for community.*

*Beginners to advanced are welcomed. BYOC/M (Bring Your Own Cushion/Mat)... or use an available chair!*

*A Dana Bowl will be present for any gifts of donations.*

*A community program of: "St. Michael and All Angels  
Anglican / Episcopal Church, Cuernavaca."*

**Meditation: A path to inner-peace and serenity through mindfulness.**

**DAYS: Wednesdays.**

**TIME: 6-7pm. DATES:**

February 22<sup>nd</sup>, and  
March 01<sup>st</sup>, 08<sup>th</sup>, and  
22<sup>nd</sup>, 2023 (*no sit on  
March 15<sup>th</sup>*).

**LOCATION: Art Gallery  
Space, St. Michael and  
All Angels Anglican /  
Episcopal Church,  
Cuernavaca.**

**(ADDRESS: Calle Minerva  
s/n, Esq. Eros, Col.  
Delicias, Cuernavaca (2  
blocks behind WalMart  
Express on Rio Mayo)).**

Facilitated by Tom Esakin,  
who supports Spiritual Care  
through St. Mike's. Tom is a  
former lay-facilitator with  
the Theravada Buddhist  
Community of Toronto.

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